

Ten Commandments (Part 54)  
(The Seventh Commandment – Part 6)

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

WSC Q#71: “*The seventh commandment requires the preservation of our own and our neighbor's chastity, in heart, speech, and behavior.*”

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; Marl 7:21).
- 3) Seek to be always engaged in wholesome, worthwhile activities (Prov. 22:3; 2 Cor. 5:15; Eph. 5:15, 16).
- 4) Be moderate in eating, drinking, and sleeping (Is. 61:1; Ps. 119:6; 1 Cor. 6:12; 9:24-27; Gal. 1:4; 5:1, 23).
- 5) Live always in the fear of God (Job 28:28; Prov. 1:7; 9:10; 15:3; Luke 12:2, 3; 2 Cor. 7:1).
- 6) Avoid evil companions (Prov. 1:10; 6:20, 23, 24; 7:1, 5; 1 Cor. 15:33; 2 Tim. 3:5).
- 7) Remember who owns your body (1 Cor. 6:12-20).
- 8) Load your conscience with the consequences of indulging lust (Ps. 66:18; Prov. 6:24-35; Matt. 5:8; 1 Cor. 6:9, 10; Gal. 5:19, 21; Eph. 5:3, 5; Heb. 13:4).
- 9) Arm yourself with prayer (Eph. 6:10-18; 1 Thess. 5:17), the Word of God (Ps. 119:11, 37; Rom.13:14; Titus 2:11, 12; 1 Pet. 2:11; 2 Pet. 1:4), and fasting (2 Sam. 1:11, 12; Ezra 8:23; Ps. 35:13; Joel 2:12).
- 10) Apply the teaching of Romans 6 (Rom. 6:1-13).
- 11) Put sin to death by the enabling power of the Holy Spirit (Matt. 5:29, 30; Rom. 8:12, 13).
- 12) Walk by the Spirit (Rom. 8:2. 12-14; Gal. 5:16-23).