

## **The 10 Commandments: Do Not Commit Adultery**

### **Reflect**

1. Why is this topic so hard to talk about?
2. What does our culture teach us about sex?
3. What do you believe the bible teaches us about sex?

### **Read Your Bible**

- Deuteronomy 5:18
- Matthew 5:27-28

### **Apply God's Word to Your Life**

1. How do you define adultery?
2. Is sex good or bad? Why?
3. What is the greatest gift you have received?
4. How did you value/treat that gift?
5. If sex is a great gift from God, how should it be treated?
6. How can sex bless our lives? How can it curse our lives?
7. How can Jesus' love and forgiveness redeem our brokenness regarding sex?

### **Conclusion**

Luther wrote in response to the sixth commandment, "We are to fear and love God so that in matters of sex our words and conduct are pure and honorable, and husband and wife love and respect each other." Adultery is a matter of unfaithfulness to your spouse, to your own body, and to God. Sex is a good gift that God gives us in love that has great power. What else can we do that can create life? Because it has such power to bless our lives in so many ways, it also can be used to curse our lives. Adultery and abuses of a sexual nature leave painful

wounds in people's lives. Our culture sells sex as no big deal. God teaches it is a big deal! Therefore, boundaries are created by the covenant promise of marriage not to limit our freedom, but to allow us to receive the full blessing. Adultery can thereby be defined as any sex outside of marriage. The good gift of sex from God was created to be honored and respected. Self-control is a gift of the Holy Spirit. Sex is a good gift, but it is not our identity. Our identity is found in Jesus Christ, the gift giver, not the gift.

### **Pray**

Father, thank you for the many good gifts you give us and today we thank you especially for the gift of marriage and sex. May our thoughts, our hearts, our conduct regarding sex be pure and honorable. If we have been hurt and abused, bring justice, and heal our broken hearts. Help us to not live in shame and fear, but be restored by your forgiveness and mercy and receive the good gifts you have for us. In Jesus' name we pray! Amen