

ENDURING TRIALS

A Daily Devotional Study Guide



**THE BOOK
OF JOB**

WEEK 3

“The Emotions of Life”

Study: Job 10:1-22

Reading: Romans 7:14-25

Memory: James 1:2-4

I served as an assistant pastor for seven years until the pastor of our church retired and I was asked to step into that role. I struggled through this time because there were some things that I had done in my past that made me feel completely unworthy to be a lead pastor. I made the difficult decision to tell the church about my past failures, and leave the choice up to them. I am not normally an emotional guy, but during that time I felt the deepest emotions of my life as I struggled with what others would think about me. God used this time to humble me greatly and it was an emotionally draining time.

What Does the Bible Say?

Job was hurting, tired and emotionally drained. He could no longer contain himself but had to speak what he was feeling. He wanted to ask God why God was doing this to him. He could look around him and see many people who were openly wicked and their life was prospering while he, having no idea what he did wrong, was suffering (vs 1-3). In a somewhat sarcastic tone, Job began to ask God if he was acting like a human. Though he knew that God wouldn't do this, it seemed that maybe God was just like his friends and were examining him, accusing him of some sin that he didn't commit. He knew this wasn't the case because God knew everything and God knew that he was innocent in the whole matter (vs 4-7).

God knew every part of Job because it was God who created him. Before Job was even born, God put his master plan for Job's life to work and formed the exact person that He wanted. Job knew this, but now it seemed that God was inconsistent by allowing this great suffering to come upon his life. Why would God put so much effort and detail into a person's life just to destroy it? This didn't make sense to Job. He couldn't understand what was going on and why God was doing this to him (vs 8-12).

Job then started to question the mercy of God and began to wonder if God hadn't created him just to see all these things happen to him. It was as if God was keeping record of all of Job's wrongs and piling them up to one day let his fierce judgement fall. He wondered if he was paying

for the sins he had asked forgiveness for and God's plan was to make him miserable. If he was guilty, Job knew he deserved it. Maybe God thought he was prideful and was seeking to avenge him for that (vs 13-17).

If all God wanted to do was judge Job and hurt Job, then why did He choose to allow him to be born? Job knew that he would die one day and desired that God would leave him alone and give him at least a decent life until that day of death. He was miserable and didn't want to continue life in the state that he was in. All he saw was doom and gloom in the future and it even added to his misery (vs 18-22).

How Does this Apply to Me?

What emotions were stirred up inside of you as you read this chapter? There were probably different feelings and thoughts throughout the passage. One that I kept thinking is that Job just couldn't see what went on in heaven and I wished he could have known why God was allowing this. Another emotion I have is that of sadness because I can see myself responding worse than Job when only little trials come my way. Another emotion is relief, understanding that even an upright man is human and will battle with his emotions. Pain, suffering and hurt is part of the human life. You won't always understand why God is choosing the path for you that He has chosen. Ultimately, you have to come to the point to realize that God is still God no matter what the circumstances say. When you have this understanding, it will not always be easy, but it will make things bearable. It will even allow you to be joyful in the midst of pain and suffering.

Suggestions for Prayer

- * *Thank God for the joy that He can give you through trials.*
- * *Ask God to help you trust His master plan.*
- * *Praise God because He is good, no matter what you feel.*

Thought for the day

What was Job's attitude about life (vs 1)?

What did Job say he was going to do (vs 1)?

What did Job want to know (vs 2)?

What question did Job ask in verse 3?

Why do you think he asked this question?

Why do you think Job thought that God was acting like a man (vs 4-6)?

What did Job declare about his life (vs 7)?

What did he realize about the power of God (vs 7)?

What did Job say God had done (vs 8)?

What did Job want God to remember (vs 9)? Why?

Why did Job use the illustration of cheese (vs 10)?

What did Job realize about his life (vs 11-12)?

Why did Job think God's care for him had been hidden (vs 13)?

What did Job express about his emotions (vs 14-15)?

How did Job feel like a lion (vs 16)?

How else did Job express that he thought God was against him (vs 17)?

What did Job wonder (vs 18-19)?

What did Job want to happen (vs 20)?

What did Job feel was going to take place (vs 21-22)?

