

High Desert URC – Heidelberg Catechism Supplement
December 2024

* Read each question and answer before discussing them according to the prompts below.

I. Question and Answers 105-107

- A. *Where is the sixth commandment found in the Old Testament, and should it be translated “murder” or “kill?”*
Exodus 20:13 and Deuteronomy 5:17. It should be translated “kill” because unintentional killing (being careless) and intentional killing is comprehended in the commandment.
- B. *What other sins are included in the prohibitions of the sixth commandment?*
The thoughts and gestures of killing are included. Also, the hidden sins of envy, hatred, anger and the desire for revenge are included.
- C. *What are the positive commands comprehended in the sixth commandment?*
We are required to love our neighbors as ourselves, show patience, peace, mercy and kindness and prevent the hurt of our neighbor as much as possible. We are even to do good to our enemies.

II. Question and Answers 108-109

- A. *What is the seventh commandment and where is it found in the Old Testament?*
“You shall not commit adultery,” Exodus 20:14, Deuteronomy 5:18.
- B. *The seventh commandment commands that we live chaste and modest lives. What does this mean?*
To be chaste is to refrain from fornication or adultery. To be modest is to make sure we dress in an appropriate way and to refrain from behavior that is inappropriate around members of the opposite sex.
- C. *What else is required in the seventh commandment?*
We are also to refrain from unchaste gestures, words (joking), thoughts and desires and whatever would lead to unholy thoughts.
- D. *How does the seventh commandment relate to what we see or listen to?*
There are many temptations, which confront us on our phones and computers. We must be careful to guard our eyes from inappropriate movies and videos and even music that encourages wrong sexual behavior and thoughts.