



## WEEK 7 DO NOT COMMIT ADULTERY

*“Do not commit adultery.”*

Exodus 20:14 (GNT)

### 1. What is God’s plan?

*“You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself. <sup>5</sup> Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, <sup>6</sup> you will be for me a kingdom of priests and a holy nation.”*

Exodus 19:4-6 (NIV)

- A covenant relationship with \_\_\_\_\_, and a covenant relationship in \_\_\_\_\_.

*“Haven’t you read the Scriptures?” Jesus replied. “They record that from the beginning ‘God made them male and female.’” <sup>5</sup> And he said, “This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ <sup>6</sup> Since they are no longer two but one, let no one split apart what God has joined together.”*

Matthew 19:4-6 (NLT)

### 2. What is God prohibiting?

*Marriage should be honored by everyone. And every marriage should be kept pure between husband and wife.*

Hebrews 13:4 (ERV)

- Having sex with anyone who is not your \_\_\_\_\_.

*...But you can't say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies. <sup>14</sup> And God will raise us from the dead by his power, just as he raised our Lord from the dead."*

*<sup>15</sup> Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! <sup>16</sup> And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "The two are united into one." <sup>17</sup> But the person who is joined to the Lord is one spirit with him.*

*<sup>18</sup> Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. <sup>19</sup> Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, <sup>20</sup> for God bought you with a high price. So you must honor God with your body.*

1 Corinthians 6:13-20 (NLT)

### **3. What is God protecting?**

*Can a man scoop a flame into his lap and not have his clothes catch on fire? <sup>28</sup> Can he walk on hot coals and not blister his feet? <sup>29</sup> So it is with the man who sleeps with another man's wife.*

Proverbs 6:27-29 (NLT)

- \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

*"You have heard that it was said, 'You shall not commit adultery.' <sup>28</sup> But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to stumble, 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. <sup>30</sup> And if your right hand causes you to stumble, 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."*

Matthew 5:27-30 (NIV)

### **4. What is God promising?**

- \_\_\_\_\_ and \_\_\_\_\_.

*God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we've done wrong.*

1 John 1:9 (GW)

*Even if we are not faithful, he remains faithful.*

2 Timothy 2:13 (NIRV)

## Discussion Questions

1. How do God's covenantal promises in Exodus 19 and Jesus' teaching in Matthew 19 shape your understanding of the sacredness of marriage? What does it mean for marriage to reflect God's relationship with his people?
2. In a culture that often distorts or trivializes sexuality, how do you discern the line between honoring God with your body and conforming to cultural norms? What internal and external messages challenge your ability to uphold that discernment?
3. What relational, emotional, and spiritual costs is God trying to help us avoid by prohibiting adultery?
4. What would it look like for you to grow in faithfulness - in heart, body, and mind - in this season? Which spiritual practices can you engage in (confession, accountability, prayer, etc.) to help you become more aligned with God's vision for faithfulness and healing?

## Recommended Resources

- [The Deep-Rooted Marriage: Cultivating Intimacy, Healing, and Delight, by Dr. Dan B. Allender and Dr. Steve Call](#)
- [The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John Gottman PhD and Nan Silver](#)
- [Redeeming Sex: Naked Conversations About Sexuality and Spirituality by Debra Hirsch](#)
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## Articles on sexual integrity, porn addiction, infidelity:

[www.regenerationministries.org/articles/](http://www.regenerationministries.org/articles/)

## Websites:

- Healing After Infidelity [www.hopeandhealing.us](http://www.hopeandhealing.us) (Resource for married couples.)
- Pure Desire Ministries <https://puredesire.org/> (Resource for joining local small groups.)
- Freedom from Sexual Brokenness [www.thejourneycourse.com](http://www.thejourneycourse.com) (Online course.)
- Mental Health Resources [eastlake.church/mental-health-resources](http://eastlake.church/mental-health-resources)

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## WEEK 7 DO NOT COMMIT ADULTERY - FILL

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- A covenant relationship with God, and a covenant relationship in marriage.

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Proverbs 6:27-29 (NLT)

- Hearts, homes, and health.

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