

**Welcome to the  
Common Ground Café!**



**Sunday, March 3, 2019**

**How to Guard Your Heart  
A Study of Matthew 5:27-30**

**[www.hillcrest.church](http://www.hillcrest.church)**



At what age did a parent have “the talk” with you? Which parent gave you “the talk”? (Alternately, you can also discuss at what age you as a parent gave “the talk” to your kids.) Did it go well?

We’re in a sermon series called “The Spartan Call.” The Spartans were legendary for shaping their men into an elite fighting force. The training program began at the age of 7 and continued to the age of 30. In Matthew 5, Jesus recruited us to heed his “Spartan Call.” In verses 21-48, he issued six of his toughest challenges. ***The second of these six challenges have to do with our sexual fantasies.***

In the verses we’ll look at today, Jesus tells us about ***the territory that has to be won*** and ***the sacrifice that has to be paid*** if we want to win the battle for purity.

### **The Territory That Has To Be Won**

Read Matthew 5:27-28.

Which of these two verses has to do with the ***public*** battle and which has to do with the ***private*** battle?

Read Hebrews 13:4. This is a verse about the ***public*** battle for purity. We know what “the adulterer” means, but what does the phrase “all the sexually immoral” mean? How does the phrase “the marriage bed” help us to define what “the sexually immoral” refers to?

In Matthew 5:27-28, Jesus tells us to bring the fight for purity right into the private battlefield of our thought life. Choose the statement that ***best*** describes what Jesus was saying in verses 27-28.

- Don’t engage in sexual fantasies because they might *lead* to sinful actions.
- Don’t engage in sexual fantasies because they *are* sinful, even if you don’t act on them.

In the first century, Jesus addressed the fantasy lives of *men*, prohibiting them from looking at a *woman* lustfully (verse 28). If Jesus were teaching in today's culture, would he include an admonition about a woman's fantasy life? Why or why not?

### **The Sacrifice That Has To Be Paid**

Read Matthew 5:29-30.

We are right to conclude that Jesus was not commanding us to literally go sightless and handless. So why did Jesus use such extreme language?

### **Five Action Steps**

Pastor Tom recommended five practical action steps. Use your sermon notes to fill in the blanks below.

**First: Don't put yourself in \_\_\_\_\_ way.**

Read Proverbs 7:7-9.

Martin Luther famously said, "If your head is made of butter, don't sit near the fire." What does that mean in relation to sexual temptation?

**Second: Replace your \_\_\_\_\_ for that which is fallen with a desire to discover the richness of God and His ways.**

Read Romans 16:19.

In modern slang, what does "FOMO" mean? How does "FOMO" lead us into forms of entertainment that negatively influence us (such as books, movies, video games, etc.)?

**Third: Pray for the \_\_\_\_\_ of the Spirit.**

Read 1 John 4:4.

What does “the one who is in you” refer to, and what does “the one who is in the world” refer to?

Which of these two *feels* greater in the heat of temptation and which of these two actually *is* greater? How can knowing this help?

**Fourth: Make yourself \_\_\_\_\_.**

Read Ecclesiastes 4:9-10.

How does isolation and secret shame *strengthen* the hold that lust have on us?

**Fifth: When you have setbacks, grieve but don't \_\_\_\_\_.**

Read 1 Thessalonians 4:3-4. Does the phrase “learn to control” imply a process toward victory or a one-time forever victory?

### **Helpful Resources Written by Pastor Tom**

“The Sexual Culture of Ancient Rome.” <http://ow.ly/Yr6xY>

“Where in the Bible does it say that sex should be restricted to marriage?” <http://ow.ly/Yr73i>

“Fifty Shades of Decay.” <http://ow.ly/Yr7y6>



Close with praise reports and prayer requests