

Jesus' Teaching on Adultery

Lakewood Family Church | Pastor Jonathan L. Vorce | March 15, 2026

Matthew 5:27-30

- Today, we're diving into **Matthew 5:27-30**, part of Jesus' Sermon on the Mount, where He challenges us on adultery—not just the act, but the heart behind it.
- In our hyper-connected world of social media scrolls, streaming temptations, and constant digital distractions, Jesus' words hit harder than ever, calling us to purity in an age of instant gratification.
- Let's pray for open minds as we explore how Kingdom righteousness demands more than surface-level obedience—it's about transforming our inner lives to honor God.

I. JESUS EXTENDS THE SEVENTH COMMANDMENT BEYOND MERE ACTIONS TO THE HEART'S INTENT (**Matthew 5:27-28**, KJV)

A. The Traditional View (Under the Law) Limited Adultery to Physical Acts

1. Many in Jesus' time, and even today, think adultery only counts if it's committed outwardly, ignoring the deeper spiritual violation.
2. This "letter of the law" approach misses the spirit, much like how modern culture excuses "harmless" browsing or fantasizing online.

B. Jesus' Interpretation Includes Lustful Looking

"Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." (**Matthew 5:27-28**, KJV)

1. Lust here isn't casual admiration of beauty—it's a consuming desire to possess, dominate, or objectify, rampant in today's ads, apps, and entertainment.

2. This aligns with Old Testament truths, like the Tenth Commandment against coveting (**Exodus 20:17**, KJV) and Job's covenant with his eyes (**Job 31:1**, KJV).

C. Application to Today's Culture: Guarding Against Digital and Everyday Temptations

1. In an era of Instagram influencers and endless porn access, Jesus warns that unchecked glances can lead to soul-damaging sin.
2. We must confront how media normalizes lust, turning people into objects rather than image-bearers of God.

II. JESUS CALLS FOR DRASTIC MEASURES TO REMOVE STUMBLING BLOCKS THAT LEAD TO SIN (Matthew 5:29-30**, KJV)**

A. The Command to "Pluck It Out" and "Cut It Off" Is Metaphorical for Radical Action

"And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell." (**Matthew 5:29**, KJV)

1. Similarly for the hand: *"And if thy right hand offend thee, cut it off, and cast it from thee..."* (**Matthew 5:30**, KJV)—not literal mutilation, but eliminating enticements.
2. Cross-reference **Matthew 18:7-9**, KJV, where offenses are stumbling blocks like beguiling allurements in our path.

B. 10 Steps to Create a Firewall Against Adultery

Adultery is not just a “mistake”—it is a sin that breaks covenant, wounds families, scars children, and grieves the heart of our holy God (**Hebrews 13:4**; **Malachi 2:14–16**). Yet praise God—He has not left us defenseless! His Word and His Spirit give us powerful, practical ways to guard our hearts and marriages.

These truths apply equally to men and women; the enemy’s tactics may differ, but the armor of God is the same for all.

Here is a clear, Scripture-saturated list of **10 biblical strategies** to protect yourself from adultery. I encourage you to write them down, memorize the verses, and share them with your spouse or accountability partner.

1. Guard Your Heart and Eyes Ruthlessly

Job 31:1 – *“I made a covenant with my eyes not to look lustfully at a young woman.”*
(Women, make the same covenant regarding men.)

Matthew 5:27–28 – Jesus raised the standard: *“Anyone who looks at a woman lustfully has already committed adultery with her in his heart.”*

Practical step: Install filters, turn your eyes away from seductive images or people, and ask the Holy Spirit to convict you immediately.

2. Flee Every Appearance of Temptation

1 Corinthians 6:18 – *“Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.”*

Genesis 39:12 – Joseph literally ran out of the house when Potiphar’s wife grabbed him.

Practical step: Never be alone with someone of the opposite sex in a private setting (car, hotel room, late-night texting). If temptation knocks, run!

3. Walk Continuously in the Power of the Holy Spirit

Galatians 5:16 – *“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”*

Practical step: Begin every day surrendered: “Holy Spirit, fill me and lead me today.” When lust rises, immediately pray and quote Scripture out loud.

