

Proverbs 23:26–28 (NIV)

“My son, give me your heart and let your eyes delight in my ways, for an adulterous woman is a deep pit, and a wayward wife is a narrow well. Like a bandit she lies in wait and multiplies the unfaithful among men.”

Grace and peace to you in the name of our Lord and Savior Jesus Christ. As we open our hearts to the Word of God, may the Holy Spirit guide us into all truth and lead us into transformation through the renewing of our minds (Romans 12:2).

God’s request here is intimate and deeply personal: *“My son, give me your heart.”* The heart in biblical language represents the center of our thoughts, emotions, and will (Proverbs 4:23). It is the seat of decision-making, desire, and devotion. But notice that the heart is mentioned first—and then the eyes. This is intentional, for what the heart loves, the eyes will seek.

1. The Root of Sexual Sin Lies in the Heart and Eyes

Jesus reaffirms this principle in His Sermon on the Mount:

Matthew 5:27-28 (NIV)

“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”

This shows us that sin doesn't begin with the act it begins with the gaze and the desire behind it. Lust is not merely a physical act but a condition of the heart. The “prostitute” in Proverbs is not only literal but also symbolic. She represents temptation and seduction in all forms visible and invisible.

2. Biblical Examples of Falling into the Trap of Lust

David and Bathsheba

2 Samuel 11:2-4 (NIV)

“One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing... David sent someone to find out about her... Then David sent messengers to get her. She came to him, and he slept with her.”

David’s fall began with a look. Instead of turning away, he entertained the image and allowed lust to take root. This is why the Lord urges, “Give me your heart and let your eyes delight in my ways.” The eyes serve as gateways to the soul.

Samson and Delilah

Judges 14:1-3; 16:4 (NIV)

“Samson went down to Timnah and saw there a young Philistine woman... Then he saw a prostitute in Gaza and went in to spend the night with her... Later, he fell in love with a woman in the Valley of Sorek whose name was Delilah.”

Samson followed the desires of his eyes and it ultimately led to his downfall. His physical eyes were gouged out (Judges 16:21), symbolizing the spiritual blindness that came from ignoring God’s

call to holiness.

Solomon's Heart Turned by Many Women

1 Kings 11:1-4 (NIV)

“King Solomon, however, loved many foreign women... They were from nations about which the Lord had told the Israelites, ‘You must not intermarry with them...’

Nevertheless, Solomon held fast to them in love... As Solomon grew old, his wives turned his heart after other gods.”

Though Solomon was granted great wisdom (1 Kings 3:12), he failed to guard his heart and eyes, eventually straying into idolatry because of his desire for sensual pleasure.

3. The Righteous Response: Joseph's Escape from Temptation

Genesis 39:7-12 (NIV)

“And after a while his master's wife took notice of Joseph and said, ‘Come to bed with me!’ But he refused... And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her... He left his cloak in her hand and

ran out of the house.”

Joseph didn't linger. He ran. His action demonstrates the New Testament command:

1 Corinthians 6:18 (NIV)

“Flee from sexual immorality.”

He modeled the spiritual discipline of not only avoiding sin but escaping its presence at all costs. In today's world, sexual sin often comes not from physical encounters but from images, media, and digital content. Pornography, sensual movies, provocative content on social media—these are modern forms of the prostitute who “lies in wait like a bandit” (Proverbs 23:28).

Paul warns believers:

Ephesians 5:3 (NIV)

“But among you there must not be even a hint of sexual

immorality, or of any kind of impurity...”

What we watch, listen to, and dwell on in our minds deeply impacts our spiritual condition. To overcome, we must guard both our hearts and eyes. Job provides a powerful example:

Job 31:1 (NIV)

“I made a covenant with my eyes not to look lustfully at a young woman.”

If you are married, honor your spouse in heart, mind, and body. If you are single, set firm boundaries. Avoid sexually suggestive media. Be mindful of your company and conversations. When tempted, turn away immediately do not entertain the thought.

Paul urges:

Romans 13:14 (NIV)

“Rather, clothe yourselves with the Lord Jesus Christ, and do

not think about how to gratify the desires of the flesh.”

True transformation begins with repentance and surrender.

Acts 3:19 (NIV)

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

If you have fallen, there is hope. Jesus offers forgiveness and restoration. Invite Him to cleanse your heart and renew your desires.

2 Corinthians 5:17 (NIV)

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Matthew 23:26 (NIV)

“Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean.”

True purity begins from the inside. When the heart is given to God, the life follows. When the eyes are disciplined, the body is kept in holiness. Walk by the Spirit, and you will not gratify the desires of the flesh (Galatians 5:16).

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