

SET IN STONE

WHAT DO WE DO WITH
THE TEN COMMANDMENTS?

Part 7: Freedom From the
Inside Out

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The Seventh Commandment

You shall not commit adultery. – *Exodus 20:14*

The Words of Jesus in Matthew 5:27-30

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. 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 into hell."

The Most Important Thing

The Truth About Adultery

From the Inside Out

My Decision

I acknowledge that God created sex for the purposes and pleasure of a marriage relationship. I will discipline my sexual desires and keep myself pure to honor the Lord and my spouse before, during, and after marriage.

The Big Ten Challenge

I will commit to convene my most important small group (my family) once a week to discuss this week's commandment. We will discuss the commandment questions with honesty and truthfulness and close our time by praying for each other.

(Continues on back)

Suggestions for parents with pre-teens and teenagers:

Be the FIRST to discuss this topic with your children. Don't leave this for our culture to define for them. Discuss with your children the importance of modesty. What does this mean and what does God say about this as opposed to the world's view? You might read a book together on the topic and then have a discussion about it. One suggestion is *Preparing Your Son for Every Man's Battle* from *The Every Man* series by Stephen Arterburn and Fred Stoeker. Pray with your kids about this topic, asking God to give them the desire and the power to be pure.

Suggestions for husbands and wives:

Simply find some time to get alone and discuss this topic. You might ask how are you doing in this area and how you can encourage each other. This is a difficult topic, so good communication is key for success. Listen well. Do not judge or jump to conclusions.

Please consider joining us in the month of October for a one day marriage conference here at CTK. Following this time we will be starting several 8-week marriage focus groups that will be made up of 4-5 couples specifically focusing on the heart of a great marriage.

Suggestions for women:

Pray that God would give you a heart of purity. Evaluate the relationships that you have with men. Are you sharing too much of your heart and time with them? Is your heart motive pure in the way that you act, communicate, and dress? God made men and women different. He did this on purpose. It is critical to understand these differences so we can live together the way God intended. I encourage you to read *For Women Only* by Shaunti Feldhahn.

Suggestions for single or married men:

Please consider joining us this Tuesday night from 6:00 to 8:30 PM as we dive into this topic at Band of Brothers. It will be a safe time to be honest and seek wisdom on gaining freedom in this area of our lives. Details on back of today's program.

Small Group Discussion Questions



(Consider splitting into men-only, women-only groups)

1. Do you think commandment # 7 is really a big deal today?
2. List some ways that you see adultery impacting the Church, families, and our nation.
3. Has adultery had an impact on you or your family? What impact? (be careful not to gossip here)
4. In what areas do you need to address this command in your life? Perhaps in prevention, intervention, or in reconciliation?
5. Do you have someone in your life that you have shared concerns about commandment #7 with? How are they helping hold you accountable to a life of obedience to this and all of the other commands?
6. In Matthew 5:27-30 Jesus speaks of drastic measures to remove input and distractions in order to be pure. Short of gouging out your eye or cutting off your hand, what might this look like in your life?
7. How can we pray for you tonight?