



VII

DO NOT  
COMMIT  
ADULTERY

**Exodus 20:14**

*“You shall not commit adultery.”*





# REFLECT

*What did you hear?* \_\_\_\_\_

---

---

---

---

*What do you think?* \_\_\_\_\_

---

---

---

---

*What will you do?* \_\_\_\_\_

---

---

---

---

*Now talk with God...* \_\_\_\_\_

---

---

---

---

# DISCUSSION QUESTIONS

1. Read Exodus 20:14; Leviticus 20:10; Matthew 5:27-28; Matthew 19:1-12; Ephesians 5:22-33.
2. What is God's purpose and design for marriage?
3. What are some of the consequences one brings upon themselves when this command is violated?
4. The violation of this command does not stand alone. What other violations come into play when this command is broken?
5. How can forgiveness, reconciliation, and restoration be achieved when marriage vows are violated?
6. What are some essential elements in protecting one's marriage?
7. Restate this command in a positive light. How would this command read?



## DAY 31 - DO NOT COMMIT ADULTERY

# Are We Moving Forward Together?

Philippians 3:12-17

The kangaroos and the emus have something in common, they never move backwards! Kangaroos, because of the shape of their legs and their bodies, and the length of their long tail, they can bounce along in a forward movement, but they cannot go into “reverse.” The emus can run extremely fast on their strong legs, but the joints in their knees make it virtually impossible to make a backwards movement.

That would really be an amazing thing for all our marriages! To be always moving forward and never sliding backwards or dwelling on the ugliness of any past conflicts.

Paul called for us as believers to do the same thing, *“Forgetting about the things of the past and reaching for the things that are ahead!”*

It is especially true in our marriages that we honor our commitments to each other, and not get worked up about any past mistakes and failures. Dwelling on the issues of the past can paralyze a person.

Yes, it is wise to learn from our past, yet we should not live in the past. We cannot redo or undo the past, but by God’s grace we can press forward and serve God faithfully together as a husband and wife team.

The life of faith is a journey FORWARD as we become more like Christ.

**Application:** If your mind is dwelling on the past, or if you are defeated because of someone else’s past, are you willing to go to God in prayer?

Are you willing to treasure your spouse with daily “words of encouragement?”

# REFLECT

*What did you hear?* \_\_\_\_\_

---

---

---

---

*What do you think?* \_\_\_\_\_

---

---

---

---

*What will you do?* \_\_\_\_\_

---

---

---

---

*Now talk with God...* \_\_\_\_\_

---

---

---

---

## DAY 32 - DO NOT COMMIT ADULTERY

# Our Example

Ephesians 5:22-28

There was the day that I pledged my life to my wife! Husbands, here's my first piece of advice...never, ever forget that date! Before I was married, I would attend weddings of my friends and if I were to be honest, I really didn't enjoy weddings... I was really there for the food!

On my wedding day, my wife looked amazingly beautiful and I quickly realized that God had given me an extraordinary gift... and a charge to love her unconditionally. In Ephesians 5:25, 28, Paul writes, *"Husbands, love your wives, as Christ loved the church and gave Himself up for her...In the same way husbands should love their wives..."* Ephesians 5:22, 24 states, *"Wives, submit to your husbands, as to the Lord...Now as the church submits to Christ, so also wives should submit in everything to their husbands."*

Christ's love for the church was a sacrificial love, a love that resulted in His death; He surrendered His life for the church. Husbands, our love for our wives needs to be a sacrificial love. Wives, your submission to your husbands is an act of love. We only need to look to Christ's example of what kind of love we are to have for each other.

So, to all of you couples out there (and soon to be couples) as you pursue your relationship with Christ, learn to love your spouse with the same love that Christ loved us.

**Application:** "Heavenly Father, thank you for the gift of my spouse. It was You who brought us together for Your purposes, one of them being that our children might see an example of Your sacrificial and loyal love. Help me to walk in Your footsteps. May I and all my desires and perceived rights be laid at Your feet so that I might serve my spouse in a way that honors and reflects You. Amen."

# REFLECT

*What did you hear?* \_\_\_\_\_

---

---

---

---

*What do you think?* \_\_\_\_\_

---

---

---

---

*What will you do?* \_\_\_\_\_

---

---

---

---

*Now talk with God...* \_\_\_\_\_

---

---

---

---

## DAY 33 - DO NOT COMMIT ADULTERY

# Forgiving When The Pain Is Deep

Matthew 6:14-15

It's easy to say "Just forgive." But true forgiveness does not come that easy, especially when the pain is deep and all we want is justice for the injustice that happened. Many people buy into the thought that they have to forget the wrongful behavior. That is not going to happen. We do not get amnesia when we forgive. But we can choose what we do with the memory of the hurt. That is how God deals with our sin. He removes our sin as far as the east is from the west (Psalm 103:12), blots out our sin and chooses, in Christ, to no longer hold our sin against us (2 Corinthians 5:19).

