



## MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **Building Hedge Around Your Sexual Life**

Series: **God's Top 10**

Text: **Exodus 20:14; Matthew 5:27-30**

Speaker: **Kevin T. Hardy** Date: **August 10, 2025**

*"Have you not **put a hedge around him** and his household and everything he has?  
(Job 1:10).*

**"You shall not commit adultery."** Exodus 20:14

### HOW DO YOU BUILD A HEDGE?

#### 1. \_\_\_\_\_ GOD'S DESIGN FOR HUMAN SEXUALITY

*"For this reason a man will leave his father and mother and **be united to his wife**, and the **two will become one flesh**." 32 This is a profound mystery—but I am talking about Christ and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. (Eph. 5:31-33)*

*"Human sexuality is so much more than just the propagation of the species; it is, to use the words of a friend of mine, **a mingling of human souls**." (JD Greer)*

*But since there is so much immorality, each man should have his own wife, and each woman her own husband. The husband should **fulfill his marital duty** to his wife, and **likewise the wife** to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. **Do not deprive each other except by mutual consent and for a time**, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. (1 Cor. 7:2-5)*

#### 2. \_\_\_\_\_ YOUR HEART

*"You have heard that it was said, 'You shall not commit adultery.' But I say to you that **everyone who looks at a woman with lustful intent** has **already committed adultery** with her in his heart." (Matt. 5:27-28)*

*29 If your right eye causes you to sin, **gouge it out and throw it away**. It is better for you to lose one part of your body than for your whole body to be thrown into hell. 30 And if your right hand causes you to sin, **cut it off and throw it away**. It is better for you to lose one part of your body than for your whole body to go into hell. (Mt 5:29-30).*

**Jesus teaches that fighting sexual sin requires \_\_\_\_\_, \_\_\_\_\_ action!**

### ***Let me give you three practical ways to Guard your Heart.***

- **Guard your \_\_\_\_\_**: be intentional about what you watch, read, or scroll through.
  - *O my son, give me your heart. May **your eyes take delight** in following my ways. (Pr. 23:26)*
  - *“I made a covenant with my eyes not to look lustfully at a girl.” (Job 31:1)*
- **Guard your \_\_\_\_\_**: replace fantasies with truth from God’s Word.
  - *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.**” (Philippians 4:8)*
- **Guard your \_\_\_\_\_**: avoid situations where temptation can grow unchecked.
  - *“The highway of the upright **avoids evil**; he who guards his way guards his life.” (Proverbs 16:17)*

### **3. BUILD SOME STRONGER \_\_\_\_\_**

*But a man (or woman) who commits adultery **lacks judgment (MAKES NO SENSE)**; whoever does so **destroys himself.** (Pr 6:32).*

*18 **Flee from sexual immorality.** All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore **honor God with your body.** (1 Co 6:18–20).*

- **Strengthen Your \_\_\_\_\_**
- **Set Clear \_\_\_\_\_**
- **Seek \_\_\_\_\_**

### **4. HOPE FOR THE FALLEN: GRACE THAT \_\_\_\_\_**

Jesus said to the woman caught in adultery, “Neither **do I condemn you**; go, and from now on **sin no more.**” (John 8:11)

***If we confess our sins,** he is faithful and just and will **forgive us** our sins and **purify us** from all unrighteousness. (1 Jn 1:9).*

***Create in me a clean heart, O God, and renew a right spirit within me. (Psalm 51:10)***