

But I say unto you, That whosoever looketh  
on a woman to lust after her hath committed  
adultery with her already in his heart.  
And if thy right eye offend thee, pluck it out,  
and cast it from thee: for it is profitable for  
thee that one of thy members should perish,  
and not that thy whole body should be cast  
into hell.

And if thy right hand offend thee, cut it off,  
and cast it from thee: for it is profitable for  
thee that one of thy members should perish,  
and not that thy whole body should be  
cast into hell.

**Matthew 5:28-30**