The first thing to do is look at the hurt and pain that was experienced. Step out of the denial that it hurts so bad, then take personal inventory and look at all the ways that the wrongful behavior has hurt you. Once you have these written out, you can begin the process of forgiving and healing. Start praying blessings for that person that hurt you and let God work in your life (Matthew 5:44). God will change your heart towards them. You will know healing is beginning when you don't want to hurt that person anymore. You are not letting them off the hook, you are releasing them to God and letting Him do His work in their life as well as yours.

**Application:** Who is the person that you need to forgive and when are you going to start praying for them?

# REFLECT

*What did you hear?* \_\_\_\_\_

---

---

---

---

*What do you think?* \_\_\_\_\_

---

---

---

---

*What will you do?* \_\_\_\_\_

---

---

---

---

*Now talk with God...* \_\_\_\_\_

---

---

---

---

## DAY 34 - DO NOT COMMIT ADULTERY

# Marriage Isn't 50/50

Matthew 20:28

*“Just as the Son of Man did not come to be served,  
but to serve, and to give.”*

The picture of my husband working 12-hour days with a long commute, and then still caring about me enough to listen to me download my day. When my desires and needs are put above his own. When he goes to Starbucks for me, and doesn't even want anything himself. These examples of service show love to me in our marriage.

Marriage, this covenantal relationship where we make vows to spend our entire lives together, the great and the miserable—all of it—it is hardly the picture of Even Steven. Expecting that your spouse will give exactly half, and you will give exactly half, and there will be bliss will only lead to disappointment.

Jesus gave us His example—He served. He gave it ALL. He came not to be served, but to serve (Matthew 20:28).

If we have these attitudes in our marriages, we will feel loved, respected and live in abundance. Marriage isn't about giving 50/50...it's about giving 100/100.

**Application:** How are you intentionally serving your spouse? Do you expect something in return? Be honest with yourself! How would it look to serve without expectation or needing acknowledgment? In tough times, when we all dig our heels in... it just takes ONE to humble themselves and make the change.

Today, I invite you to pray, “Father God, help me to have a servant's heart in my marriage. Show me how I can serve my spouse and Lord, help me to give freely, without expectation. Jesus, be my everything so that I can give 100% to this relationship. Thank you for your grace.”

# REFLECT

*What did you hear?* \_\_\_\_\_

---

---

---

---

*What do you think?* \_\_\_\_\_

---

---

---

---

*What will you do?* \_\_\_\_\_

---

---

---

---

*Now talk with God...* \_\_\_\_\_

---

---

---

---

## DAY 35 - DO NOT COMMIT ADULTERY

# Guard That Marriage

Ephesians 5:22-23

Throughout the Bible it is easy to see that God holds marriage in high esteem. Genesis 2:24 shows that marriage between a man and a woman is actually part of creation, along with the heavens and the earth. Throughout his Proverbs and his Song, Solomon encourages strong marriages. The New Testament is full of exhortations to keep our eyes only on our mates and to cherish one another. God wants us to guard that marriage!

Some readers think that Paul is unfair to women, that only they have to submit in a marriage. But that is not true. Too many men have been quick to point to Ephesians 5:22 in an effort to keep their wives “under the thumb.” That is wrong. Husbands submit to their wives by loving them as Christ did the church (vvs. 25-28). Think about that for a minute. Jesus Christ sacrificed himself first by leaving His heavenly home to come to earth (Philippians 2:5-8). Second, Jesus sacrificed Himself being found in the likeness of men, contradicted, despised and rejected. Finally, Jesus sacrificed Himself by becoming obedient to death, even death on a cross. This ought to give some insight into the kinds of inconvenience a husband ought to go, especially to nurture the well-being of his wife! These verses mean that the physical and spiritual well-being of his wife is a husband’s first consideration when he decides to guard that marriage!

True, the wife is to submit to her husband. Most of the time a couple can work out differences through listening and compromise. But sometimes it isn’t possible, and someone has to have the last word. The Bible says that the husband is the head. Sometimes animals are born with two heads, and they don’t usually live very long, because a body cannot take orders from two heads! A family cannot, either. A wife who knows how to submit herself to her husband will guard that marriage!

**Application:** What would happen if husbands just read verses 25-26 and leave verses 22-23 for the wives (and vice-versa). Then each give it your best, and guard that marriage!

*Contributed by Dr. James Huckaba*

# REFLECT

*What did you hear?* \_\_\_\_\_

---

---

---

---

*What do you think?* \_\_\_\_\_

---

---

---

---

*What will you do?* \_\_\_\_\_

---

---

---

---

*Now talk with God...* \_\_\_\_\_

---

---

---

---

# JOURNAL







