



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

"You have heard that it was said, 'You shall not commit adultery.'²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.²⁹ If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.³⁰ And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell."

The Territory That Must Be Won (vv. 27-28)

Most of us are familiar with the **outward** battlefield.

Hebrews 13:4 (NIV), "God will judge the adulterer and all the sexually immoral."

Jesus tells us to bring the fight right into the **inner** battlefield of our thought life.

Matthew 15:19 (NIV), "For out of the *heart* come ... adultery, sexual immorality"

The Sacrifice That Must Be Made (vv. 29-30)

Practical Suggestions:

1. Don't put yourself in _____ way. "I noticed ... a youth who lacked judgement. He was going down the street near her corner, walking along in the direction of her house at twilight, as the day was fading, as the dark of night set in" (Proverbs 7:7-9, NIV).

2. Replace your _____ for that which is fallen with a desire to discover the richness of God and His ways. "I want you to be wise about what is good, and innocent about what is evil" (Romans 16:19, NIV).

3. Pray for the _____ of the Spirit. "The one who is in you is greater than the one who is in the world. (1John 4:4, NIV).

4. Make yourself _____. "Two are better than one If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" (Ecclesiastes 4:9-10, NIV).

5. When you have setbacks, grieve but don't _____. "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death" (2 Corinthians 7:10, NIV).

"It is God's will that ... each of you should
_____ his own body in a way that is holy and honorable"
1 Thessalonians 4:3-4