

How holy do you want to be?

Matthew 5:27-30

²⁷ “You have heard that it was said, ‘Do 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 sin, 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 sin, 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.¹

Don't give sin a second look (27-28)

Sin begins in the heart

Holiness demands single-hearted devotion (29-30)

Temporary loss, however painful, is better than eternal loss

Practical steps to resist temptation

- Remember who you are (Romans 6:1-14).
- Listen to the alarms.
- Recognize when/where you are vulnerable.
- Limit your input (Job 31:1, 7, 9).
- Dress thoughtfully. Speak carefully.
- Count the cost (Colossians 3:4).
- Ruthlessly kill temptation (Colossians 3:5).
- Satisfy each other in marriage (Proverbs 5:15-20).
- Call someone.
- Run! (1 Corinthians 6:18; 2 Timothy 2:22).
- Rely on God's Spirit (Galatians 5:16).
- Guard your heart.
- Pursue Christ.

¹ *The Holy Bible: New International Version*. electronic ed. Grand Rapids : Zondervan, 1996, c1984