

The Jesus Way

DISCUSSION GUIDE | February 8, 2026

BIG IDEA

Jesus was trying to save and not shame when He talked about sex.

Message title: Flee, Don't Flirt

Scripture Reading: Matthew 5:27-30 NIV

When Jesus talked about sexual immorality, His intent wasn't to heap guilt or shame on His audience but rather to offer a warning rooted in love. He reframed adultery as more than a physical act by exposing lust as an inward posture of coveting another person and confronted the cultural myth that sex is "just physical."

1. *What stood out to you about the idea that lust is not a glance but a gaze?*
 2. *Why do you think Jesus was so concerned with what happens internally before anything happens externally?*
 3. *Where do you see that belief that "sex is just physical" shaping conversations, media, or decisions today?*
 4. *Why do you think Jesus used such extreme language to communicate the seriousness of sexual sin and the cost of freedom?*
 5. *Why do you think the authors of the Bible consistently emphasizes distance, not willpower, when it comes to sexual temptation?*
-

THIS WEEK'S CHALLENGE

This week's challenge is about honesty and intentionality—not perfection. Identify one input that consistently pulls you toward lust rather than life. Then take one concrete step to limit, remove, or guard that input.