

Heidelberg Catechism 108-109 – Law 7: A Pure Life

Brothers and Sisters in Jesus Christ: Last week you heard from God that he wants you to protect life. But God doesn't simply want life to exist in a vacuum or in an amoral way. God wants life to be pure. He will speak to you on this topic today.

Our headings are: **Prohibited Things of Law 7, and Prescribed Things of Law 7.**

Our goals are: That you will **learn to keep both mind and body pure so that you will be properly able to honor your Redeemer by thoughts, words, and actions.**

108 Q. WHAT IS GOD'S WILL FOR US IN THE SEVENTH COMMANDMENT? A. God condemns all unchastity. We should therefore thoroughly detest 厌恶 it and, married or single, live decent 正派的 and chaste 贞洁的 lives.

109 Q. DOES GOD, IN THIS COMMANDMENT, FORBID ONLY SUCH SCANDALOUS 引起反感的 SINS AS ADULTERY? A. We are temples of the Holy Spirit, body and soul, and God wants both to be kept clean and holy. That is why he forbids everything which incites 煽动 unchastity, whether it be actions, looks, talk, thoughts, or desires.

Prohibited Things

1. God prohibits unchaste thoughts. You must not think of any unlawful sexual activity or of participating in such activity.

2. God prohibits you from trying to titillate 挑逗, lure, or trap someone into sinning by words.

Picture the wicked woman in Proverbs who calls and says of adultery: "It is not dangerous, you will be safe." But God warns about this type of talk! You must train your ears to sift out deceptions, half-truths, and outright lies.

Ephesians 5: 3 But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; 4 neither filthiness, nor foolish talking, nor coarse jesting 下流的笑话, which are not fitting, but rather giving of thanks. 5 For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.

3. God prohibits all kinds of sexual sins, not just adultery. The world may think that adultery is normal, but not God!

a. God forbids fornication – being unchaste before marriage. You must not make trial runs on marriage. You must enter marriage with **wisdom of God's Words** and **trust that he will help** you so that your marriage can be successful. Never treat God's covenant child as a secondhand thing!

Hebrews 13:4 -Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

b. God forbids incest – being unchaste with a close relative. True love forbids perversions!

c. God forbids homosexuality – being unchaste with one of the same sex.

Romans 1:26 For this reason God gave them up to vile 坏透了的 passions. For even their women exchanged the natural use for what is against nature. 27 Likewise also the men, leaving the natural use of the woman, burned in their lust for one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due.

d. God forbids bestiality 人兽性关系. Leviticus 18:23.

e. God forbids living together with someone in common law with no commitment to each other. The very first marriage was made with a vow. You need a vow.

f. God forbids prostitution 卖淫. Prostitutes are thieves in many, many ways. The judges of our supreme court will rue the day they tried to negate God's law and condone prostitution, as they did a few weeks ago.

g. God forbids polygamy– having more than one spouse at the same time and polyamory (group marriages). If you live this way, the Bible says that the land will vomit you out.

1Thessalonians 4:3 For this is the will of God, your sanctification: that you should abstain 戒 from sexual immorality; 4 that each of you should know how to possess his own vessel in sanctification and honor, 5 not in passion of lust, like the Gentiles who do not know God; 6 that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. 7 For God did not call us to uncleanness, but in holiness.

4. What kinds of things might cause man to do fall into an impure life?

a. Pornography 色情描写, leads to adultery thoughts or acts.

b. Poor dressing (or nakedness) increases the possibility of someone lusting in their heart. (Yes, God requires that you train your eyes to turn away from tempting things, but remember the quote: *"If you hang out a sign people will go in to taste the liquor."* You are to live differently as Christians. Don't offer poison to those who don't want to drink.

c. Lewd 淫荡的 **dancing** often promotes adultery. They promote unchastity.

d. God forbids frivolous 轻率的 **divorces**. Jesus warned that those who are improperly divorce and remarry cause adultery. (Matthew 5:32)

e. God forbids refusing to marry for frivolous reasons. It may be that someone wants to dedicate all his time and energy to serving the Lord, but those who are selfish and refuse to marry, are working against the Lord's instruction of dominion and endanger themselves and others. But be clear of this: Paul's call to remain single (V7) was temporary during severe persecution. He did not want to create many widows and orphans. The single life is not the norm 规范. Paul was not opposed to the creation mandate which was to multiply and fill the earth.

5. What are the consequences of unchastity, and what are the consequences of purity? Adultery is

deadly to the family, literally and figuratively. It robs children of their inheritance. Adultery is an unending cave.

