

You shall not commit adultery

In the Name of the Father, and the Son, and the Holy Spirit, One God. Amen.

Aim

✠ To live pure.

Key verses

"Flee sexual immorality, every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit? ...Therefore glorify God in your body" (1Cor 6: 18-20)

Lesson

- **7th Commandment** → you shall not commit adultery (Ex 20:14, Deut 5:18).
- "Do you not know that your bodies are members of Christ? Shall I then take the members of Christ, and make them members of a harlot?" (1Cor. 6:15).
- "You are the temple of the living God ..." (2Cor. 6:16). "Do you not know that you are the temple of God, and that the spirit of God dwells in you? If any man defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are." (1Cor. 3:16-17). Therefore, whoever commits adultery, sins against the members of Christ and he defiles the temple of God, the temple of the Holy Spirit!
- **The hideousness of this sin** → including physical and mental sickness as a consequence of the sin e.g. the paralyzed man, modern day sexual offenders.
- **Punishment is great** → "... reserve the unjust under punishment for the Day of Judgment: And especially those who walk according to the flesh in the lust of uncleanness." (2 Pet 2:9- 10).
- **Biblical examples of punishment:**
 - **The flood**, where God annihilated the entire world since: "Now it came to pass, when men began to multiply on the face of the earth, and daughters were born to them, that the sons of God saw the daughters of men that they were beautiful." (Gen. 6:1, 2).
The punishment of **Sodom and Gomorrah**
- Adultery is the only thing that dissolves a marriage (i.e. separates what God has made one, into two). "Therefore what God has joined together, let not man separate" (Matt. 19:6). God hates this sin because it is not only a defilement of oneself, but it is also a sin against God Himself as it also turns others into adulterers e.g. King David and Bathsheba. (Psalm 51).
- 'Adultery' is technically the name for the sin committed by married individuals, 'fornication' when committed by sexual addicts and perverts, and sodomy or

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sexual perversion, when committed by homosexuals and sodomites. However, for all intents and purposes we will use the term 'adultery' to cover all the types. Polygamy is also Adultery.

Adultery may be committed through thinking, the senses, the heart, the body, or through dreams:

- **Through sight:** "Whoever looks at a woman to lust for her, has already committed adultery with her in his heart." (Matt 5:28). This does not mean every look is sinful, but rather only sinful if an unintentional look excites one and causes him/her to willingly have another look. Even if another look does not result, a first unintentional glance may still incur the sin.
- **Through hearing:** occurs when one experiences a sense of enjoyment at listening to sexual matters and getting excited in the process. This includes forms of exciting sexual talk including jesting, flirting, sexual jokes, love stories, wicked songs, as well as soft and lustful talk. All these fall under the title of sin where man sins against himself and his listeners. It may happen that such expressions are put down in writing, in which case they also lead to the same sins whether the expression occurs in novels, stories, poems or letters.
- **Through touch, taste and smell:** likewise, one may experience a sense of enjoyment through these senses, especially if the individual associates the stimulus with a sexual matter.
- Sensing is external but it may generate thoughts, which are internal. Thoughts may then turn into lust in the heart. However, it may start with lust in the heart, which may generate thoughts, which in turn cause external defilement also, through the senses. However we should differentiate between the war of thoughts and sinning through thinking. For instance if the devil proposes a sexual thought, one may reject it and therefore he/she has not sinned. However, one may sin by accepting the thought or by negotiating with the thought, enjoying it and inventing new thoughts to further satisfy the heart's lust.
- The '**heart**' refers to **emotions**, and if one involves emotions (the heart) in this sin, it will lead to actual adultery and the sin and its consequences become severe in nature.
- Some individuals attempt to shelter themselves behind worldly laws that religion does not approve of in order to minimize the implications of adultery in their own lives.
- For example Marriage following a wrongful divorce: "Whoever divorces his wife, except for sexual immorality, and marries another, commits adultery." (Matt. 19:9).
- Others turn to other denominations in order to remarry: "Therefore what God has joined together let not man separate." (Matt. 19:6).

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- Marrying a woman or man who has wrongfully divorced is also adultery: "Whoever marries a woman who is divorced, commits adultery." (Matt. 5:32, 19:9).
- **Treatment for the Sin:** It is Center around 2 aspects: negative and positive. Negative are forms of escape from the sin. Positive aspects are pro active ways to draw closer to God, which expels love for sin.
- Best method of treatment for Adultery is **escape:**
"Can a man take fire to his bosom and his clothes not be burned? Can one walk on hot coals, and his feet not be seared? So is he who goes in to his neighbor's wife"(Prov. 6:27-29). Exposing oneself to sin is not a form of courage, but rather a form of taking dangerous risks, which indicates a heart that lacks purity. If attacked by an impure dream at night, do not revisit this through thoughts during the day, but rather escape lest it be counted as a fall. Also escape from your own self if being alone may lead to your own fall. Sitting with people and keeping busy is better than being by yourself with the devil and his defiling thoughts.
- One may also resist sexual thoughts by thinking about other things. The more profound, powerful and concentrated the new thought is, the more likely it will chase away the old sinful thought. If this is not successful, occupy yourself with manual work or harmless forms of entertainment.
- Sin does not rest until it has become complete. If one commits adultery through sight and thoughts for instance, he/she should not say "It's useless now that I have fallen," but should strive and repent lest the sin enters the heart and becomes complete.
- **Be productive**, fill your time with study, prayers etc. Invest every minute into what is of benefit.
- Love of God through constant prayer, sacraments etc turns one's heart against sin and gives one the strength to fight it.
- Understanding energy and emotion in a youthful age is a good preventative measure against the sin of adultery. Energy should be consumed by keeping busy in the right way, rather than being consumed by sin. Emotions also need to be focused /satisfied in a spiritual way in order not to allow sin to be the reason for satisfying emotions. Some individuals are more emotional than others by nature, and others may feel insecure as they may not have received much emotion from family members etc whilst growing up. Focusing emotions in a spiritual sense will remove the desire for emotional satisfaction through the body.

Glory is to God, forever. Amen.