4. Hide God’s Word in Your Heart Daily

Psalms 119:11 – *“I have hidden your word in my heart that I might not sin against you.”*

Psalm 119:9 – *“How can a young person stay on the path of purity? By living according to your word.”*

Practical step: Read **Proverbs 5–7** every month (they are God’s warning letters about adultery). Memorize one verse a week.

5. Renew Your Mind and Fix Your Thoughts on What Is Pure

Romans 12:2 – *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

Philippians 4:8 – *“Think on whatever is true, noble, right, pure, lovely...”*

Practical step: Replace ungodly entertainment, music, and social media scrolling with worship, sermons, and Scripture podcasts.

6. Strengthen and Satisfy Your Marriage Intentionally

1 Corinthians 7:2–5 – *“Each man should have sexual relations with his own wife, and each woman with her own husband... Do not deprive each other.”*

Proverbs 5:18–19 – *“May you rejoice in the wife of your youth... let her breasts satisfy you always.”*

Practical step: Date your spouse weekly, pray together daily, speak words of affection and admiration often. A satisfied marriage is the best firewall against adultery.

7. Establish Godly Accountability

Ecclesiastes 4:9–10 – *“Two are better than one... If either of them falls down, one can help the other up.”*

James 5:16 – *“Confess your sins to each other and pray for each other so that you may be healed.”*

Practical step: Every man needs a godly brother; every woman needs a godly sister. Meet weekly and ask the hard questions: “Have you been pure in thought and action this week?”

8. Pray Without Ceasing for Protection and Purity

Matthew 26:41 – *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*

Matthew 6:13 – *“Lead us not into temptation, but deliver us from the evil one.”*

Practical step: Set a daily alarm to pray specifically for sexual purity for yourself and your spouse.

9. Stay Far Away from the “Danger Zone”

Proverbs 5:8 – *“Keep to a path far from her, do not go near the door of her house.”*

Proverbs 7:24–27 – The adulteress’s house leads down to death.

Practical step: Avoid flirtatious coworkers, private chats, emotional affairs at the gym, or “just friends” relationships that stir your heart. Boundaries protect love.

10. Fear the Lord and Remember the High Cost

Proverbs 6:32–33 – *“But a man who commits adultery has no sense; whoever does so destroys himself. Blows and disgrace are his lot, and his shame will never be wiped away.”*

Practical step: Every morning remind yourself: “The eyes of the Lord are everywhere” (**Proverbs 15:3**). One moment of pleasure is never worth a lifetime of regret.

- ♦ **A word of grace:** If you have already fallen into adultery or are struggling right now, hear the good news—Jesus specializes in restoring broken people. “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (**1 John 1:9**). Come to the cross, repent fully, seek counseling if needed, and let the church walk with you through restoration. God is a Redeemer, not a condemner.

You are not alone. The same power that raised Jesus from the dead lives in you (**Romans 8:11**). Stand firm, beloved. Your purity is worth fighting for.

III. KEY LESSONS FROM JESUS' TEACHING FOR ETERNAL PERSPECTIVE AND HOLY LIVING

A. Our Choices Today Shape Our Eternal Destiny

1. Life isn't just the here-and-now; hell (Gehenna) awaits those who persist in unrepentant sin, while heaven's glory beckons the faithful.
2. In a culture obsessed with self-fulfillment, remember: no temporary pleasure is worth eternal loss.

B. No Earthly Attachment Should Jeopardize Our Heavenly Inheritance

1. God's Kingdom offers unmatched eternal joy—why risk it for fleeting desires?
2. This challenges today's "you do you" mindset, urging us to value spiritual purity over personal indulgence.

C. Sin Demands Uncompromising Eradication, Not Compromise

1. Like cancer, sin destroys if not addressed fully—half measures in dealing with lust only allow it to grow.
2. Embrace radical surgery: confess, repent, and rely on God's strength for victory in a world full of moral pitfalls.

Conclusion

- As we wrap up, remember Jesus' invitation: *'Come unto me, all ye that labour and are heavy laden, and I will give you rest.'* (**Matthew 11:28**, KJV)—His yoke is easy when we walk in obedience.
- You're not alone in this fight; God works in us to will and do His good pleasure (**Philippians 2:12-13**, KJV), and through Christ, we can do all things (**Philippians 4:13**, KJV).
- Let's commit today to hearts of purity, fleeing lust in our tech-saturated lives, and pursuing Kingdom righteousness.