



Sunday

Hopeful Hearts Ministry

A Message

— FROM OUR PASTOR —





Dear Friends,

I joyfully welcome you to this new edition of our Sunday publication. Each issue is a blessing and an opportunity to share God's Word, strengthen our faith, and grow together as one body in Christ. I thank God for every contributor and reader who helps make this ministry possible.

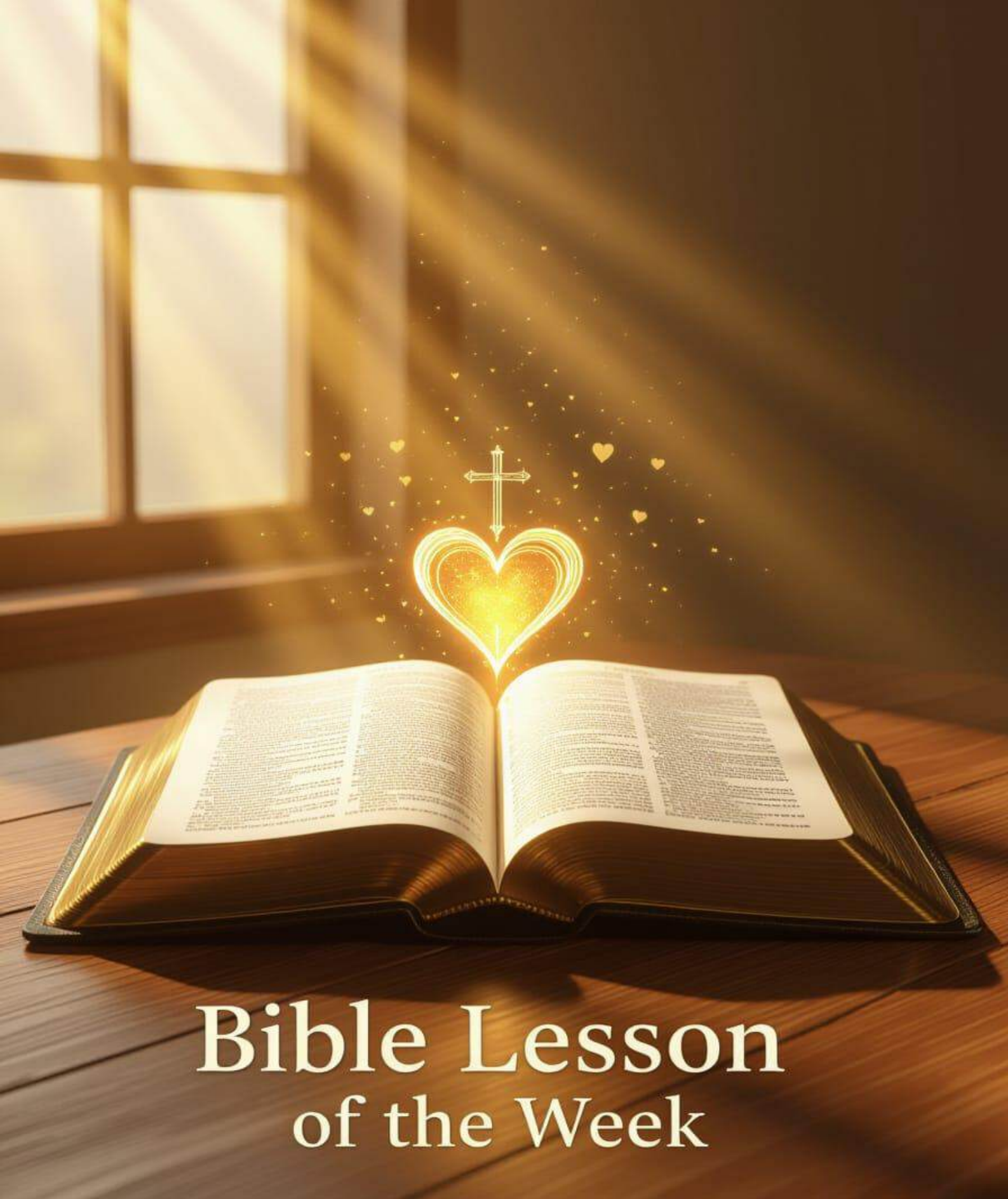
Our theme for this edition, *Beware of the Sins of the Heart*, is a timely reminder from *Matthew 5:27–30*. Jesus teaches us that sin begins not in our actions, but in our thoughts and desires. The heart is the wellspring of life, and when it becomes clouded with impure motives, pride, anger, or lust, our fellowship with God is affected.

