

How Jesus Lived His Teaching

Neither do I condemn you.

JOHN 8:11

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When Jesus addressed divorce in the Sermon on the Mount,
many believe He offered a single standard
for ending a marriage and remarrying.

If His words sound like a ruler
to measure human failure,
His life shows something different—
a tenderness toward the brokenhearted.

How did Jesus live His teaching?

The Gospels preserve two examples—
a woman at a well with five past husbands,
and a woman caught in the very act of adultery.

The woman at the well (Jn 4:4–26)
carried a history of loss.
Not one story repeated five times,
but six that left her without a husband.

Whatever happened,
she wasn't standing there as a rebel.
She was standing there with her life taken away.

And the man she lived with
was where her life had settled—
a place without covenant,
without the safety a husband would give,
without the future she once hoped for.

Not rebellion.
Just survival.
Just the last thin shelter she had left.

Jesus doesn't shame her.

He doesn't quote His antithesis.

He doesn't call her an adulteress.

He offers Himself:

"I am He." Jn 4:26

The woman caught in adultery (Jn 8:1–11)

is a different story.

She is caught "in the very act."

This is porneia—

the exact sin Jesus names

in His antithesis (Mt 5:31–32; Mt 19:3–9).

Watch Him.

He steps between her and the stones.

He bends down into the dust.

He levels the ground:

"Let the one without sin
cast the first stone."

Silence.

Footsteps.

Stones dropping.

Then He lifts her:

"Neither do I condemn you."

And He calls her forward:

"Go, and sin no more."

Restoration for the wounded.

Forgiveness for the guilty.

Protection for the vulnerable.

A reckoning for the hard hearted.

Sin is never excused.

Covenant law is never weaponized.

Mercy and truth always walk together.

This is how Jesus lives

what He teaches.

This is how He steps into

our broken covenants—

not to shame,

but to heal,

to lift,
to restore,
and to call us to Himself.

How is Jesus meeting me without condemnation?

Jesus does not measure me by my failures.

He meets me with mercy,
and restores what shame has taken.

Father, thank You for sending Your Son
to meet me with compassion.

Lead me into the life You desire for me.

In Jesus' name, amen.