How can you see the deep emptiness of Job in this passage?

“Knowing the Whole Truth”

Study: Job 11:1-20

Reading: Proverbs 18:13, John 9:1-7

Memory: James 1:2-4

As a Pastor, I have found the vital importance of knowing a whole situation before I can give adequate counsel and advice. A short while back I heard of a couple who had gone to counseling and counseled with a wise, godly man for several counseling sessions. The counseling didn't seem to help and there was no progress being made in reuniting this failing marriage. They finally decided to stop seeing the counselor because they thought the situation was getting worse because of the counsel they received. One of the reasons they didn't receive the best counsel for their situation was because neither one told the counselor the whole story. His counsel was hurting because it didn't deal with the real issues.

Today, we are going to read the importance of knowing the whole truth before passing judgment on others. We will read how Zophar's counsel was doing more harm than good to Job because he did not know the whole story.

What Does the Bible Say?

Zophar had sat and listened to Job and his friends and he could no longer contain himself. He had to respond to the “evil” that Job was expressing from his mouth. He felt that Job was mocking God by the things that he said and that the words that he was speaking were just babble. He wasn't surprised at all that God was judging Job by the way Job was reacting and responding to the situation. He couldn't believe that Job would declare that he was innocent of all charges. He told Job that he wished that God would open His mouth directly and accuse Job so Job could understand how wrong He was before God. He wanted Job to understand that God was giving him less than he really deserved (vs 1-7).

As did his friends, Zophar spoke with much truth about God, but he misunderstood the reality of pain and suffering. They all thought that God was all-knowing and that is why God was causing suffering in Job's life, but the opposite was true. God knew that Job was blameless and

upright, and yet He allowed Job to suffer. Zophar was right when he expressed how no man can truly understand the way that God works. God does what he wants and casts judgment on those who do wrong and no one can stop Him. God knows the difference between a wise man and a fool. Zophar went on to tell Job that the odds of a donkey giving birth to a man was just as high as that of Job gaining wisdom (vs 8-12).

The answer to Job's problems were obvious to Zophar. Job needed to repent of his sin and turn back to God. When he did that, God would restore his health and place his blessings back on Job. The solution to all of Job's woes and misery was simple, yet Job would have to choose to repent and turn from his sin. (vs 13-20).

How Does this Apply to Me?

Zophar was pretty much right in what he was saying. The truth of what he was saying can be found in other places in the Word of God, but the problem that Zophar had was that Job hadn't sinned. If Job had done what was wrong and repented, what Zophar predicted could have happened. Scripture does tell us that God will withhold blessings at times in order to get His children to turn back to Him. It would have been a different story if Zophar knew what Job was doing wrong and could help walk him through the problem and confront him with his sin, but there was nothing that Zophar had to go on because Job hadn't sinned. What is the lesson to learn from this? The main lesson to learn is not to judge a situation till you know the whole story. Things that appear to be one way on the surface might not always be the truth when you dig into the matter. It is vital that you choose not to cast judgement or declare God's judgement on anyone unless it is clearly evident they are in disobedience to the Word of God.

Suggestions for Prayer

* *Ask God to help you wisely understand situations in your life and the lives of others around you.*

Thought for the day

How did Zophar begin his discourse (vs 1-2)?

What did Zophar say about Job's expression of his emotions (vs 3)?

What did Zophar think was false about what Job said (vs 4)?

What did Zophar wish God would do (vs 5)?

What did Job say God was withholding (vs 6)?

How do you think this made Job feel?

What can men not do (vs 7)?

What truth did Zophar express about God's wisdom (vs 8-9)?

Why is it important to realize this about God?

What can men not do (vs 10)?

What did Zophar declare about God and sin (vs 11)?

What did Zophar express about a stupid man (vs 12)?

What did Zophar want Job to do (vs 13)?

What did Job need to do about his sin according to Zophar (vs 14)?

What would happen if Job repented (vs 15-16)?

What false promise did Zophar give (vs 17)?

What would produce hope (vs 18)?

How were the words of Zophar true (vs 17-20)?

How were they not true in Job's situation?

What does this teach you about using God's words in the right way?

