

## Heidelberg Catechism 108-109 – A Life of Purity

Brothers and Sisters in Jesus Christ: You heard from the 6<sup>th</sup> command that **God wants you to protect life**. But God doesn't simply want life to exist in a vacuum or in an amoral way – without a sense of right and wrong. **Mere existence – merely living- is not enough. God wants you to live a pure life.**

Today you will hear about the pure life God wants you to live.

Our headings are:

**Prohibitions of Law 7**

**Prescriptions of Law 7**

Our goals are: That you will **learn to keep your mind and body pure so you will be properly able to honor your Redeemer.**

Exodus 20:14 - "You shall not commit adultery.

108 Q. WHAT IS GOD'S WILL FOR US IN THE SEVENTH COMMANDMENT?

A. God condemns **all unchastity**. We should therefore thoroughly detest it and, married or single, live decent and chaste lives.

109 Q. DOES GOD, IN THIS COMMANDMENT, FORBID ONLY SUCH SCANDALOUS SINS AS ADULTERY?

A. We are temples of the Holy Spirit, body and soul, and **God wants both to be kept clean and holy**. That is why he forbids everything which incites unchastity, whether it be actions, looks, talk, thoughts, or desires.

### **Prohibitions of Law 7**

#### **1. God prohibits you from having unchaste or impure thoughts.**

Specifically, you must not think of any unlawful sexual activity or of participating in such activity.

**There is no doubt when the Lord gave this command, he knew this was hard, but he commanded it anyway.**

**His nature demands that you live a pure life.**

#### **2. God prohibits you from trying to titillate, lure, or trap someone into adultery by your words.**

**Picture the wicked woman in Proverbs who called and says of adultery:** “It is not dangerous, you will be safe.”

**Then prepare your ears to sift out deceptions,** half-truths, and outright lies that she speaks. Anyone who encourages you to commit adultery is doing the devil’s work!

Ephesians 5: 3 But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; 4 **neither filthiness, nor foolish talking, nor coarse jesting,** which are not fitting, but rather giving of thanks. 5 For this you know, **that no fornicator, unclean person,** nor covetous man, who is an idolater, **has any inheritance in the kingdom of Christ and God.**

### **3. God prohibits you from committing any sexual sin, not just adultery.**

The world thinks adultery is normal, but not God! It may be treated as ordinary and acceptable on TV shows, but that doesn’t make it right.

**a. God forbids fornication** – being unchaste before marriage. You must not make trial runs on marriage. You must enter marriage with **wisdom of God’s Words and trust that he will help** you so that your marriage can be successful. Never treat God’s covenant child – a young man or a young woman - as a secondhand thing!

Hebrews 13:4 -Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

**b. God forbids incest** – being unchaste with a close relative. **True love forbids perversions!**

**c. God forbids homosexuality** – being unchaste with one of the same sex.

Romans 1:26 For this reason God gave them up to vile passions. For even their women exchanged the natural use for what is against nature. 27 Likewise also the men, leaving the natural use of the woman, burned in their lust for one another, men with men committing what is shameful, and **receiving in themselves the penalty of their error which was due.**

**d. God forbids bestiality.** Leviticus 18:23.

**e. God forbids living together with someone in common law** with no commitment to each other. The very first marriage was made with a vow. You need a vow. “*This*

*is now bone of my bone, and flesh of my flesh.”*

**f. God forbids prostitution.** Prostitutes are thieves in many, many ways. The judges of our Supreme Court will rue the day they negated God’s law and condoned prostitution.

**g. God forbids polygamy**– having more than one spouse at the same time and **polyamory (group marriages)**. If you live this way, the Bible says that the land will vomit you out.

1Thessalonians 4:3 For this is the will of God, your sanctification: that you should abstain from sexual immorality; 4 that each of you should know how to possess his own vessel in sanctification and honor, 5 **not in passion of lust, like the Gentiles who do not know God; 6 that no one should take advantage of and defraud his brother in this matter**, because the Lord is the avenger of all such, as we also forewarned you and testified. 7 For God did not call us to uncleanness, but in holiness.

#### **4. What kinds of things might cause man to fall into an impure life?**

**a. Pornography.** This leads to adultery thoughts or acts.

**b. Poor dressing** (or nakedness) increases the possibility of someone lusting. (Yes, God requires you train your eyes to turn away from tempting things, but remember the quote: *“If you hang out a sign people will go in to taste the liquor.”* You are to live differently as Christians. Don’t offer poison to people.

**c. Lewd dancing** often promotes adultery.

**d. God forbids frivolous divorces.** Those who are improperly divorced and remarry cause adultery. (Mt 5:32)

**e. God forbids refusing to marry for frivolous reasons.** It may be that someone wants to dedicate all his time and energy to serving the Lord, but those who are selfish and refuse to marry, are working against the Lord’s instruction of dominion. Apostle Paul’s call to remain single was a temporary suggestion during severe persecution. He did not want to create many widows and orphans.

**Apostle Paul was not opposed to the creation mandate which was to multiply and fill the earth.**

## **5. What are the consequences of unchastity, and what are the consequences of purity?**

It may sound as if no one is hurt by adultery, but there always is: a husband, a wife, a future husband or wife, and even children. **The guilt of betraying a loved one can cause sickness, sadness, and suicide.** Adultery robs children of their inheritance.