This message challenges us to look inward and allow God's Spirit to purify our hearts. True holiness is not just about what others see it is about who we are before God. As we read, reflect, and worship this Sunday, may we invite the Lord to search our hearts, cleanse us from within, and fill us with His grace and peace.

May this new edition inspire you to walk closer with God and to live each day with a pure heart and a renewed spirit.

If this edition blesses you, I encourage you to share it with someone who could use a little hope today. Together, let's let God's love shine through *Hopeful Hearts Ministry Sunday*.

With love and blessings,
Pastor Dan
Hopeful Hearts Ministry



Bible Lesson of the Week

Beware of the sins of the heart

Understanding the Passage.

In these verses, Jesus continues His Sermon on the Mount, expanding the understanding of God's Law beyond external obedience. The Pharisees of Jesus' time focused mainly on outward actions believing that as long as one didn't physically commit adultery, they were righteous.

But Jesus looks deeper. He reveals that sin begins in the heart, not in the hands. A lustful look or a sinful thought is already the seed of sin that can grow into action. Christ is not only addressing the act of adultery but also the inner condition of desire that leads to it.

The Heart of the Matter.

Jesus teaches that moral purity is not just about what people see you do it's about what happens inside your heart and mind.

The eyes and hands in this passage represent the things that lead us into temptation. When Jesus says to gouge out your eye or cut off your hand, He isn't speaking literally, but rather symbolically. He's showing how seriously we should take sin.

If something in your life causes you to stumble whether it's a habit, a relationship, an image, or a thought you must remove it before it destroys your spiritual life.

The Call to Radical Purity.

Jesus calls His followers to a radical kind of purity one that goes beyond mere rule-keeping. True holiness is a matter of the heart's desires.

He invites us to let God's Spirit transform us from within, cleansing not only our actions but also our motives and intentions.


In a world full of temptations and distractions, this teaching reminds us to guard our hearts, discipline our minds, and depend on God's grace daily.

A Closing Thought.

Matthew 5:27–30 reminds us that following Jesus isn't just about avoiding bad behavior it's about becoming a new person from the inside out.

When the heart is pure, the actions will follow.

Jesus wants to set us free from sin's grip, not just in our behavior, but in our thoughts, emotions, and desires.

A person wearing a white robe is shown from the chest down, with their hands clasped in prayer. They are sitting at a wooden table. In front of them is an open Bible with a dark cover. To the left of the Bible is a small, simple wooden cross. The background is a church interior with a large, arched stained-glass window on the left, through which bright light is streaming. On the right wall, a larger wooden cross is visible. The overall atmosphere is peaceful and spiritual.

This Week's Prayer



Heavenly Father,

We come before You with humble hearts, acknowledging that You see not only what we do but what we think and desire. Lord, forgive us for the times we have allowed impure thoughts, lust, pride, or bitterness to take root in our hearts. Cleanse us from within, so that our hearts may be pure and aligned with Your will.

Jesus, teach us to guard our eyes, our minds, and our hearts from anything that can lead us into sin. Help us to remove from our lives anything that tempts us to stray, and give us the courage to make the difficult choices that protect our spiritual well-being.

Holy Spirit, guide our hearts this week. Strengthen us to live in integrity, to think pure thoughts, and to love others as You love us. Let our hearts reflect Your holiness in every action, word, and decision. May we honor You not only in what we do, but in the very desires of our hearts.

Lord, we surrender ourselves to You completely, trusting in Your mercy and grace. Keep us close to You, and help us walk daily in purity and obedience.

**In Jesus' name we pray,
Amen.**



Bible — Quiz —

How Well do you know God's Word?