“In Complete Control”

Study: Job 12:1-25

Reading: I Corinthians 1:17-31

Memory: James 1:2-4

Several years ago, our family went for a cookout and then took some time to explore in the woods along a lake and a river. At one point, I decided that we should all cross the river on some logs that were forming a natural bridge across the river. My wife didn't want to cross, especially since I had my two year old on my shoulders and she had our 8 month old in a carrier on her back. I told her there was nothing to worry about, and there wasn't until our 4 year old slipped off the log sending both of his feet into the river. Fortunately, the river was only about a foot deep so he landed on the bottom, though it did soak his pants. He toughed it out and the rest of us made it across safely. On the way back across, I took our three small children one at a time and we all made it back over safely. I turned around and said to my wife, "We all made it safe and dry." As soon as I said that, she slipped and got her foot all wet — and she was worried about me!

Today, we will read how God is in complete control. Though we as people want to think we have it all under control, that will never truly happen.

What Does the Bible Say?

Job respectfully (or maybe sarcastically) disagreed with all of his friends who rebuked him. He expressed that they were wise, but he also told them that he was a man who had been given wisdom as well. Job expressed how he wasn't inferior to the other men who were telling him what to do, but explained how he was an upright and just man whom God heard and answered. He discovered through his situation that people tend to look down on those who face misfortune in life. Many of those people who prosper think that God's hand of blessing is upon them, but it is not because sometimes God allows evil men to be prosperous and experience earthly wealth (vs 1-6).

Job started to break out of his "woe is me" attitude as his godly character began to show in his defense of who God is. He stated that the

animals and flowers are well aware of who their God is because He knows and cares for each one of them. Job declared that God's hand was in control of all living things and God would choose whether those things would live or die. Just as sure as a mouth was for tasting and an ear is for hearing, it should be obvious to all men (specifically Job's friends) that God was in control. If they were truly as wise as they thought they were, they would have understood this (vs 7- 12).

Job then went on to finish the chapter out by describing the absolute and complete control of God. God is full of wisdom and has the ability to accomplish things through his might. This wisdom leads him to have perfect counsel and understanding to work all things together according to His master plan. He has the ability to withhold and to give whatever He wants. He can make the wise man, the king, the mighty men into poor, weak fools if He desires. He can take small nations and make them great, then destroy them. He can also make them great again. He can make the deep hidden truths simple to understand, but had the ability to hide them as He pleases. God has the power to do whatever He wants with whoever He wants to do it (vs 13-25).

How Does this Apply to Me?

What view of God do you get after reading today's passage? Did it put you in your place realizing what little power and ability that you really have in yourself? Did it remind you how desperately you need God's working in your life and in the lives of others around you? Since we as humans don't always see God, it is easy to get caught up in the idea that we are responsible for everything that goes on around us. We think that in order for a person to be saved or to live for the Lord, we have to convince them to do it. We think that when failure or victory comes that we are solely responsible, but that simply isn't true. It is God who is in control of the events and affairs of this life. He is the one who will work all things out according to His master plan. What should be your response? You should bow down and yield yourself to Him and to His plan today and every day confessing how much you need Him. Let Him take control of your life and choose to be a humble, obedient servant who relies upon His master for everything.

Suggestions for Prayer

- * *Ask God to continually help you make Him Lord of your life.*
- * *Praise God because He is in complete control.*

What did Job say about the wisdom of his friends (vs 1-2)?

What did Job say he also had (vs 3)?

What did Job say he had become (vs 4)?

Why do you think he thought this?

What do those who experience good times often think about those who face misfortunes (vs 5)?

What do people tend to think (vs 6)?

What did Job direct his attention towards (vs 7-8)?

What did all creation realize (vs 9)?

What does God have control of (vs 10)?

What was Job expressing in verses 11-12?

What does God have (vs 13)?

What does verse 14 express about God?

What does God have the ability to do (vs 15)?

What does God have the ability to do to earthly powers (vs 16-19)?

How does God have power over the reputation of men (vs 20)?

How is no earthly power greater than God (vs 21)?

What does God do for the nations of the world (vs 23)?

What does God have the ability to do for the strongest and wisest men on the earth (vs 25)?

What does this reveal about Job's view of God?