**Proverbs 2:18 For her house leads down to death, And her paths to the dead;** 19 None who go to her return, Nor do they regain the paths of life—

**Proverbs 6:26 For by means of a harlot a man is reduced to a crust of bread;** And an adulteress will prey upon his precious life. **27 Can a man take fire to his bosom, And his clothes not be burned?**

When one remains pure, however, God is glorified and man is happy, free from guilt.

### **Prescriptions of Law 7**

#### **1. God demands you hate unchastity with a passion...all forms of it – not just the grossest forms.**

**If you hate something, you don't want it, so if you hate unchastity you will avoid it.** The Catechism uses the term “detest.” For most, it is easy to hate homosexuality, but you have to hate all forms of unchastity...even if they were less offensive to you. All unchastity is offensive to God.

**Lustful thoughts are the foundation for unchaste behavior, but pure holy thoughts are the foundations for chaste behavior.**

**Philippians 4:8** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things.**

If lustful thoughts enter your mind, tell yourself to think of good things you could do: Write an encouraging e-mail...make a phone call to a friend.

**Take the list Lisa sent and write to a suffering brother!**

Do this so the lustful thoughts will have no room in your mind.

**You can't add to that which is full!**

#### **2. God requires you speak things that encourage pure and chaste lives.**

**Read books that encourage your mind into godly things.** When you fill your mind with good works, you are less likely to sin.

Colossians 4:6 Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

**Encourage each other – especially for husband and wife, reassuring the other of your love and faithfulness** by your words and actions. Words matter.

### **3. Marry; marriage is a blessing to man and a safeguard against unchastity from creation.**

Genesis 2: 24 Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. 25 And they were both naked, the man and his wife, and were not ashamed.

Ephesians 5:21-33 shows the new recreated Christian man and woman are to learn to live to please the other one. **This is the best antidote for infidelity.** You must leave and cleave.

One form for marriage partly states: *“First, husband and wife shall live together in sincere love and holiness, helping each other faithfully in all things that belong to this life and to the life to come. Second, by marriage the human race is to be continued and increased, and, under the blessing of God, husband and wife will be fruitful and multiply. If it pleases God to give them children, they shall nurture these children in the true knowledge and fear of the Lord.”*

**The married life is good for the kingdom and your Redeemer.**

### **4. God requires you hold on as tightly as you can to your wife so the two of you become one.**

Matthew 19:5 "and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and **the two shall become one flesh**'?"

### **5. God requires that you run from situations that lead to unchastity.**

**Run like Joseph ran.** It may have posed danger to Joseph's life to run, but sinning against God was a greater concern to Joseph than his physical life. (Genesis 39) He would rather die than sin! Consider Paul's warning as well!

1Corinthians 6:18 **Flee sexual immorality...**

**In 1Kings 11, because King David did not run from sin, he fell into adultery and murder.**

Even old Job – a man with grandchildren, that godly man from long ago wrote:

Job 31:1 "I have **made a covenant with my eyes**; Why then should I look upon a young woman?

**6. Avoid friendships that encourage sins as unchastity.**

1Corinthians 15:33 Do not be deceived: "Evil company corrupts good habits." 34 Awake to righteousness, and do not sin; for some do not have the knowledge of God. I speak this to your shame.

**7. The Lord Jesus himself, in order to show the seriousness of unchastity, urged Christians to be willing to give up your most prized possessions in order to avoid unchastity.**

Matthew 5: 27 "You have heard that it was said to those of old, 'You shall not commit adultery.' 28 "But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. 29 **"If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.**

**Domcritus, a philosopher, literally plucked out his eyes so that he won't be tempted by things.** But Jesus was not speaking literally. He wanted every man and woman to work hard at avoiding unchastity.

Ephesians 5: 17 Therefore do not be unwise, but understand what the will of the Lord is. 18 And do not be drunk with wine, in which is dissipation; **but be filled with the Spirit,** 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord...

**Conclusion:**

Scientists say if a stork left his mate and joins with another, the rest of the storks attack it and pull its feather off. This is a mild consequence of adultery. **For man, adultery is deadly.** It kills physically, and certainly, spiritually. It destroys the family, church, and nation! Worst of all, it dishonors Christ and mocks his sacrifice on the cross. The unchaste person will be judged severely by God.

Brothers and Sisters in Jesus Christ:

**1. You belong to Jesus Christ.** You were bought with a great price. (1Corinthians 6:20)  
Therefore, **glorify God with your body.** Use your body in a way that honors God.

**2. How do you glorify God with your body?**

Have pure thoughts **that promote chastity.**

**Pray for God's help to keep his law faithfully.**

Carry Christ in your conversation.

**Love your spouse and strengthen your marriage.**

Don't drink stolen waters.

**Ask yourself: Would my Savior who gave his life for me be honored by my actions?**

**Finally,** adultery might be sweet to the mouth but deadly to the heart...**like a tree in Spain that has a fruit with pleasant sweet taste and smell, but if you eat it you die.** So is the condition of your life. You may have committed adultery in your thoughts, words, and action.

Only if you ask God to count Christ's death as yours will you be freed from judgment. Do so today.