Proverbs 2:18 For her house leads down to death, And her paths to the dead; 19 None who go to her return, Nor do they regain the paths of life—

Proverbs 6: 23 For the commandment is a lamp, And the law a light; Reproofs 训斥 of instruction are the way of life, 24 To keep you from the evil woman, From the flattering tongue of a seductress 勾引男人的女子. 25 Do not lust after her beauty in your heart, Nor let her allure 引诱 you with her eyelids. 26 For by means of a harlot A man is reduced to a crust 面包皮 of bread; And an adulteress will prey upon his precious life. **27 Can a man take fire to his bosom, And his clothes not be burned?**

God requires Chaste Thoughts

1. God demands that you hate unchastity with a passion... **all forms of it – not just the grossest forms.**
If you hate something you don't want it, so if you hate unchastity you will avoid it. The Catechism uses the term “detest” - “to hate all forms of unchastity with passion.” It is easy to hate homosexuality or other perversions 性变态. But you have to hate all forms of unchastity... even if they were less offensive to you. Unchastity is offensive to God. Lustful thoughts are the foundation for unchaste behavior. And similarly, **pure holy thoughts are the foundations for chaste behavior.**

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

This means that if lustful thoughts enter your minds, you must force yourself to think, for instance, of the good can do for someone else. Maybe you can write an encouraging e-mail...or make a phone call to a friend so the lustful thoughts will have not room there.

2. God requires that you speak things that encourage pure and chaste lives. Read books that encourage your mind into godly things. When you fill your mind with good works, you are less likely to sin.

Colossians 4:6 Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

Ephesians 5: 3 But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; 4 neither filthiness, nor foolish talking, nor coarse jesting 下流的笑话, which are not fitting, but rather giving of thanks. 5 For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.

Encourage each other – especially for husband and wife, reassuring the other of your love and faithfulness by your words and actions. Words matter.

3. God requires marriage as a blessing to man and a safeguard against unchastity – this from creation.

Genesis 2: 24 Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. 25 And they were both naked, the man and his wife, and were not ashamed.

Ephesians 5:21-33 shows that the new recreated Christian man and woman are to learn to live to please the other one... This is the best antidote 解毒剂 for infidelity 不贞的行为. You must leave and cleave 坚持.

One form for marriage partly states: *“First, husband and wife shall live together in sincere love and holiness, helping each other faithfully in all things that belong to this life and to the life to come. Second, by marriage the human race is to be continued and increased, and, under the blessing of God, husband and wife will be fruitful and multiply. If it pleases God to give them children, they shall nurture these children in the true knowledge and fear of the Lord.”*

The married life is better for the kingdom and your Redeemer.

2. God requires that you hold on as tightly as you can to your wife so that the two of you become one.

Matthew 19:5 "and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'?"

3. God requires that you run from situations that lead to unchastity. Run like Joseph ran. It may have posed danger to Joseph's life to run, but sinning against God was more important to Joseph than his physical life. He would rather die than sin! And consider Paul's warning as well!

Genesis 39:11 But it happened about this time, when Joseph went into the house to do his work, and none of the men of the house was inside, 12 that she caught him by his garment, saying, "Lie with me." But he left his garment in her hand, and fled and ran outside.

1Corinthians 6:18 Flee sexual immorality...

In 1Kings 11, because King David did not run from sin, he fell into adultery and murder. Even old Job – a man with grandchildren, that godly man from long ago wrote:

Job 31:1 "I have made a covenant with my eyes; Why then should I look upon a young woman?"

4. Avoid friendships that encourage sins as unchastity.

1Corinthians 15:33 Do not be deceived: "Evil company corrupts good habits." 34 Awake to righteousness, and do not sin; for some do not have the knowledge of God. I speak this to your shame.

5. The Lord Jesus himself, in order to show the seriousness of unchastity, urge Christians to be willing to give up your most prized possessions in order to avoid unchastity.

Matthew 5: 27 "You have heard that it was said to those of old, 'You shall not commit adultery.' 28 "But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. 29 "If your right eye

causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

Domcritus, a philosopher, took this idea literally and plucked out his eyes so that he won't be tempted by things. But Jesus was not speaking literally...He wanted every man and woman to work hard at avoiding all unchastity.

Ephesians 5: 17 Therefore do not be unwise, but understand what the will of the Lord is. 18 And do not be drunk with wine, in which is dissipation 放荡; but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody 悦耳的音调 in your heart to the Lord, 20 giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,

Conclusion:

The unchaste person will be judged severely. Scientists say that if a stork 鹤 left his mate and joins with another, the rest of the storks attack it and pull its feather off. This is a mild consequence of adultery. For man, adultery is deadly. It kills physically, and certainly, spiritually.

Brothers and Sisters in Jesus Christ: **You belong to Jesus Christ.** You were bought with a great price. (1Corinthians 6:20) Therefore, **glorify God with your body.**

How do you glorify God with your body?
Have pure thoughts **that promote chastity.**

Pray for God's help to keep his law faithfully. Carry Christ in your conversation.

Love your spouse and strengthen your marriage. Don't drink from muddy or stolen waters.

Finally, adultery might be sweet to the mouth but deadly to the heart...like a tree in Spain that has a pleasant sweet taste and smell, but if you eat it you die. So is the condition of your life. You have committed adultery in your thoughts words and action. Only if you ask God to count Christ's death as yours will you be freed from judgment. And I pray that you will do so today.