“Really Knowing God’s Plan”

Study: Job 13:1-15

Reading: Psalms 119:98-100, II Timothy 2:14-21

Memory: James 1:2-4

I am a very independent person and find myself in charge of almost everything that I am involved in. One thing that I don’t like having to lead though is a caravan of cars that are all traveling to the same place. It seems that when I have many cars following behind me that I tend to get lost or to lose them. It is often humiliating when you have two or three cars following you when you make a wrong turn and then all of you have to turn around together. I always wonder what the people who are following me are thinking when I have to do several turn arounds because I am lost.

Today, we are going to read how easy it is to lead others astray and how easy it is to be led astray.

What Does the Bible Say?

Job’s friends had expressed how they had observed from their lives and from history that a man always reaps what he sows. Job agreed with them because he had seen the same thing happen often, but he contended with them because they looked down at him as inferior because of the things that God had allowed to happen to him. Though his friends suggested that if God were physically present He would rebuke Job for his evil, Job declared how he desired to speak to God and plead his case before Him (vs 1-3).

Job then lashed out at his friends for their insensitivity to the whole situation and tells them that they are filled with whitewashed lies. Instead of comforting him, they rebuked him and acted as if they were more spiritual than he was. We know from God’s description of Job at the beginning of the chapter that Job was respected in the whole land for his godly character. His friends knew what he was like and what they were like, yet they didn’t help him one bit. He wished that they would have kept silent rather than opening their mouths (vs 4-5).

The rebuke continued as Job described how his friends had spoken to him as if they knew exactly what God wanted for them. They were

walking on dangerous ground by declaring that God said something that He never said. This was wrong and hurtful and God would not treat this type of action lightly. Job wanted to know if these men feared God enough to realize what they were doing was wrong. Their arguments were full of falsehoods and lies and their actions were hurtful to Job and disgraceful to God (vs 6-12).

Job wanted his friends to be silent and listen to him. He wasn’t fighting to save his life or trying to make excuses to cover up his sin. If God saw fit to take his life, that was fine. If God chose to bring physical and emotional pain in his life, He was still going to trust in God, yet he felt he could still express his feelings before the God He had walked closely with for many years (vs 13-15).

How Does this Apply to Me?

Do you really know what God wants and desires for your life and the lives of others around you? James 3:1 says, “Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness.” The more people that you instruct and tell them what God’s desire is, the more accountability you have before God. James wasn’t saying that you shouldn’t teach others, he was warning those who do to make sure they are walking with God and declaring what He wants. Though this may sound like a great task, it isn’t always that difficult. This is because you have the Word of God to declare what God says. You will get yourself in trouble when you start declaring what God says without really knowing for yourself. Just as Paul told Timothy to “Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.” Choose today not to be like Job’s foolish friends, but to use the Word of God to be an encouragement to others.

Suggestions for Prayer

- * Thank God for the positive example of Job.
- * Ask God to give you wisdom that comes only from Him.

Thought for the day

What did Job say about being inferior (vs 1-2)?

****This did not come from pride, but came from confidence in his relationship with God.*

What did Job say he wanted to do before God (vs 3)?

What do you think Job meant when he said his friends were “whitewashed with lies” (vs 4)?

How were his friends like worthless physicians (vs 4)?

How did Job say his friends should have expressed their wisdom (vs 5)?

What valuable lesson can you learn from this?

What did Job want them to hear (vs 6)?

What did Job claim his friends were doing (vs 7)?

Why did Job want his friends to examine their lives (vs 8-9)?

****It is easy for all of us to base the success of our choices on earthly results. It must be remembered that earthly obedience doesn't always bring earthly success.*

What will God do (vs 10)?

What should our attitude be when we compare our wisdom with God's (vs 11-12)?

What did Job want to be able to do (vs 13)?

Why is it important to let people express their feelings without rebuking them?

What did Job express about what He was going through (vs 14-15)?

Can you say the same of your life? Explain.

