

Ten Commandments (Part 52)
(The Seventh Commandment – Part 4)

Exodus 20:14: “*You shall not commit adultery.*”

I. Introduction: Definition, Prohibition, Punishment, Spiritual Significance of Adultery

II. Jesus’ Application of the 7th Commandment

III. What the 7th Commandment Forbids

IV. What the 7th Commandment Addresses

V. What the 7th Commandment Requires: Sexual Purity

Counsels for Cultivating Sexual Purity

1) Avoid all occasions that would stimulate impure desire and activity (Gen. 39:10-12; Job 31:1-12; Prov. 27:1; 1 Cor. 6:18).

2) Immediately resist the first motions of impurity arising in your heart (Prov. 4:23; Matt. 5:8).

Wilhelmus a Brakel (CRS Vol. 3 p. 213): “*If an unclean motion arises in your heart, immediately shake it off as you would shake off fire from your clothes. Divert your thoughts immediately to something else. If you do not reject the initial thought and you allow your thoughts to reflect on it for a moment, you are conquered. This sin will flourish rapidly and will at once exercise great power.*”