



**Navigate: Ten Commandments Series
Small Group & House Church Bible Study**

Commandment 7 – “You shall not commit adultery”

Pray and ask God to speak to your group as you open the Bible together. Read Exodus 20:14

1. Read Song of Songs 7:10-12. The Scriptures give a very positive message about sex. They tell us that within the context of a marriage, sex is an incredible gift from God and to be embraced. Despite this positive message, historically, many have seen the church as presenting a negative message about sex. Why do you think this is the case? If you grew up in the church, what message about sex did you receive from those around you?
2. While at times the church has downplayed the beauty and importance of sexual union in marriage, our culture has become so over sexualized that sex has lost its sacredness and meaning. Three times in Song of Songs the author warns “not to arouse or awaken love” prematurely (2:7, 3:5,8:4). Why do you think God provided a relationship built upon covenant and sacred vows as the only blessed context for sex? How is this a blessing to individuals and society?
3. While marriage is encouraged, and a blessed institution in Scripture, singleness is also presented as a gift from God. The Apostle Paul was single when he wrote 1 Corinthians. He saw incredible value in a life of chastity. Read 1 Corinthians 7:32-35. What are the potential benefits of a celibate single lifestyle?
4. Marriage is described in Ephesians 5:31-32 as “two becoming one flesh.” This unity is expressed through sexual intercourse. The covenant between husband and wife is renewed and reaffirmed each time a couple makes love. The marriage relationship mysteriously mirrors Christ and the church. If you are married, what have you learned about Christ’s love for the church through your marriage?

Take time as a group to pray together. While we as Followers of Jesus aim to live lives that are sexually pure, undoubtedly we all fall short at times. Ask God for forgiveness for the times in your life you have made mistakes, and then thank Him for the assurance you have of forgiveness and cleansing in Jesus name. Ask God to strengthen and bless all of the marriages present in your group and also for those living lives of singleness.