

the consequences are dark. The temptation is strong, but there is hope in Christ. Knowing our weakness, God urges us in scripture to “*put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires*” (Romans 13:14).

Discussion Questions

- Why is it important that all three, thoughts, words, and deeds be pure? What happens if just one does not match?
- What do you think “make no provision” means?

Day 5 – Review Q&A and recite memory verse

God’s standard for sexual purity is high. Unchaste actions are forbidden, but so are words and even thoughts. The intimacy of a marriage relationship must be pure if it is to rightly picture the undying love of Christ for His bride. So, how do we live under such a high standard? 1) Be content and happy with God’s boundaries in your life. 2) Embrace the freedom we have in Christ. John 8:36 says, *So if the Son sets you free, you will be free indeed*. If you are a child of God, then you are no longer a slave to sin and the power that raised Christ from the dead is at work within you to resist even the most besetting sins. 3) Repent quickly, taking every errant thought captive to obey Christ. Consider how our dreams and idle thoughts are often fueled by the books, movies, and experiences we “input” along the way. Repentance may include re-thinking the media we consume. 4) Seek purity, praying that your words would be chaste and acceptable to the Lord and remembering Matthew 5:8, *Blessed are the pure in heart, for they shall see God*. 5) Put on the Lord Jesus Christ, resting in His finished work at the cross. In whatever ways you have failed, Jesus has triumphed for your sake. He died to bring us abundant life. His love for us is pure, and His mercy is unending.

Discussion Questions

- Have you ever felt like there was a particular sin or temptation you just couldn’t beat?
- How does the gospel bring hope in this area of your life?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, March 23rd, 2025)

Baptist Catechism Question #77

Q: What is forbidden in the seventh commandment?

A: *The seventh commandment forbiddeth all unchaste thoughts, words, and actions.*

Suggested Memory Verse

Matthew 15:19 *For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. (ESV)*

Day 1 – Review Q&A and recite memory verse

Many of the commandments start with “Thou shalt not.” It can seem overbearing to those who do not know God, just a bunch of things we are not allowed to do, as if God is intent on squashing all the fun out of life. God’s law does bring condemnation for those dead in their sin, but that is not the case for Christians. *There is therefore now no condemnation for those who are in Christ Jesus* (Romans 8:1). Mature Christians see God’s law not as a burden but a gift that allows us to grow in holiness. In the beginning, God gave man tremendous freedom and only one restriction. *And the LORD God commanded the man, saying, “You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die”* (Genesis 2:16–17). Yet, Adam chose to sin rather than stay within God’s boundaries so now all of mankind is born with sinful hearts. Matthew 15:19 says, *For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.* True freedom is not the ability to chase every sinful desire of our hearts. True freedom is the abundant life found only in Christ. *For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life* (John 3:16).

Discussion Questions

- In what ways can God’s prohibition against sexual immorality actually be a protection and a blessing for Christians?
- Do you treat this commandment as a mere duty, or do you have a growing *desire* to be chaste and to live within God’s boundaries?

Day 2 – Review Q&A and recite memory verse

The commandment on adultery forbids unchaste (or sexually impure) thoughts. This might include thoughts from your past, as you remember unchaste things you have done or images you have seen, relishing them again like the harlot in Ezekiel 23:19. *Yet she increased her whoring, remembering the days of her youth, when she played the whore in the land of Egypt.* Unchaste thoughts can also include fantasizing about future sexual impurity. If it would be sinful to do... then it is sinful to lustfully imagine doing it, even in your head. Heed the warning from Peter: *Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul* (1 Peter 2:11). These impure thoughts of past, present, or future events, whether real or imagined, should be avoided. They wage war against your soul, they fill you with shame and guilt, they eat up your time that you should be serving in the kingdom of God. Instead we are to examine and keep our thoughts chaste. In Christ it is possible. We can overcome these besetting sins that pose a constant struggle and toward which we are naturally inclined. *2 Corinthians 10:5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.* Don’t let your mind wander, fantasize, be idle, but actively capture those thoughts and submit them to God with a repentant heart.

Discussion Questions

- If other people could watch your thought-life like a movie, would you be embarrassed? Why?
- Pray for God’s power to take every thought captive to obey Christ.

Day 3 – Review Q&A and recite memory verse

Words are powerful, especially when God is speaking them. He spoke the whole world into creation. *And God said, “Let there be light,” and there was light* (Genesis 1:3). But even human words can be powerful. In *Proverbs 18:21*, Solomon says, *Death and life are in the power of the tongue...* The words of a jury delivering a death sentence or the words of a preacher offering hope, our words matter. Ephesians 5:4 says, *Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.* Christians are called upon to be like Christ, and that means to speak like He would, too. Unchaste words means impure words, filthy words, foolish words, or crude words which are out of place for Christians. You see, the words you speak are a reflection of your heart, and they have an impact on those who hear. *The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks* (Luke 6:45). Unchaste speech is natural for an unbeliever, but if you are in Christ, the words of your mouth ought to honor the God who saved you. Pray that God would help us to be like David who prayed... *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer* (Psalm 19:14).

Discussion Questions

- Why do you think so many swear words and so much of the world’s humor is rooted in sexual impurity?
- As a general rule, do your words tend to push people away from God, serve as a distraction from God, or point others toward God?

Day 4 – Review Q&A and recite memory verse

If the seventh commandment forbids unchaste thoughts and words, it most certainly forbids unchaste actions. Paul urged Timothy to *set the believers an example in speech, in conduct, in love, in faith, in purity* (1 Timothy 4:12). This is a call to pure thoughts, words, and actions. Paul then gives some specifics on how to treat one another, saying in 1 Timothy 5:1-2, that believers should *not rebuke an older man but encourage him as you would a father, younger men as brothers, older women as mothers, younger women as sisters, in all purity.* Adultery, unchaste thoughts, words and deeds, can bring destruction within the family of God. It will also bring ruin upon a person and his own body. Proverbs 5:1–2 warns us, *My son, be attentive to my wisdom; incline your ear to my understanding, that you may keep discretion, and your lips may guard knowledge... and at the end of your life you groan, when your flesh and body are consumed.* Sexual desires can be beautiful when expressed rightly within a god-honoring marriage, but when acted upon outside of God’s boundaries,