

Ten Commandments (Part 53)
(The Seventh Commandment – Part 5)

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).
- 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).

John Murray (POC p. 237): “*The fear of God is the all-pervasive sense of the presence of God, our dependence upon Him, and responsibility to Him.*”

- 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).