

FINDING

FREEDOM

THROUGH THE TEN COMMANDMENTS

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You shall not commit Adultery.

Exodus 20:14 NIV

A man and a woman are shown in profile, facing each other and smiling. The man is on the left, wearing a dark sweater over a white collared shirt. The woman is on the right, wearing a light blue long-sleeved shirt. They appear to be in a professional or friendly conversation. The background is a plain, light-colored wall.

1. Adultery starts in the Heart

**2. How to adultery-proof your
single life**

**3. How to adultery-proof your
married life**



ADULTERY STARTS IN THE HEART

“You have heard that it was said, ‘You shall not commit adultery.’

But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.

Matt 5:29-30 NIV

The Problem is Compounded by:

- Porn Crisis
- Promiscuous Culture
- Programmed Conceptions
- Prioritising Personal Comfort

over

Persistence in Covenant

**Then the LORD said to Cain, "...
But if you do not do what is right, sin is crouching
at your door; it desires to have you, but you must
rule over it."**

Gen 4:6,7 NIV

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

Eph 5:3-4 NIV

A romantic dinner scene featuring a man and a woman sitting at a table. The man, on the left, is wearing a grey suit jacket and has a beard. The woman, on the right, is wearing a white off-the-shoulder top and has her hair styled in a bun. They are both smiling and looking at each other, with their hands clasped together. The table is set with a white tablecloth, a glass of red wine, a small bowl, and a lit candle. The background is softly blurred with bokeh lights, suggesting an indoor setting with ambient lighting.

How to Adultery-proof your single life

Choose:

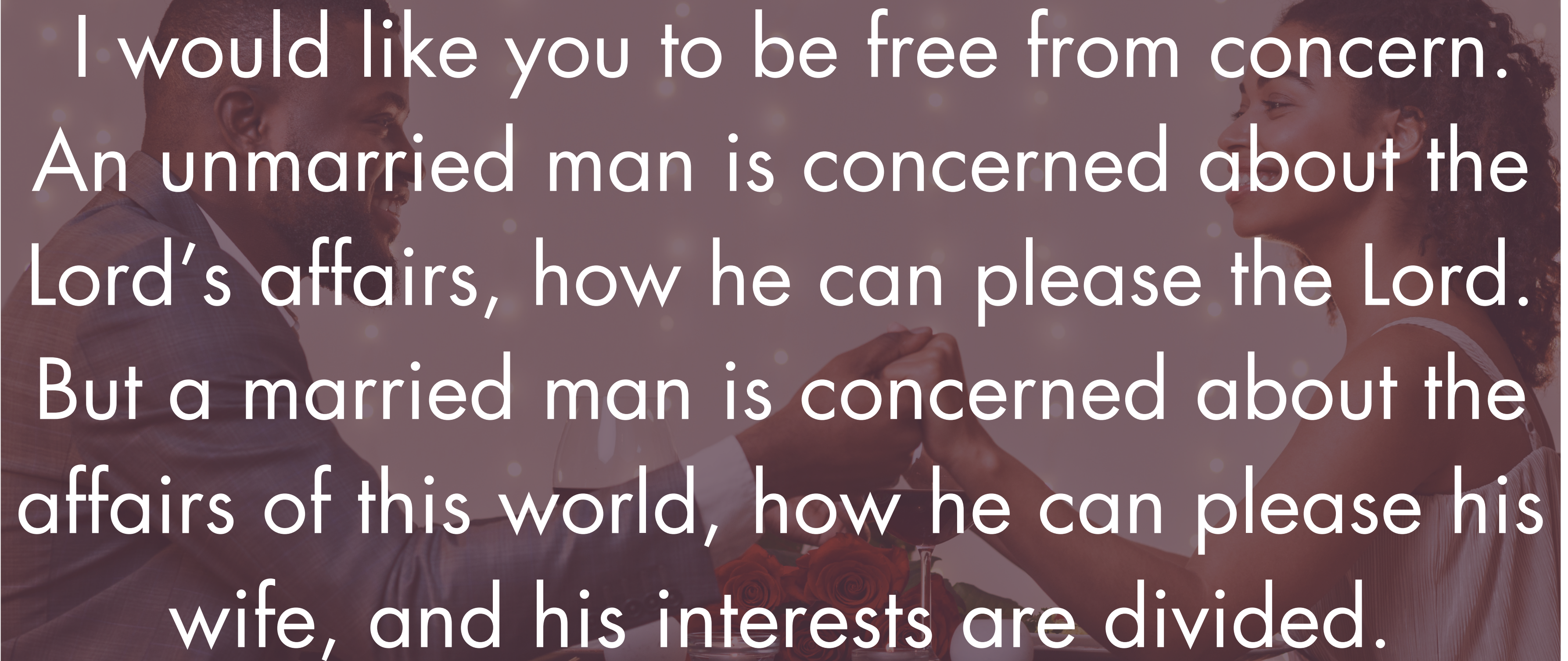
the WORLD's WAY or the WORD's WAY?



