

Who, me cheat? Never!

Ex. 20:14, Deut. 5:18, Matt. 5:27-30

Facts about adultery: (Matthew 5:27-30)

- Adultery is a sin and is forbidden by God. (v. 27)
- Adultery begins with a lustful look. (v. 28, 6:22-23)
- Adultery continues with lustful desires. (James 1:14-15, Rom. 6:12-13)
- Adultery needs to be seriously dealt with. (vv. 29-30)

Protecting your marriage against adultery:

- Realize that all of our desires are not of God. We are masters of rationalization. (Rom. 7:18-8:1)
- Make your marriage a priority. (Prov. 5:18-20)
- Do not allow yourself the freedom to put yourself in unhealthy circumstances. Boundaries (1 Cor. 6:12, 10:23)
 - Do not spend a lot of time with people of the opposite gender, without your spouse present.
 - Make sure to present yourself in appropriate ways.
 - Do not take your personal or marital problems to opposite gender people for help.
- Remind yourself of the marital vows you made.
- Remember, we have control of the decisions we make in life, but not the consequences of those decisions. (2 Sam. 11-12:19)

Points to Ponder:

- Understand that God made us with physical desires that are to be confined to a marital relationship, so monitor those desires! (Heb. 13:4)
- Understand that unguarded moments bring about unholy thoughts, so set boundaries for protection.
- Understand that unholy thoughts bring about ungodly acts, so be careful what you think about! (Phil. 4:8-9)
- Understand that ungodly acts bring about unwelcomed circumstances, so be careful what you sow! (Prov. 4:23-27, Gal. 6:7-9)