

Honoring God's Design

Week 7 – The Ten Commandments

Exodus 20:14

Main Idea

God's design for sexuality, marriage, and purity is good. Because He loves us, He calls us to honor His design by guarding both our hearts and our actions.

Getting Started

Our culture often encourages us to follow our feelings and define truth for ourselves. God's Word points us to a better way by calling us to trust His design, even when it conflicts with the world around us.

Icebreaker:

What is something valuable you've had to intentionally protect? Why was it worth guarding?

1. Guard Your Heart

Read

- Exodus 20:14
- Matthew 5:27-30
- Proverbs 4:23
- Philippians 4:8

Discuss

Jesus taught that adultery begins long before the physical act. It starts in the heart. Our thoughts, desires, entertainment, and habits all shape our hearts, which is why Scripture repeatedly calls us to guard them.

Guarding our hearts isn't simply avoiding bad things. It is intentionally filling our minds with what is true, pure, honorable, and pleasing to God.

Questions

- Why do you think Jesus focuses on the heart instead of only outward behavior?
- What influences most shape your heart during the week?
- What practical boundaries help you guard your heart?
- How does Philippians 4:8 help us develop healthier thought patterns?

2. Guard Your Steps

Read

- Proverbs 5:1-23 (selected verses)
- Proverbs 7:24-27
- 1 Corinthians 6:18-20
- Ephesians 5:1-3

Discuss

Our hearts determine our direction, but our daily choices determine where we end up. Pastor Todd reminded us that honoring God's design means making wise decisions before temptation becomes overwhelming. God calls us to flee sexual immorality, pursue holiness, and walk in obedience one step at a time. Instead of asking, "How close can I get?" followers of Jesus ask, "How can I honor Christ with every step I take?"

Questions

- Why is it easier to avoid temptation early than after we've already entertained it?
- What situations or habits tend to lead people toward compromise?
- What practical "guardrails" can help someone walk wisely?
- How does remembering that our bodies belong to Christ change the way we live?

Living It Out

God's commands are never meant to steal our joy. They are given to protect us and lead us into the abundant life He designed.

This week:

- Ask God to reveal any area where your heart needs greater protection.
- Identify one practical step that will help you guard your walk with Christ.
- Encourage another believer to pursue purity and faithfulness.

Memory Verse

"Above all else, guard your heart, for everything you do flows from it."

Proverbs 4:23

Closing Prayer

Pray that God would give each person a heart that desires His design, the wisdom to recognize temptation, and the courage to guard both heart and steps in obedience to Christ.