

The Ten Commandments

Commandment 7: You shall not commit adultery

As children's pastor, I listened as a fourth-grade Sunday school teacher shared a concern. Completing a quarter's lessons on the Ten Commandments, he had asked the kids, "What is the hardest Commandment for you to keep?" to which most of them responded, "Thou shalt not commit adultery."

We couldn't understand why fourth graders would find that command a problem until a mother quizzed her son on what he thought committing adultery meant. Without blinking, the boy replied, "Thou shalt not sass back to adults."

Sheryl Tedder

In daytime soap operas, percentage of sexual references to partners who are not married or not married to each other: 94.

Psychology Today, 10/88

Percentage of men who will have an extramarital affair in their lifetime: 21.2

Percentage of women who will have an extramarital affair in their lifetime: 11.3

National Opinion Research Center 1994 survey

Exodus 20: 14 You shall not commit adultery

1) The Destructive nature of adultery

- It destroys the marriage
 - The marriage bed has been defiled and trust has been broken between the marriage partners
- It destroys the family
 - Besides destroying the marriage adultery has a profound negative effect the children – they feel that they have been betrayed by the parent who has committed adultery
 - An immoral role model has been set for the children
 - The family loses respect for the adulterer
- It destroys the person committing adultery
 - The adulterer lives under the shadow of guilt which brings other physical and emotional consequences
- It brings judgment on the adulterers
 - Leviticus 20: 10 "If a man commits adultery with another man's wife – with the wife of his neighbour – both the adulterer and the adulteress must be put to death"

2) Marriage – a type of relationship of God with man

- Ephesians 5: 31 – 32 For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." This is a profound mystery--but I am talking about Christ and the church
- Running after other gods is likened to adultery
 - Jeremiah 3: 6 Because Israel's immorality mattered so little to her, she defiled the land and committed adultery with stone and wood.
- As God expects loyalty to Him alone He expects that a husband remain faithful to his with and a wife to her husband.

3) The root of adultery

- Matthew 5: 27 – 28 "You have heard that it was said, '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.
- James 1: 14 – 15 "Each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.
- Rick Warren states for phases in the process of immorality:
 - Accepting sinful thoughts in your mind.
 - Non-physical, emotional involvement
 - Physical involvement
 - Rationalize the affair

4) The grace of God for the adulterer

- John 8: 1 – 11 Jesus and the woman caught in adultery
 - The Pharisees brought the woman to Jesus stating the Law of Moses that she must be stoned (as we have noticed the law stated that both the man and woman be put to death)
 - Jesus didn't respond directly to that but turned the issue onto her accusers who all promptly left
 - He was the only one there without sin but he did not condemn her.
 - His forgiveness went along with her repentance – "go and leave your life of sin".

5) Ways to protect your marriage

These 7 points are taken from a teaching by Rick Warren

- **Make a commitment to God's standard of morality**
 - Song of Solomon 8:6 "Close your heart to every love but mine. Hold no one in your arms but me."
- **Maintain your marriage**
 - 1 Corinthians 7: 5 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.
 - Proverbs 5: 15 - 19 Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer-- may her breasts satisfy you always, may you ever be captivated by her love.
- **Manage your mind**
 - 2 Timothy 2:22 (Phillips) "Turn your back on lustful desires and give your positive attention to goodness, integrity, love and peace in company with those who approach the Lord in sincerity."
- **Monitor your media intake**
 - Psalm 101:3 "I will set no wicked thing before my eyes."
- **Minimize the opportunity to be tempted**
 - Matthew 26:41 "Keep watch and pray that you fall not into temptation."
- **Maintain the proper relationships with the opposite sex**
 - Ephesians 5:3 "But among you there must not be even a hint of sexual immorality."
- **Magnify the consequences**
 - 1 Thessalonians 4:3 & 6 "This is God's will that He wants you to be holy and completely free from immorality. The Lord will punish those who do such wrong."