“Expressing Your Feelings”

Study: Job 13:16-28

Reading: Matthew 26:36-46, Psalm 18:1-6

Memory: James 1:2-4

Though I am a pastor and know many of the right answers, sometimes I have a hard time believing them. The longer I have been a pastor, the more I feel the stress and pressures that comes with being a spiritual leader. In my mind, I want to think that if I do what is right, everyone will love me and people will flock to the church to hear the preaching of God's Word, but in reality, I have experienced the opposite at times. I keep telling myself that all God wants me to do is be obedient to Him (which is completely true), but sometimes I don't feel that way. When I feel this way, I often express it to my wife. Once I get it off my chest, it helps me deal with it the way God desires.

Today, we are going to read that there is nothing wrong with expressing your feelings.

What Does the Bible Say?

There was no doubt in Job's mind that he was trusting in God. He was convinced that he was doing right and he was willing to be put on trial before God and to declare he was innocent. That alone was evidence in his own mind that proved he was not guilty. Job went on to picture a courtroom setting in which he would stand before God and deliver his case. If there was an accuser who could factually reveal that he wasn't right before God, then he would willingly listen. If the evidence was true, he would be convicted and would no longer try to defend himself. He would choose to be silent and let the death that he deserved because of sin take hold and take him from this world (vs 16-19).

He then turned his attention to God in a prayer and began to talk to Him. Job asked God to stop hiding Himself so that Job could communicate with Him. Job also wanted God to stop terrifying him with dreams and deep agony that he was experiencing. Job wanted a trial before God, though He was terrified because he realized the greatness and power of God. Job didn't want God to be silent, He wanted God to reveal what sin Job might have in his life. If God would reveal sin to Job, Job

was ready to make it right with God. He couldn't find any sin in his life and he desperately wanted it revealed if there was. He wanted that close walk with God that he had experienced for many years (vs 20-23).

Job wondered why God was not speaking to him. He felt that God was treating him as his enemy and just wanted to know why. He compared himself to a leaf or dry chaff which were things that were worthless. Job had been brought to nothing and felt completely trapped and absolutely worthless. He felt as if he had been put in shackles and been imprisoned for a crime that he didn't commit. He thought that he was wasting away in a useless state just like a garment that was being eaten by moths (vs 24-28).

How Does this Apply to Me?

Do you feel that you have to suppress your emotions when you can't understand what God is doing? Do you feel like you can't tell anyone about what you are going through because they will just rebuke you for your lack of trust in God? We as humans are emotional creatures who were made with a need to depend on and trust in others. When others fail you, or seem to fail you, you often can't control how we feel. If you try to suppress these emotions, you will often end up in a worse condition because you try to work things out in your own mind. This is why it is important for you to have a couple of good friends who you can express your feelings and emotions to without fear of rebuke, just as you need to be that friend who can listen when others want to unload their emotional burdens. This is what Job was doing here and many other godly men have done through the years past. This doesn't allow you to live in a state of depression or unthankfulness, but does free you up to express your feelings.

Suggestions for Prayer

- * Thank God for making you an emotional person.
- * Ask God to help you to keep your emotions under control.

Thought for the day

What would be the salvation of Job (vs 16)?

What do you think he meant by this?

What did Job want his friends to hear (vs 17)?

What had Job prepared (vs 18)?

What did Job say he would do if someone revealed to him that there was sin in his life (vs 19)?

What two things did Job ask for (vs 20-21)?

- 1.
- 2.

Why do you think he asked for those things?

What did Job want according to verse 22?

****Through Job's struggles, he felt like God was not hearing him and that he could not hear God.*

What did Job want to know (vs 23)?

What did Job feel (vs 24)?

How did Job feel God was treating him (vs 25)?

What do you think Job meant in verse 26?

****It appears that Job was wondering if God was doing hurtful things to him because of sins he had committed years before when he was young.*

What did Job express about his situation (vs 27)?

What did Job feel his life had become (vs 28)?

Have you ever felt like Job? Explain.

“God Does Know”

Study: Job 14:1-22

Reading: Romans 8:18-39

Memory: James 1:2-4

I enjoy watching most of the Detroit Red Wings hockey games, but most of the time I don't watch them live. I will watch the replays of the games. When I am going to watch a replay, I try to do all I can to avoid hearing the outcome of the game. Once I know the outcome, I don't enjoy watching the game. My wife didn't fully understand this until she was watching Olympic coverage that was delayed. Throughout the day, the news would report about some of the winners and if you weren't careful, you would know who won before you were able to watch the competition. One year, there were only two events that my wife really wanted to watch, and for both of them she turned the TV on for a second during the day only to hear the winners announced. As a result, it wasn't near as exciting for her to watch the events.

