

For the next two weeks we are spending our time in the Ten Commandments. Today we are looking at the seventh commandment.

Ex 20:14

You shall not commit adultery.

Reading today's devotional verse, you may be thinking, "I would never cheat on my spouse." Or maybe you're not even married so you may not think this applies to you.

Let's look at another verse in the bible where Jesus is addressing this very question.

‡ **Matt 5:27-28** *You have heard that it was said to those of old, 'You shall not commit adultery.' But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.*

So if you are married and you don't physically commit the sin of adultery with another person, but you lust or think of the act in your mind, you have already committed adultery.

But what if you're not married, how does this apply to you?

The same really, if you look at a married man or woman in the same way, you have just committed adultery with that person in your heart.

So what is so bad about committing adultery? I know it sounds like a stupid question, but many do it, yes even Christians.

Just the thought itself causes strife in the family. Remember how we talked about coveting and watching a sexy woman or hunk of a man, and how that would cause you to look at your spouse differently. Well, it's the same way with adultery in the heart. You will start to criticize your spouse because he or she is not like that other person. This leads to arguments and if it continues, divorce. Now your kids are in a broken home, visiting dad on weekends, seeing him with another woman and mom with another man. As they grow up they may very well do the same thing, because it's what their parents taught them with their lifestyle.

Being married to more than one woman is another form of adultery, and if you read through the bible you see it only causes problems for everybody, just like divorce and remarriage does.

So the \$64,000 question is, how do you not do these things?

Number one is to stay in God's word every day. Why is this important?

‡ **Eph 5:26** *that He might sanctify and cleanse her with the washing of water by the word*

Being in God's word helps to keep our thoughts clean.

- † **Psalms 119:148** *My eyes are awake through the night watches, That I may meditate on Your word.*

After that keep thinking about what you just read throughout the day, and find ways to apply it to your life that day.

- † **Gen 39:11-12** *But it happened about this time, when Joseph went into the house to do his work, and none of the men of the house was inside, that she caught him by his garment, saying, "Lie with me." But he left his garment in her hand, and fled and ran outside.*

- † **James 4:7** *Therefore submit to God. Resist the devil and he will flee from you.*

Run or keep away from someone who you have these thoughts about. Change the channel on TV or get up and leave the movie. What's more important, the \$10 you would lose that you spent on the movie, or your marriage?

- † **1 Tim 6:11** *But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.*

Finally, keep in prayer asking for the Lord's strength.

- † **Psalms 27:14** *Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!*