

Intro

10 commandments – God talking to us
They are signposts to help us live God's way

Recap

Commandments 1 - 6

7th Commandment:

“You shall not commit adultery”

“You must not sleep with someone else's wife or husband, or put it about, sleep around or cheapen yourself.”

7th commandment is all about sex and how Christians should deal with sex.

We often have wrong attitude to marriage and relationships
Seen as temporary, until someone better comes along.

God made our bodies – Men and woman are different!
We often have the wrong attitude to our bodies
Think that God does not care about our bodies
Think that bodies are not “Spiritual” that God is not interested

God designed each of us to be unique in a unique body.
God designed our bodies.
Jesus lived in a human body for a while!
God wants to be involved in how we care for our bodies

God invented sex and is in favour of sex.
We often have the wrong attitude to sex.
Seen as dirty, not spiritual, done in darkness!
Seen as everyone should have sex – why not!
Seen as a good thing for everyone – married or not. Part of being human!

God invented sex – within His rules.
God made all the bits to do with sex!
Not same sex.
Only with husband or wife. No one else.

God invented marriage
Two people.
New lives together
Totally together for ever – sharing everything
A total relationship that includes sex – a generation of total togetherness.
Permanent!

God invented friendships

We are meant to have friendships.
Friendships are good
Friendships are valuable

Friendships

Decide to make it a good friendship. Work at it!
Respect each other – including their bodies
Be responsible towards each other. Fix rows, sort out difficulties etc
Spend good time together. Spend it with others so you are not tempted.
Have fun together – it is not all serious.
Do things together.
Stay away from situations and places that tempt you.

Wrongly used sex does not produce

Maturity and fulfillment if we are young
Closeness and companionship if we are lonely
Excitement if you are bored
Comfort if you are hurt
Intimacy

It often produces

Guilt
Emptiness
Sadness

Sex is powerful and needs controlling.

Sex is not the most important thing – it is not an idol!

You can control with God's help

Singleness is OK as well – is not second best. Not having girl / boy friend is not failure

Clean up your act

Control what you read.
Control what you look at.
Control who you are with

Forgiveness.

Whatever you have done God can forgive if you ask.

Part of God' scommandments.

Summary:

7th Commandment:

“You must not sleep with someone else's wife or husband, or put it about, sleep around or cheapen yourself.”