How to adultery-proof your single life

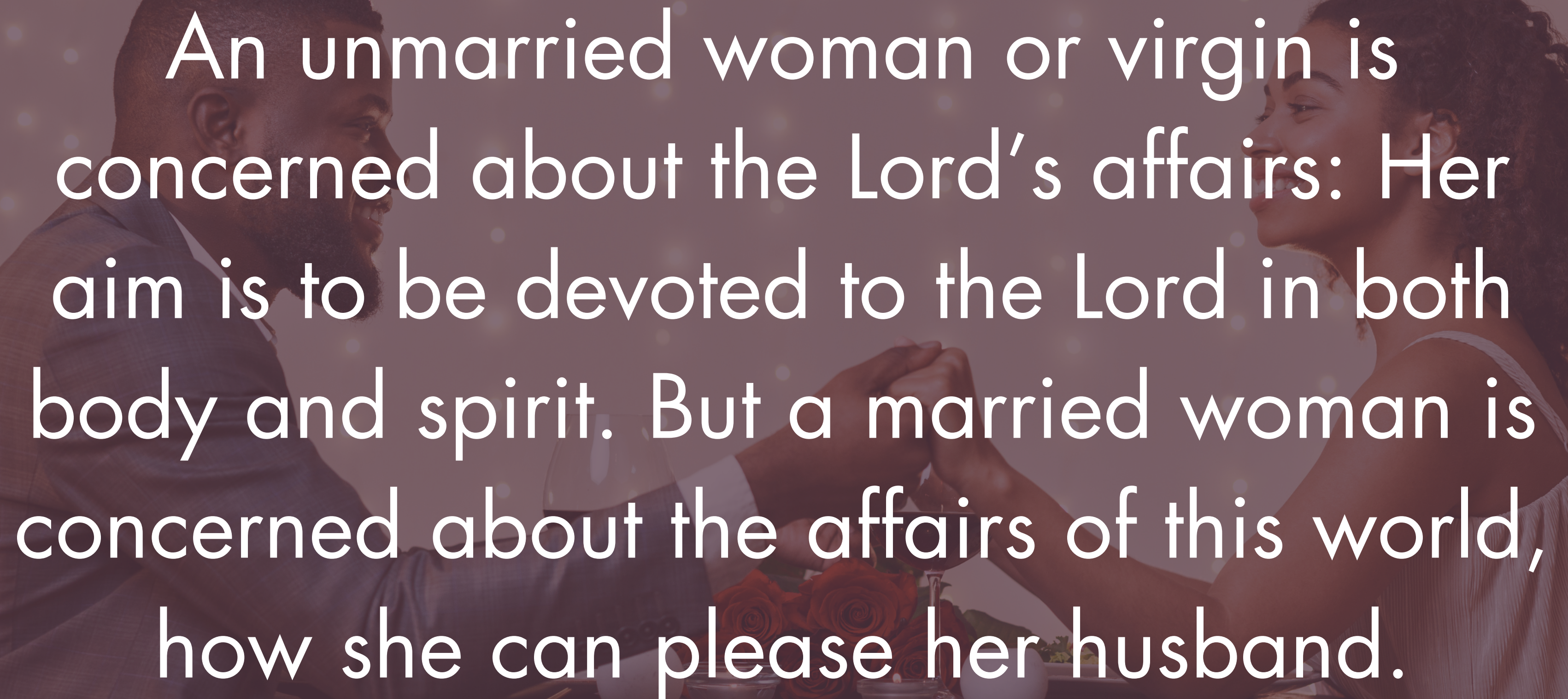
Treat younger men as brothers, older women as mothers, and younger women as sisters, with absolute purity.

1 Tim 5:1-2 NIV

A romantic scene of a man and a woman sitting at a table. The man is on the left, wearing a suit, and the woman is on the right, wearing a light-colored dress. They are both looking at each other with smiles. In the foreground, there are several red roses on the table. The background is softly blurred, suggesting an indoor setting with warm lighting.

