

Because I Said So

“Don’t Even Think About It”

July 11, 2010

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Rule #7

Exodus 20¹⁴ Do not commit adultery

I. What is Adultery?

- Physical Act

Proverbs 6³² “But the man who commits adultery is an utter fool, for he destroys his own soul.”

- Spiritual Act

II. A Deeper Perspective

Matthew 5:27-30 (p. 580 in SCC Bible)

The Slippery Slope

- Cherish a thought
- Feed a fantasy
- Command is Broken

III. Think About It

- Clean up our hearts

Mark 7²¹ “For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder.”

- Give Honor to marriage – Hebrews 13:4
- Let Love Rule Your Life - Romans 13:8-10
- Find help from others – Galatians 6:1
- Offer grace and forgiveness – John 8:1-11 (pg. 643 in SCC Bible)

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“Don’t Even Think About It” – 6 of 9

Questions

1. How can we honor God with our body?
2. What are some ways you can overcome the temptations of lust?
3. What should you do if you find yourself on the slippery slope toward breaking God’s Commands?
4. How can one clean up their heart?
5. Why is Sexual Purity important in a Christian Lifestyle?

Scripture

Read: 1 Corinthians 6:9-20

- According to this scripture, why are we to “run away from sexual sin”?
- Are we allowed to do anything we want? What are the warnings against this?

Application

- Can you identify areas of lust in your life that you struggle with?
- How can someone help you with these struggles?

Going Deeper...

For discussion or personal study