



The Sixth Commandment— A Clean Heart

GOD'S PLAN FOR YOU

When you were a little kid, did you think that the Sixth Commandment was just for adults, and particularly for married people? **WRONG!** This one's for you—right now. It relates to being male and female. It relates to what you think and say and do. It relates to how you use the radio, TV, and your body. It even relates to tooth-paste commercials!

God wants the best for you. He sent Jesus to win for you an eternal life that begins with your coming to faith and extends into eternity.

The Sixth Commandment

You shall not commit adultery.

What does this mean?
We should fear and love God so that we lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.

Until you join Him in heaven, He wants you to enjoy a full and complete life here on earth as the male or female He created you to be.

Sexuality is part of God's beautiful and perfect creation. When God looked at His creation of male and female, He pronounced it good. God had a plan for us right from the beginning

What is God's will for leading a sexually pure and decent life?

a. _____

(Genesis 1:27, 31)

b. _____

(Genesis 2:24-25; Mark 10:6-9)

c. _____

(Hebrews 13:4)

d. _____

(Titus 2:11-12)

THE PLAN DERAILED

Sin marred God's plans for His people. Sin changed everything. The things that God created good turned bad. Happiness changed to sadness. Contentment changed to discontent. God's gift of sexuality became tarnished and exploited, misused and abused. The results of our misuse of God's gift of sexuality can easily be seen in the world around us. Consider the following.

- One study shows one-third of all teenagers have had sexual intercourse by age 16.
- Pornography is a multi-billion dollar business.
- Over two million couples live together without being married.
- One study shows that half of all married men have been unfaithful in their marriage.
- One out of three marriages end in divorce.

1. What hurtful consequences result from the preceding statements about our society?

2. What specific offenses against the Sixth Commandment does God desire to protect us from? Read

the following Bible verses. Then list sins against the Sixth Commandment identified by the following Bible references.

a. Matthew 19:6

b. Ephesians 5:3-4

c. Romans 1:24-28

d. 1 Corinthians 6:18-20

A NEW BEGINNING

The Bible tells us that sinful thoughts originate in our hearts and lead to sinful actions. **Matthew 15:19** says, "Out of the heart come evil thoughts, murder, adultery, sexual immorality," etc. Because of sin we need a change of heart.

What changes your heart?
(1 John 1:7b)

What changes your life? (Psalm 51:10)

God's power in us can change sinful thoughts to God-pleasing thoughts. What does the Bible tell us? See **Philippians 4:8**.



God's power in us can lead us from sinful actions to God-pleasing actions. What does the Bible tell us? See Ephesians 4:32-5:2.

A CHALLENGE

There will continue to be pressures from friends and others, taunting you to give in and persuading you to do wrong. It's not easy to say NO to temptation and stand up for what's right.

So, what's the alternative when someone calls you a chicken? FLY LIKE AN EAGLE! God promises to give you courage and make you strong. He promises to support you so that you can soar above the problems and chaos around you. His word says:

"Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."
Isaiah 40:31

A CHASTE AND DECENT LIFE

Together with athletes and celebrities around the world, young people are asking God to help them honor Him by saving their first experience with sexual intercourse for the person they will one day marry. Recently, members of a movement called *True Love Waits* gathered together in Washington D.C. to send a message to young people everywhere that anyone choosing to wait for sexual intercourse until marriage is not alone. They are joined in that commitment by many others faithful to God's plan.

TO REVIEW AND REMEMBER

Colossians 3:17: Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus.

The Sixth Commandment and its explanation.

