

High Desert URC – Heidelberg Catechism Supplement
January 2025

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

I. Question and Answer 109 (Let's begin with a review of what we covered last time):

- 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. *Is the seventh commandment related just to our actions?*
No. Question and answer 109, reflecting the words of Christ and Paul, teach that words, thoughts and desires that are unholy, count as transgressions against the seventh commandment. Jesus said in Matthew 5:28 that “everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”
- D. *Given what the seventh commandment says, what should we do to prevent the sin of adultery?*
We must guard our eyes and ears against sexually immoral content. The world celebrates sexual immorality; therefore, it is everywhere. We must always be on our guard.

II. Question and Answers 110-111

- A. *What is the eighth commandment and where is it found stated explicitly in the Old Testament?*
“You shall not steal.” Exodus 20:15, Deuteronomy 5:19
- B. *What is prohibited in the eighth commandment?*
The Heidelberg Catechism, question and answer 110 mentions theft, robbery, wicked tricks and devices, unjust weights, lengths and measures, all covetousness and the misuse and waste of his gifts. In short, acquiring anything that is not yours.
- C. *What else is prohibited and what is proscribed?*
We are not to be greedy, lazy and getting into unlawful debt. We are to distinguish between our needs and wants. The Scriptures extol us to be content with what we have. In addition, we are to work hard to provide for our needs and have enough left over to give to the church and to the poor.