

## The Deadly Sin of Lust – Pt. 1

Matthew 5:27–30

—

Tom Pennington

March 8, 2026

**MAIN IDEA:** In Matthew 5:27–30, Jesus Christ addresses the sin of lust. And he teaches that in God’s eyes, sinful lust violates the seventh commandment (“You shall not commit adultery”).

### SERMON OUTLINE:

- I. The Law against Adultery Recalled (27)
  - A. What This Command Forbids
    1. Specifically: Adultery
    2. Generally: All Sexual Sins
  - B. What This Command Requires
    1. If you’re unmarried, be committed to saving God’s gift of physical intimacy for a biblical marriage.
    2. If you’re married...
      - Reserve the gift of physical intimacy solely for your spouse (Mt. 5:27)
      - Enjoy the gift of physical intimacy regularly with your spouse, unless there are valid reasons not to do so (1 Cor. 7:1-5)
- II. The Law against Adultery Misinterpreted (27-28)

### **Q. 139 (Westminster Larger Catechism) Sins forbidden in the 7th Commandment**

1. Adultery, premarital sex, rape, polygamy, incest, homosexuality
2. All sexual desire to engage in those sins—whether in the imagination, thoughts, plans, or affections
3. Talking about sexual sin, including crass sexual jokes, or subtle innuendo, or listening to such talk
4. Sexually charged looks that display sexual hunger
5. Wearing immodest clothes; forbidding legitimate marriage; being involved with prostitutes
6. Deciding to remain single when you don’t have the gift of singleness; undue delay of marriage; unbiblical divorce; deserting your spouse
7. Entertainment that excuses or celebrates sexual sin
8. Anything that stirs up...sexual sin in ourselves or others.

### **Q. 138 (Westminster Larger Catechism) Duties required in the 7th Commandment**

1. Complete purity in body, mind, affections, words, and behavior
2. Being careful to guard our own purity and that of others
3. Carefully guarding our eyes and other senses
4. Choosing to befriend only those committed to sexual purity

5. Dressing modestly; pursuing marriage if you don't have the gift of singleness; keeping your heart and body for your future spouse
6. Being faithful to enjoy the physical relationship in marriage; living with your spouse and not being apart for long periods of time.
7. Staying away from all circumstances that tempt you to sexual sin
8. Resisting temptation to sexual sin

### ***How can our hearts become clean?***

1. God completely cleanses the heart of the believing sinner at salvation (Acts 15:9; 1 Pet. 1:22).
2. God continues to cleanse the hearts of believers as we confess and repent of our sins (1 Jn. 1:7, 9).
3. We must continually cleanse our own hearts from patterns of sin (2 Cor. 7:1; 1 Th. 4:1-8).

### **BIBLICAL/THEOLOGICAL QUESTIONS**

1. Review Q. 139 (Westminster Larger Catechism) Sins *forbidden* in the 7th Commandment (see above). Why is it important for us to understand the breadth and depth of the 7th commandment? What parts of this list do you believe Christians struggle with the most?
  
2. Review Q. 138 (Westminster Larger Catechism) Duties *required* in the 7th Commandment (see above). Why must we choose to befriend only those committed to sexual purity? Discuss any high points that stand out from this list.

### **APPLICATION QUESTIONS:**

1. What are practical ways to ensure that your phones don't become a means to tempt or enslave you to sinful lusts? Discuss.
  
2. What are practical steps to ensure different forms of entertainment don't lead to sinful lusts? Discuss.