



Sermon Discussion Questions

February 8, 2026

Exodus 20:14; Matthew 5:27-30

The Seventh Commandment

1. In Matthew 5:27-28, Jesus expands the commandment against adultery to include lustful thoughts. Why is this significant and how does it change our understanding of holiness? How does this understanding of heart-level holiness challenge the way you view your own spiritual life and struggles?
2. The sermon discusses how adultery rarely happens as a sudden decision but through '10,000 little hairline fractures.' What are some of these small compromises that can lead to bigger failures? What boundaries have you established in your life to protect against these small compromises?
3. The sermon shared John Piper's ANTHEM strategy as a practical way to battle lustful thoughts and temptation. How does the ANTHEM strategy (Avoid, No, Turn, Hold, Enjoy, Move) provide practical steps for fighting temptation? Which of these steps do you find most challenging to implement, and why?
4. The sermon emphasizes that marriage is more than just happiness at home - it's a picture of the gospel. How does this perspective change how we view and protect our marriages? How can you better reflect Christ's relationship with the church in your own marriage or future marriage?
5. The sermon ends with hope from 1 Corinthians 6:9-11, emphasizing 'such were some of you.' Why is this message of transformation through Christ so important for those struggling with sexual sin? How can we share this message of hope with others while maintaining both truth and grace?