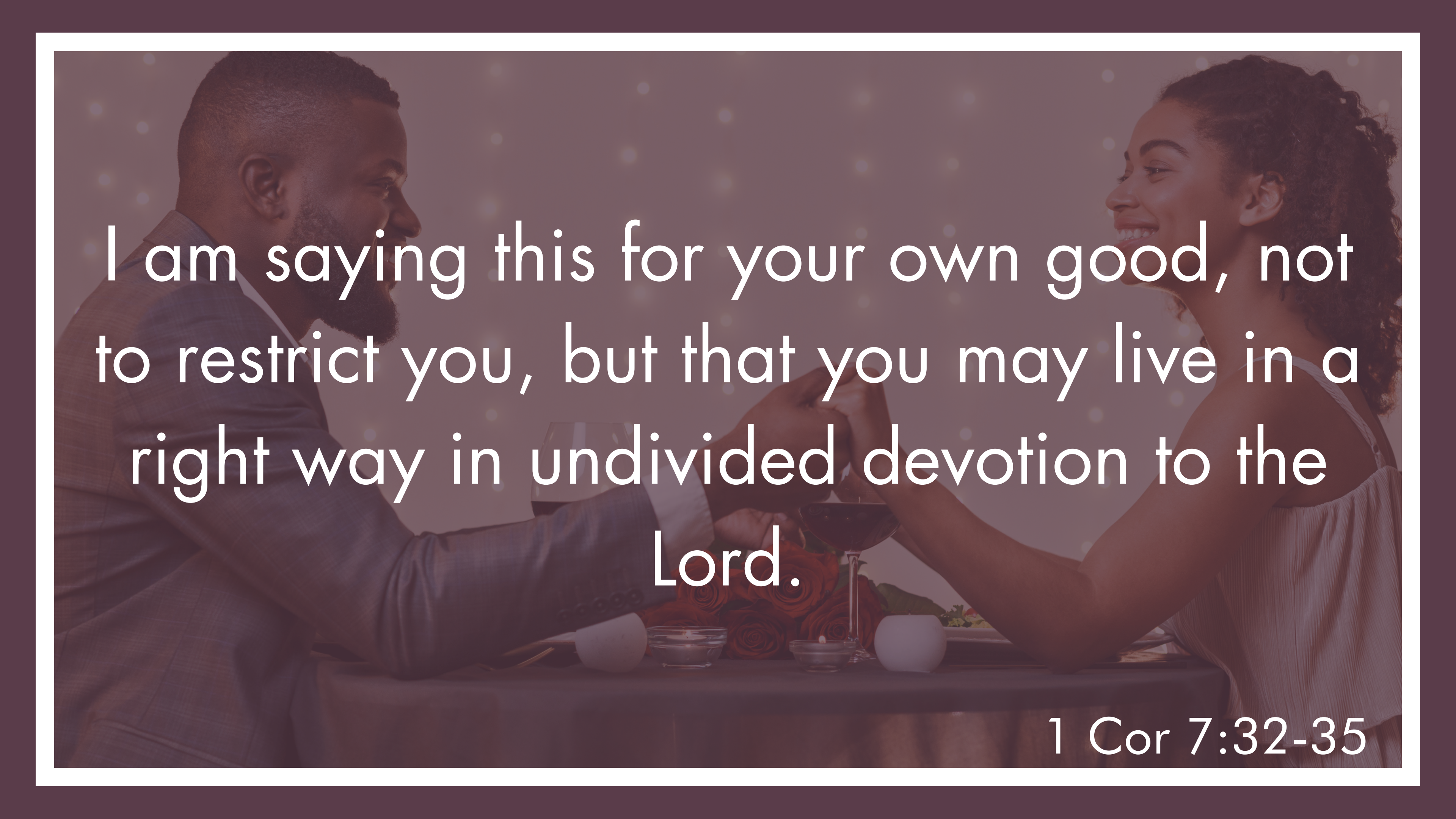
I would like you to be free from concern.
An unmarried man is concerned about the
Lord's affairs, how he can please the Lord.
But a married man is concerned about the
affairs of this world, how he can please his
wife, and his interests are divided.

1 Cor 7:32-35

A man and a woman are seated at a table, holding hands. The man is on the left, wearing a dark suit jacket, and the woman is on the right, wearing a light-colored top. They are both looking towards each other with gentle expressions. The table in front of them is set with a white tablecloth, a glass of water, a glass of wine, and a small vase containing several red roses. The background is softly blurred, suggesting an indoor setting with warm lighting. The entire image is framed by a white border.

An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit. But a married woman is concerned about the affairs of this world, how she can please her husband.

1 Cor 7:32-35

A romantic dinner scene with a couple holding hands over a table with wine and roses. The background is softly lit with bokeh lights, creating a warm and intimate atmosphere. The man is on the left, looking towards the woman on the right. They are both smiling and appear to be in a celebratory mood. The table is set with a white tablecloth, a wine glass, a small bowl, and a vase of red roses. The overall tone is romantic and affectionate.

I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord.

1 Cor 7:32-35

A romantic dinner scene with a couple holding hands. The man is on the left, wearing a suit, and the woman is on the right, wearing a white dress. They are sitting at a table with a white tablecloth, a glass of wine, and a vase of red roses. The background is softly lit with bokeh lights.

How to adultery-proof your married life

**Marriage is a COVENANT
representing the COVENANT
we have with CHRIST**

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

Eph 5:25-27 NIV

In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ...

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”

This is a profound mystery—but I am talking about Christ and the church

Eph 5:28-32 NIV

4 Principles

1. Respect.
2. Responsibility.
3. Romance.
4. Resolve.

4 Proclamations

1. I was wrong.
2. I'm sorry.
3. I don't know.
4. I need help.

IT'S BY HIS GRACE:

For the grace of God has appeared that offers salvation to all people.

It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age

A man and a woman are shown in profile, facing each other as if in conversation. The man is on the left, wearing a dark sweater, and the woman is on the right, wearing a light blue shirt. The background is a plain, light-colored wall. The entire image is overlaid with a semi-transparent dark purple filter. Centered over the image is white text in a bold, sans-serif font. The text reads: "God gives us the GRACE to live from a Pure heart and mind in an Impure world!".

**God gives us the GRACE to live
from a Pure heart and mind in
an Impure world!**