



Dig Deeper Study Guide

Stroudsburg United Methodist Church - October 23, 2011

Sermon

10 Commandments:

"The Seventh Commandment"

Exodus 20:14

by Bob Shank

Things I want to remember about this sermon...

Monday 10/24/11

Exodus 20:14

You shall not commit adultery. Straight and direct; this commandment sounds simple enough. So why then do so many fail to keep this commandment? The sad truth is that just over 50% of marriages end in separation or divorce. Why? What is it that causes marriages to fail? Is it because the grass seems greener on the other side of the fence? Is it because two persons somehow just seem to grow apart over time? Or could it be that we fail to see the sacred and holy in marriage? Commitment is not easy, but if God is part of a relationship, this can change things quite dramatically. Have you told your spouse, "I love you" lately? Maybe it's time you did!

Tuesday 10/25/11

Matthew 5:27-28

Jesus uses this commandment as part of his teachings in the Sermon on the Mount. But he takes it dramatically farther! He says that if you look at a woman with lust in your heart then you've broken this commandment. Ouch! Apparently it isn't only the physical side of adultery that is bad but also the mental and emotional side as well. Jesus knew that what lies in our hearts is important. What is on your heart today? Is it good? Prayer for strength and for the right and proper things to be on your heart!

Wednesday 10/26/11

2 Samuel 11:1-27

"It happened late on afternoon..." Hmm, this sounds like an intriguing start to an interesting story, and indeed it is to be sure! David saw a woman and she was very beautiful. Temptation grew and David gave in to adultery. And this was the greatest king of all of Israel! If this could happen to him, then it could happen to anyone. "Be careful little eyes what you see..." What are you looking at? Is it something that could get you in trouble?



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<p>Things to do this week in response to the sermon...</p> <p><i>Does this commandment seem simple or difficult to follow? Why?</i></p> <p><i>What can you do to prevent temptation that might result in adultery?</i></p> <p><i>Are you honoring your marriage? Are you honoring other committed relationships? How can you do better?</i></p>	<p>Thursday 10/27/11 John 8:1-11</p> <p>The Pharisees brought to Jesus a woman caught redhanded in adultery. They knew the punishment for this sin was stoning her to death according to the Law of Moses, and they asked Jesus what he thought about this. Jesus surprised them by saying, "Let anyone among you who is without sin be the first to throw a stone at her." We all sin and we have to deal with our own sins before we go pointing fingers at others. How are you dealing with the sin in your life?</p>
	<p>Friday 10/28/11 Genesis 2:18-24</p> <p>From the beginning of time we were meant to be in relationship. It can be said that even God desires our relationship. The relationship between a man and a woman is a sacred thing. Deep relationships were set up from the time of Creation! The very words "man" and "woman" in the Hebrew language depict this close relationship. When we are connected to another there is a special and sacred bond that can develop. Marriage is joining together and making the promise to love one another forever.</p>
	<p>Saturday 10/29/11 Mark 10:6-9</p> <p>"Therefore, what God has joined together let no one separate." The bond of marriage is a sacred and committed relationship. And what God joins together no one should separate. This includes the individuals in the committed relationship. Ignoring the needs of the other, cheating, and abusing are just some of the ways that work to separate relationships. Lots of people like to blame outside forces and other people for their failed relationships. Take ownership of your own relationships. Nurture and cultivate these relationships daily. Then, obeying this seventh commandment will be much easier.</p>