Today, we are going to read how God knows the results of everything.

What Does the Bible Say?

After Adam and Eve sinned in the garden, one thing became a certainty in the life of all their descendants – death. Job understood this well and realized how life was like a fading flower and a shadow that quickly goes away. Because of this, he couldn't understand how God could allow a man to suffer as Job was suffering. He knew he wasn't pure like God and felt that God's scrutiny was upon him. In a sense, he felt like God was picking on him, making his days here on this earth full of misery. It was clear to Job that God was in complete control of the exact amount of time that each man would spend on this earth, and as the days and moments were passing by, Job wished that God would leave him alone so that he could have a few more days without such pain and misery. Even a hired worker would get a day off in which he could go out and enjoy some of the money that he had been laboring for. Job just wanted a little of that enjoyment back in his life (vs 1-6).

Even a tree has hope after it is cut down because new shoots could grow from the roots, allowing it to revive and experience life once again.

The opposite of that is true with man. Once a man is dead, he is laid in the grave and life as he knew it will never be the same. The thought of death was a positive thing for Job. At times, he wished that he could die and lie dormant in the grave until God's judgement passed from him so he could then awake and live a normal life. He knew this couldn't happen, and he comforted himself in the fact that after he finished his term of service upon this earth that there was something better waiting for him in heaven. He knew that when he reached heaven, then the misery and pain that he was experiencing would be over and he would no longer have to face punishment for his sin (vs 7-17).

Though Job knew that in heaven he would not suffer, he did feel that God had turned away from him during this time on earth. The hope that he had in God for peace and blessings on this earth was being washed away just like a mudslide after a severe rain. Job felt rejected by God even though he tried to please God. Though he tried, he couldn't accomplish it because he thought God had forgotten about him (vs 18-22).

How Does this Apply to Me?

Job was human just as you and I are human. He experienced the same feelings of misery and emptiness that will sometimes come our way when circumstances in our lives make us feel like God has forgotten us. Though this should be a comfort to you, it shouldn't be an excuse to turn from God. God hadn't forgotten about Job, but was there all the time, carefully watching and monitoring the situation. The great advantage that you and I have over Job is that we can see from his life and the lives of many other Bible characters how God was at work behind the scenes. This was unknown to Job and the others during their time of misery and grief. Job didn't know he would be restored. Paul and Silas didn't know they would be released from prison. David didn't know his life would be spared from his enemies. You don't know what tomorrow holds for your life, but from the Word of God, you are clearly shown that God knows and He will work all things out for your good.

Suggestions for Prayer

- * Praise God because He knows the exact number of days you will live.
- * Ask God to help you trust Him when you can't see the outcome.
- * Thank God for being in complete control of your life.

What did Job declare about man (vs 1)?

Have you ever felt this way in life? Explain.

What does Job compare man's life to (vs 2)?

What do you think Job meant in verse 3?

What can men not do (vs 4)?

What has God determined (vs 5)?

What did Job want God to do (vs 6)?

****Job felt that God was bringing this pain upon him.*

What was there hope for (vs 7-9)?

What happens after men die (vs 10)?

What did he compare the life of man to (vs 11-12)?

What did Job say he wanted (vs 13)?

What did Job desire (vs 14-16)?

What was Job expressing in verse 17?

What did Job say about the hope of man (vs 18-19)?

What did Job think about the hope that God gives men (vs 20)?

What is a person who is dead unaware of (vs 21)?

What did Job express about his pain (vs 22)?

What do you think was the main point of this chapter and Job's expression of his feelings?

MEMORY VERSES

Matthew 5:20 For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. 21 "You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' 22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. 23 So if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. 25 Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. 26 Truly, I say to you, you will never get out until you have paid the last penny. 27 "You have heard that it was said, 'You shall not commit adultery.' 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell. 31 "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' 32 But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery. 33 "Again you have heard that it was said to those of old, 'You shall not swear falsely, but shall perform to the Lord what you have sworn.'