

“The Ten Commandments (Part 8 – No Adultery)”

Life is hard to figure out, and so many deceiving voices in this world make it even more confusing. But God makes known to us the *path of life* in His Holy Word (see Psalm 16:11). The Word of God is the *Instruction Manual* for human existence. God outlines part of His desired *path of life* in The Seventh Commandment, where the Lord says in Exodus 20:14: “*You shall not commit adultery.*” Adultery has devastated many lives. The allure of sexual sin snares many teens, including Christian kids. One commentator writes: “*God’s Ten Commandments are big, bold, bright signs guiding us away from the regions of darkness and death, and toward the places of light and life in Christ. The problem is, in our sin, we hate being told what to do. We think we know better. We look at temptations that cannot make our lives better and we think, ‘That would make my life better.’ The Ten Commandments point toward Sodom and Gomorrah and warn us, ‘You don’t want to go there.’ Yet we look over at that barren wasteland and think, ‘This must be our garden of Eden.’ And off we go.*” Marital faithfulness is the building block of society, and the covenant of marriage is the foundation of the family. “*Holy sexuality consists of two paths: chastity in singleness and faithfulness in marriage.*” God calls us to protect our marriages by practicing purity. We live in a culture which dismisses God’s idea of marriage as an irrelevant relic of tradition. The spirit of our times vigorously seeks to dilute the sanctity of marriage which God has established. The keeping of The Seventh Commandment guards the integrity of every marriage and is a safeguard against sexual sin. Here’s the *path of life* God has made known to us: *any sexual expression outside the confines of a marital relationship of one man and one woman is a sin against God. The only acceptable forum for sexual expression in a Christian’s life should be between a husband and a wife within the context of their marital relationship.* Anything and everything outside of this would be prohibited.

The Seventh Commandment prohibits:

- **Adultery.** Adultery is a sexual relationship between a married individual with someone other than their spouse. When you *add* someone or something else to your marriage you *alter* it for ill.
- **Sexual immorality.** Fornication is any sexual expression outside the bonds of the marital relationship, including pre-marital sex. From a Biblical standpoint all sex outside the bounds of marriage between a man and a woman is sin against God.
- **Lust.** Lust is *forbidden desire*. It’s not OK for Christians to *look as long as they don’t touch*. Don’t *gawk* or *gaze* at someone that draws an accidental *glance*. It’s not OK for Christians to *fantasize about being in an inappropriately intimate situation with someone who is not your spouse*. In Matthew 5:27-28 Jesus said: “*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.*” This would also prohibit all forms of pornography.
- **Homosexuality.** The practice of homosexuality is clearly presented as a sin in the Holy Scriptures.
- **Co-Habitation.** It’s not OK for Christians to live together with a romantic partner if you’re not married.

- **Masturbation.** Your spouse should be the only one who satisfies your sexual needs. Don't pleasure yourself.
- **A lot of other horrible possibilities:** such as bestiality, sexual abuse or molestation of a child, sexual assault, rape, etc.

How do we keep This Seventh Command? First and foremost, we must embrace and commit ourselves to God's *path of life*. Part of *confession* is *saying the same thing God says about what He calls right and wrong*. If you don't agree with God and the Scriptures, there's no way to move forward in God's *path of life*. You'll either go your own way or the world's way. You must come over to God's way of thinking, and stay committed, no matter what. So, how do we keep The Seventh Commandment? The Psalmist writes in Psalm 119:9-11: "*How can a young person stay on the path of purity? By living according to your word. ¹⁰ I seek You with all my heart; do not let me stray from Your commands. ¹¹ I have hidden Your Word in my heart that I might not sin against You.*"

How can we abstain from all forms of sexual immorality and practice purity?

- **Confess your sins.** Be honest with God. Don't live with imbedded sin in your life.
- **Bring things out of the darkness and into the light through accountability.** Perhaps, in addition to being honest with God you should also find a support group or individual(s) you can be brutally honest with.
- **Put grace into action.** Put the many unmerited gifts God has already made available to you into practice. Use the mighty Sword of the Spirit (which is the Word of God) to overcome temptation and the devil.
- **Set boundaries.** Establish wise hedges, such as: avoid the very appearance of evil, be above reproach, don't flirt, don't be alone behind closed doors with someone of the opposite sex, be careful how you touch a member of the opposite sex, stop trying to live as close as you can to the edge of darkness while still being a Christian (continually move toward God's light and away from the darkness).
- **Aggressively subdue sinful thoughts and drag them into compliance with the ways of Christ as soon as they arise.** This is what 2 Corinthians 10:3-5 teaches.
- **Memorize Scripture.** This really is a powerful way to overcome sin and pursue purity.
- **Bless your marriage.** Pray for your marriage and bless your marriage (see attached resource).

Discussion Guide/Action Steps

1. Confess your sins and turn from them so you may be forgiven and healed!
2. Commit yourself to obeying and following God's *Instruction Manual* for living (the Bible).
3. Make the commitment that you will abstain from all forms of sexual immorality.
4. Make the commitment to practice purity.
5. RESOURCES: a) Focus on the Family (www.focusonthefamily.com); b) Sex Addicts Anonymous (www.saa-recovery.org); c) Throne of Grace Ministries (951-849-2601); d) Pure Life Ministries (www.purelifeministries.org); e) www.xxxchurch.com to fight porn addiction; f) Living Waters (www.desertstream.org).
6. "God's way today"