



10 Commandments



You shall not commit adultery

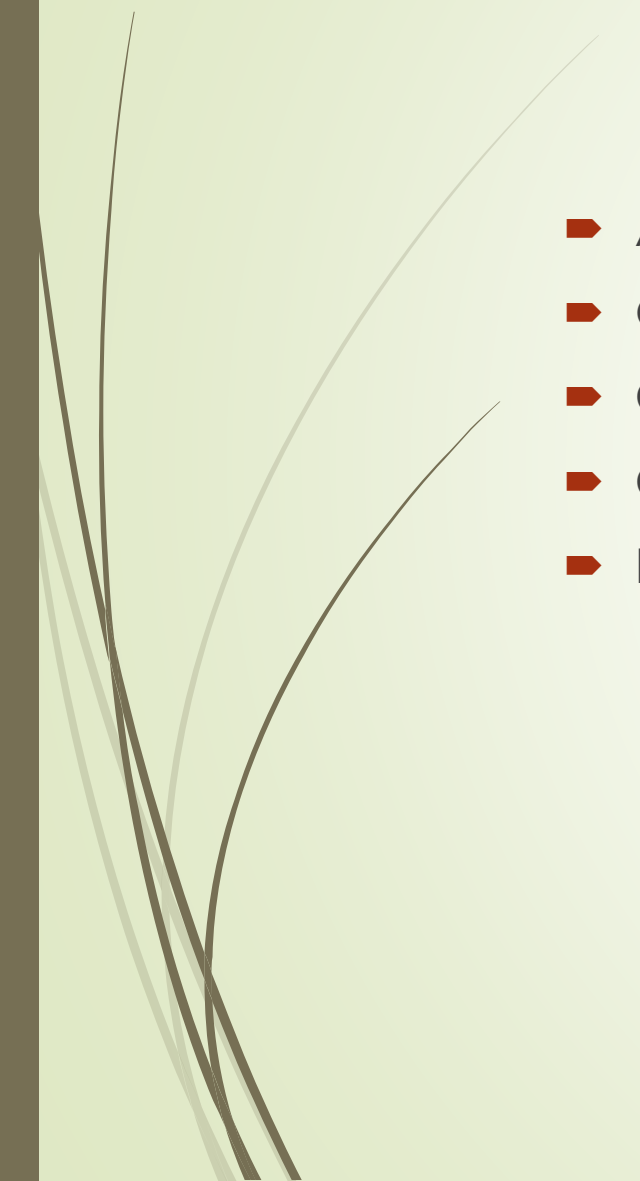
- ▶ Deuteronomy 5: 18
- ▶ Matthew 5:27-30

You have heard it was said that, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. 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.

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 to hell.



God's plan for marriage

- ▶ Adam and Eve
 - ▶ Gen 2:18, 24
 - ▶ Companion, helpmeet, two becoming one
 - ▶ Contrast with polygamy
 - ▶ Picture of Christ and the church Ephe.5:22- 32
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Marriage today

- ▶ Adultery prevalent
- ▶ Adultery euphemisms. Small houses, flings, chick on the side,
- ▶ Tolerance much higher today. Bridal showers, the law in Zimbabwe and other countries
- ▶ High profile people and role models from cross section of society committing adultery. Actors, politicians, sportsmen, pastors
- ▶ 'I did not have any sexual relations with that person'
- ▶ Fear of confrontation and consequences for weaker parties common and is manipulated



Some consequences of Adultery

- ▶ Emotional trauma
- ▶ Breaking of fellowship in church context
- ▶ Divorce. Children, financial burden, loss of benefits, ostracism of divorcees in families
- ▶ STDs and HIV
- ▶ Physical violence and murder
- ▶ Public humiliations



God's word to us today

- ▶ God aware of the problems that result and warns us
- ▶ Proverbs 6:27-29

Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched? So is he who sleeps with another man's wife; no one who touches her will go unpunished.

- ▶ Applies to marrieds, singles, men and women



The deception of adultery

- Proverbs 5
- (Skit)
- God offers wisdom and understanding
- V3-4 adultery looks sweet ,sounds good but ends bad
- Regret characterizes the adulterers life in the long run
- In life the timelines are usually longer
- Instruction to avoid adultery
- Hiding from God is pointless He sees and the adulterer prepares a trap for himself/herself



Guarding your life from adultery

1. Treasure God and His words

- ▶ God loves us

Deut. 4:37-38,40; 5:29,33; 6:3,18;7:7-9

Oh, that their hearts would be inclined to fear me and keep all my commands always, so that it might go well with them and their children forever!

- ▶ God has a good plan for our lives
- ▶ God can be trusted to deliver



Guarding your life from adultery

2. Watch what you eat

Develop eyes and ears that see and hear past the deception

3. Don't go there

Know your weaknesses

Keep weaknesses covered

Be ruthless

Cost of going versus cost of not going

4. **Listen** to wise counsel around you and be accountable and transparent



Guarding your life from adultery



5. Be captivated by your spouse



Recovering from adultery

- Woman caught in act of adultery
- 1 John 1:9
- Forgiveness
- Recovering trust and rebuilding
- www.marriagemissions.com
- www.focusonthefamily.com