

#DefeatSin

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Defeat Sin

Matthew 5:-17-26



Matthew 5:27-30

“You have heard the commandment that says, ‘You must not commit adultery.’²⁸ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.²⁹ So if your eye—even your good eye—causes you to lust, 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 hand—even your stronger 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 be thrown into hell.





**Sexual temptation is nothing new;
people have struggled with it for
centuries.**



Look Away

Matthew 5:27-28

“You have heard the commandment that says, ‘You must not commit adultery.’²⁸ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.



Look Away

"Just because you're on a diet doesn't mean that you can't look at the menu."



Look Away

We need to keep in mind that thoughts precede actions; thinking about something paves the way for you to do it.



Look Away

Matthew 5:28

But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.



Look Away

Matthew 5:28

But I say, anyone who even **looks** at a woman with lust has already committed adultery with her in his heart.

"looks" refers to one who continues to look with deliberate intent.



Look Away

If you're on diet, don't look at the menu.



Cut It Out

Matthew 5:29-30

So if your eye—even your good eye—causes you to lust, 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 hand—even your stronger 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 be thrown into hell.



Cut It Out

**Whatever it is that causes you to sin,
cut it out.**



Guard Your Heart

Proverbs 4:23-27

Guard your heart above all else, for it determines the course of your life. ²⁴ Avoid all perverse talk; stay away from corrupt speech. ²⁵ Look straight ahead, and fix your eyes on what lies before you. ²⁶ Mark out a straight path for your feet; stay on the safe path. ²⁷ Don't get sidetracked; keep your feet from following evil.



Guard Your Heart

Temptation is a matter of the heart, not just a matter of our external surroundings.



Guard Your Heart

**In order to deal with temptation, you
need to deal with your heart.**



Guard Your Heart

Psalms 51:10

Create in me a clean heart, O God. Renew a loyal spirit within me.



Guard Your Heart

**In order for us to break sin's
stronghold, we must experience a
change of heart.**



Guard Your Heart

Matthew 5:8

God blesses those whose hearts are pure, for they will see God.



Guard Your Heart

Jesus wants to purify your heart.

**In order for him to do this, you've got to
do your part.**



Romans 6:14

Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.



Look away

Cut it out

Guard Your Heart

