

The Seventh Commandment (“*You shall not commit adultery*” - Exodus 20:14) is a battle for sexual purity. We need to break down this commandment through our modern lens and move past a simple moral checklist to target the underlying thoughts, attitudes, and habits of the heart.

I. Introduction: The Protection of a Promise

The Elephant in the Room

“You shall not commit adultery” (Exodus 20:14). A world that views sexual boundaries as outdated, restrictive, or a threat to personal freedom is where we are in 2026. We tend to reduce sex to a purely physical act—a biological urge, like being hungry or thirsty. But the Bible presents a radically different view.

Proverbs 6:23–24 says: *"For this command is a lamp, this teaching is a light, and correction and instruction are the way to life, keeping you from your neighbor’s wife, from the smooth tongue of a wayward woman."*

The Child’s Parable - God’s boundaries are not restrictive prisons, but light-bearing guides meant to keep us safe.

II. More Than a Physical Connection

The "One Flesh" Reality

We reduce sex to a purely physical act—a biological urge, like being hungry or thirsty. But the Bible presents a radically different view. ³¹*“Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” Ephesians 5:31*

The Fracture - Adultery happens—whether it’s a physical affair or an emotional entanglement—it doesn’t just break a rule. It shatters trust.

III. The Hidden Battleground: The Screen and the Soul

The Radical Standard of Jesus - Jesus moves the boundary line from the bedroom to the mind. Just like He did with murder, Jesus completely flips the table on our moral checklists when it comes to purity.

Proverbs 4:23: *"Above all else, guard your heart, for everything you do flows from it."*

The Modern Drift

Job 31:1: *"I made a covenant with my eyes not to look lustfully at a young woman." Job didn't have a smartphone, but he had the exact same battle. It shows that digital guardrails must start with a predetermined covenant of the eyes.*

IV. The Way Forward: A "New Love" Over Old HabitsA Greater Affection

The Failure of Willpower

The Power of a "New Love" Over Old Habits *“A new love is stronger than an old habit.”*

Watch and Pray This requires active spiritual vigilance. Jesus told his disciples to *watch and pray so they wouldn't fall into temptation.*

Matthew 26:41 says: *"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." Jesus here emphasizes that human willpower is inherently too weak to win this fight alone.*

1 John 1:9: *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

V. Conclusion: The Grace That Restores

No Cheap Grace

The Ultimate Faithful Partner—Hear this clearly: if your past—or your present—is marked by failure in this area, you are not beyond hope. We serve a Savior, Jesus Christ.



August 16, 2026

FIRST PRESBYTERIAN CHURCH
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WELCOME

August 16, 2026 – 9:00am

Welcome and Announcements - Kathy Olson

Time of Preparation for Worship

Call to worship - from Psalm 84 - Kathy Olson

L: How I love your house, O God; I long to be there.

P: With my whole being, I sing to you.

L: Happy are those who live in your home, always singing to you.

P: How happy are those whose strength comes from you....

L: One day spent in your house is better than a thousand spent anywhere else, O God!

P: God of hosts, how happy are those who trust in you!

L: May we rejoice in the worship of the One True God today. Let us worship now...

Song: Holy Holy Holy

Prayer of Confession and Assurance of Pardon

Prayer: Mighty Redeemer, whose judgment is righteous and whose mercy is unbounding, we bring our offerings in response to your grace. You sent Jesus the Christ, who calls us; we give you our commitment. You gave the Spirit who nurtures us; we enthusiastically follow. You provide the commandments as guidance; we seek to obey you. Take us and use us to fulfill your will. Amen.

Song: Be Thou My Vision

Scripture: Exodus 20:14

Sermon: The Struggle with Purity (The Seventh Commandment: Not committing adultery)

Song: Yes I Will

Prayers of the People - Deb Schiller

Offering and Doxology

Prayer: Mighty Redeemer, your righteousness and mercy is unbounding. We bring our offerings in response to your grace. You sent Jesus, who gave us the Holy Spirit. We seek to enthusiastically follow Your commandments and obey you. Use us to fulfill your will. Through the Father, the Son and the Holy Spirit. Amen.

Song: There's Power in the Blood

Blessing

Benediction from Ephesians 3:20-21

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Did you know?

Our church offers a great printed resource for people dealing with emotional, physical and /or spiritual needs. CareNotes are short, concise booklets with easy-to-read information and support on a wide variety of topics, including aging, family care, grief, mental wellness and spiritual support.

The motto of CareNotes explains its purpose:

Take One—and take heart

Give One—and give hope

The Deacons have recently reorganized these booklets. They are available in the hallway between the narthex and Fellowship Hall. Please take a look and help yourself to this free resource. Share them with others, too, as appropriate.