

Matthew 5:28

Authorized King James Version (KJV)

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Analysis

Lustful looking is adultery in the heart. The Greek implies intentional, prolonged gazing for the purpose of desiring. This isn't about fleeting temptation (which Jesus experienced without sin) but cultivating lustful thoughts. Jesus exposes that sexual sin begins in the mind, not just the body.

Historical Context

First-century Jewish culture veiled women and separated genders to minimize temptation. Yet Jesus goes beyond external safeguards to the heart. He addresses male lust directly, challenging men to take responsibility for their thought life rather than blaming women.

Related Passages

Ephesians 2:8 — Salvation by grace through faith

John 3:16 — God's love and salvation

Study Questions

1. How do you guard your heart and mind against lustful thoughts in today's sexualized culture?

2. What does this teach about the difference between involuntary temptation and willful lust?

Interlinear Text

ἐγὼ δὲ λέγω ὑμῖν ὅτι πᾶς ὁ βλέπων γυναῖκα
 I But say unto you That whosoever looketh on a woman
 G1473 G1161 G3004 G5213 G3754 G3956 G3588 G991 G1135

πρὸς τὸ ἐπιθυμῆσαι αὐτοῦ ἥδη ἐμοίχευσεν αὐτοῦ
 to G3588 lust after her already hath committed adultery her
 G4314 G1937 G846 G2235 G3431 G846

ἐν τῇ καρδίᾳ αὐτοῦ
 in G3588 heart her
 G1722 G2588 G846

Additional Cross-References

Proverbs 6:25 (Parallel theme): Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

1 John 2:16 (Parallel theme): For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

Exodus 20:17 (Parallel theme): Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

2 Samuel 11:2 (Parallel theme): And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon.

Job 31:1 (Parallel theme): I made a covenant with mine eyes; why then should I think upon a maid?

Genesis 34:2 (Parallel theme): And when Shechem the son of Hamor the Hivite, prince of the country, saw her, he took her, and lay with her, and defiled her.

2 Peter 2:14 (Parallel theme): Having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls: an heart they have exercised with covetous practices; cursed children:

Job 31:9 (Parallel theme): If mine heart have been deceived by a woman, or if I have laid wait at my neighbour's door;

Psalms 119:96 (Parallel theme): I have seen an end of all perfection: but thy commandment is exceeding broad.

Romans 7:14 (Parallel theme): For we know that the law is spiritual: but I am carnal, sold under sin.

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