
Lesson Aim	To understand: <ol style="list-style-type: none">1. What the seventh commandment is and what it condemns2. What the seventh commandment promotes3. How the Gospel gives us comfort in the presence of struggles with lust
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Steps to Learning	Read the Heidelberg Catechism Lord's Day 41 and Proverbs 7 . Discuss the sermon and the particulars of the lesson below. It may be best to work through the material over several days or sessions.
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Discuss	<p>What does the seventh commandment prohibit?</p> <p>It prohibits adultery. While it does not strictly prohibit fornication (sex outside of marriage), it does include it.</p> <p>How serious is adultery and fornication?</p> <p>According to the Old Testament, the adulterer and the adulteress were to be put to death. When Potiphar's wife was tempting Joseph, he called adultery a great wickedness. Paul, in the New Testament, roundly condemns sexual immorality (including fornication) and includes it and adultery as those which disqualifies one from inheriting the Kingdom of God.</p> <p>What does Proverbs 7 teach us about fornication and adultery?</p> <p>This text plays out sin involving "the adulteress." It's the story of a young man lacking sense (is acting foolishly). He does not guard his heart and does not consider the consequences of what he exposes himself to. He lets himself encounter an adulteress who persuades him to sleep with her. As he does this, he loses his soul. In this story we learn that no one is immune from sin; our sinful desires will often win out if we don't seek to avoid situations that may lead to sin.</p> <p>What does the seventh commandment promote?</p> <p>It promotes the pursuit of holiness in our thoughts and actions. We are to remain chaste until we marry. Sex is for marriage only in that it renews the covenant we have made with our spouse and produces children. Sex is a happy thing and a good thing in the context of marriage.</p> <p>How does the Gospel give us comfort when we sin against the seventh commandment?</p> <p>Paul reminds us in 1 Corinthians 6 that we were once defined by sins such as lust. But we were washed by the blood of Christ, justified and sanctified by the Holy Spirit.</p>
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Bible Reading	Acts 1-7 (Reading through the New Testament)
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