1. What commandment does Jesus refer to in Matthew 5:27?

- A) You shall not steal**
- B) You shall not murder**
- C) You shall not commit adultery**
- D) Honor your father and mother**

Answer. (C) You shall not commit adultery

2. According to Jesus, where does adultery begin?

- A) In the body**
- B) In the eyes**
- C) In the heart**
- D) In the world**

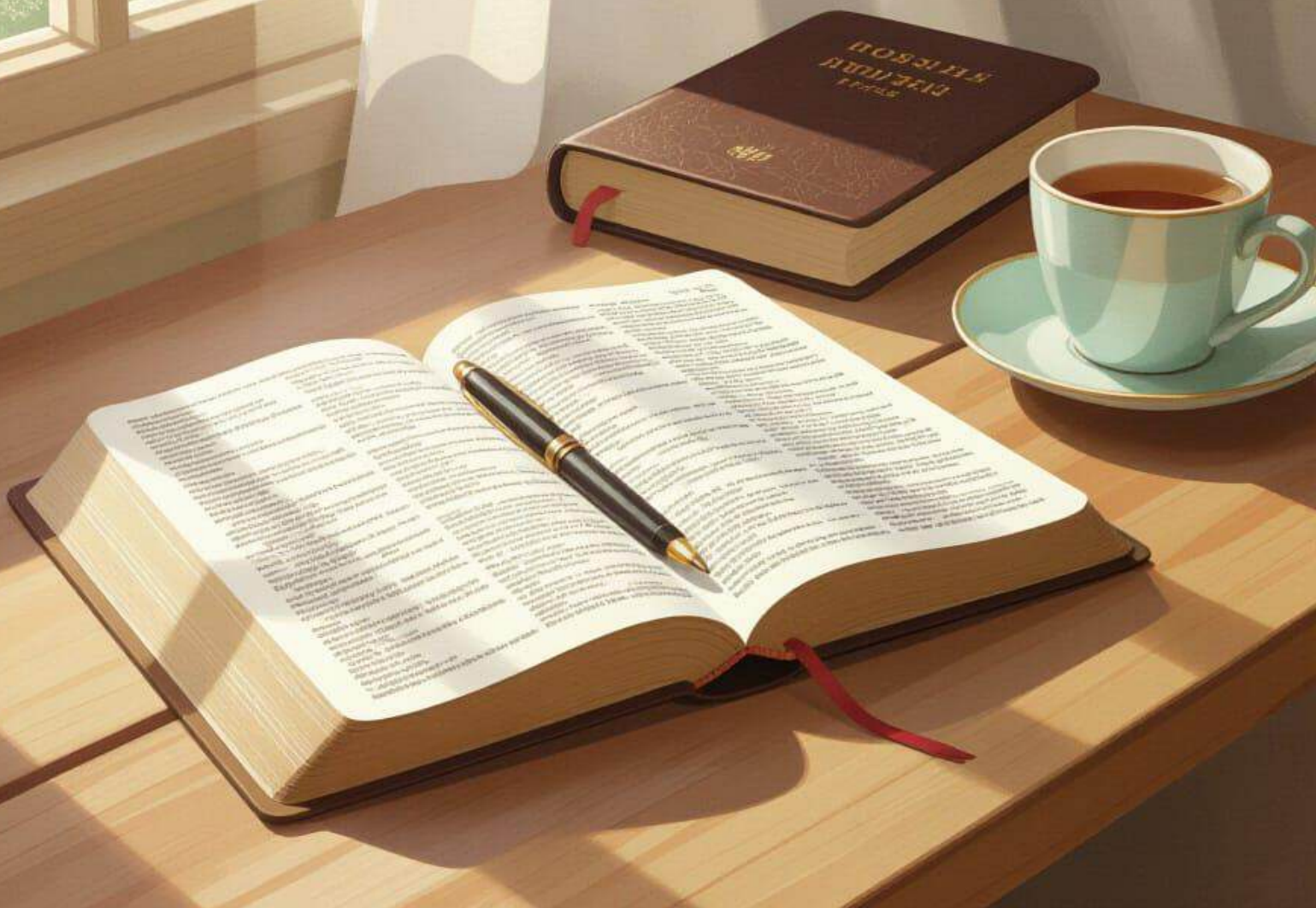
Answer. (C) In the heart

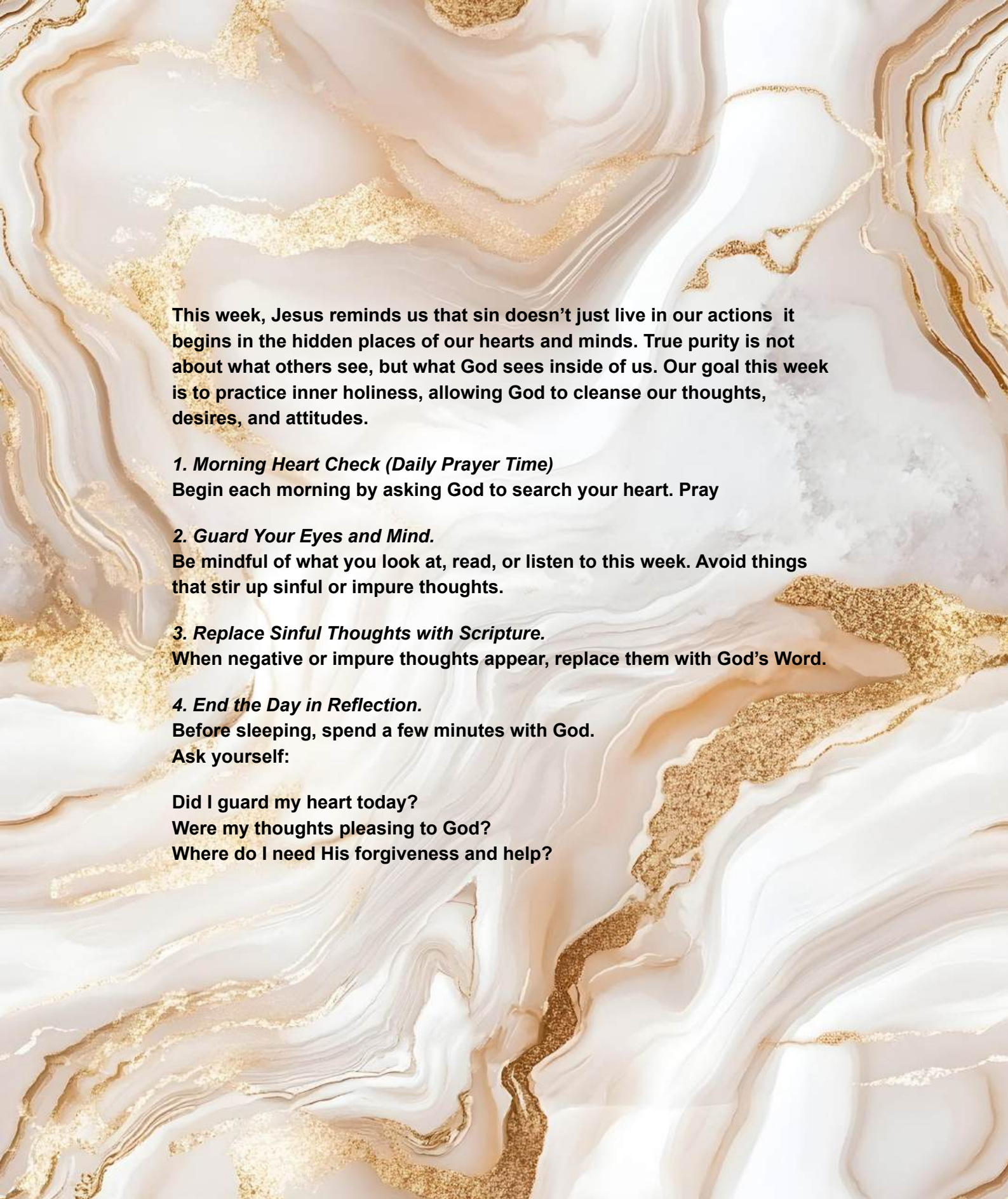
3. What is Jesus teaching when He says to cut off your right hand if it causes you to stumble?

- A) To avoid working with your right hand**
- B) To take sin seriously and remove temptation**
- C) To follow strict physical discipline**
- D) To act without thinking**

Answer. (B) To take sin seriously and remove temptation

My Practice
For This Week





This week, Jesus reminds us that sin doesn't just live in our actions it begins in the hidden places of our hearts and minds. True purity is not about what others see, but what God sees inside of us. Our goal this week is to practice inner holiness, allowing God to cleanse our thoughts, desires, and attitudes.

1. Morning Heart Check (Daily Prayer Time)

Begin each morning by asking God to search your heart. Pray

2. Guard Your Eyes and Mind.

Be mindful of what you look at, read, or listen to this week. Avoid things that stir up sinful or impure thoughts.

3. Replace Sinful Thoughts with Scripture.

When negative or impure thoughts appear, replace them with God's Word.

4. End the Day in Reflection.

Before sleeping, spend a few minutes with God.

Ask yourself:

Did I guard my heart today?

Were my thoughts pleasing to God?

Where do I need His forgiveness and help?