



## TEN: No Adultery | June 1, 2016

### Discussion Guide

#### The Scoop

Our upgrade culture has us constantly on the look out for the next best thing. When it comes to people, we turn others into objects when we see them only for how they can benefit us. God warns us that beginning to think this way changes us from the inside out.

#### Key Verse

Matthew 5:28 (MSG)

*But don't think you've preserved your virtue simply by staying out of bed. Your heart can be corrupted by lust even quicker than your body. Those leering looks you think nobody notices—they also corrupt.*

#### Discussion

Along with a constant desire to upgrade, our culture has created a habit of looking in on the lives of others. Not only does this create dissatisfaction with our lives; it creates a longing for something else. We trade-in and trade-up with every gadget we own and begin to think the people in our lives are no different.

1. What things do you wish you could upgrade in your life?
2. Can you think of things that have more value over time?

God cares not only about how we treat others, but also how we think about them. When we spend time in our thought-life wishing for a new and improved version of the people in our lives, we can get far enough away from reality that we begin to make poor decisions.

3. What are some ways that you see or experience unfair expectations (money, work, sex, romance, kids, etc.)?
4. Can you think of a time where you made something a big enough deal in your head that the real life version didn't match up?

The 7<sup>th</sup> Commandment is about protecting our hearts and our thought-life so that we protect ourselves from acting on feelings and thoughts that will do damage in our lives and the lives of others. When it comes to sex and romance acting immediately to protect your thoughts may be the difference between choosing a damaging path or not.

5. What are some ways you currently protect yourself from adulterous thoughts and actions?

#### What's Next?

Identifying an issue is often the first step in moving forward in a healthy way. Discussing adultery is not an easy conversation because the effects have impacted so many of us. It is also not a free pass for those of us without spouses. Jesus made it clear in Matthew that the seeds of lust can be planted in all of us. This week consider the habits and thoughts that put you one step away from danger and stop them. If another person is involved in causing your thought to shift, make some changes to limit your interactions, create boundaries, and protect both parties. Lastly, take time this week to share with someone where you struggle on the topic...just speaking about it gives you control over it.