

Thou Shal t Not Commit Adul tery

Exodus 20:14 / Matthew 5:27-32

Anatomy of Adultery

Every sin has it's root cause, or it's precursor. Adultery doesn't just happen. It doesn't suddenly spring up from nowhere. It spouts from seeds that are planted in the mind and heart and that eventually bear fruit in the body's desires. You alone are the one who is responsible for your mind and heart. If you leave it unguarded, it will deceive you into believing a lie. If you allow your hormones to control you, then you will wander to the woman or man who excites, flatters, or pays significant attention to you.

- Matthew 5:27 - Jesus addresses the **root cause** of “adultery” is lust, desire, coveting
“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”
- John 2:16 For all that *is* in the world, the **lust of the** flesh, and the **lust of the** eyes, and the pride of life, is not of the Father, but is of the world.
 1. **Adultery in your mind.** = “Eyes” - Imagination. Imagination is a powerful things. By it we preview what could happen in the flesh. Every sin begins within the mind. I think, therefore I am. the mind is playground in which we draw pictures, create worlds and alternate realities. The mind is triggered by the suggestions of the eyes. Beware of what you feast your eyes on. **Lust of the eyes.**
 2. **Adultery in your heart** = **Lust** = Cravings - “looking” at a woman with lustful desire is to commit adultery already in one's heart. Adultery is first and foremost a heart problem. It begins with **wishing** and **fantasizing**. Out of the heart proceed evil thoughts, adulteries, fornication. These are adulteries of the heart, played out in the secret bedroom of the mind. Too often we think it is a safe place, or at least it is not adultery. Yet God knows it to be the prelude to adultery. Adultery has already begun. Every adulterous relationship began with the eyes, then sank to the heart and imagined fantasies. **Lust of the flesh.**
 3. **Adultery in your body.** = Adultery and fornication don't just happen. You do not fall in love. You plan it, fantasize it, prepare the way for it, foster it, promote it. It happens first in the mind through the eye-gate, then it sinks into the secret movie theater of the heart, and dreams. It prepares for that once thought impossible moment of really getting what you wished for. There is no “excuse of I couldn't help it. It just happened. **Pride of life** - is the pride of winning the prize. The satisfaction of still being able to snag the best girl at the prom, or the football quarterback.

Subtle Warning Signs

There is a definite pathway that leads to every adulterous relationship. Rarely does adultery happen between strangers. The most common adultery is with someone familiar to you, a close friend, neighbor, or a colleague at work. Wife or husband beware of best friends, the too friendly colleague who shows up on your doorstep. Beware if you have “feelings” for someone other than your spouse, even if at first you think those feelings to be innocent attractions. It always begins innocently and builds in it’s boldness.

- 1) **Flirtation** - (**secret fishing**) flirting is an innocent schoolyard skill developed early in life. Chasing girls in the playground, hitting girls, tag, teasing. Later it becomes smiling, flattering, winking, goo-goo eyes, joking, dressing to attract, casual touch. Men, are you on a fishing expedition? Are you looking to impress, attract, flatter, or in any way win the affections of someone who is not your own, you are playing with fire. Flirting should have stopped at the wedding altar. Fishing season is over. Women, why do you wear that revealing dress, blouse, or pants? Is it not to draw the eyes of a man to what you’ve got? Why would you do that except to entice?
- 2) **Intimate moments** in whispered or private conversation (**secret conversations**) with an attractive someone of the opposite sex. Having a close friend of the opposite sex is always a dangerous thing. Adulteries usually take place with someone close to you. Guard your relationships. If you are finding yourself whispering private problems, and personal details (that you wouldn’t want your spouse to know you shared) you are on dangerous ground. Intimacy always precedes adultery.
- 3) **Declaring affection** for a person (**secret romance**) *“I really like you. You are really special to me. I wish I had married someone like you. Where were you before I got married?”* Romantic affections precedes adultery. Guard your conversations. Your love expressions are to be to your spouse alone and no one else. Telling someone of the opposite sex that you care deeply about them opens the door to an secret affair of the heart. Affairs always begin in the heart. They are things of feelings - feelings of deep appreciation, admiration, desire, and wishes. What are you wishing for?
- 4) **Touching fondly**. (**secret fondling**) That is, caressing, leaning on, holding, embracing, hugging or kissing are dangerous signs. The song says, “Kiss is just a kiss” - not so, a kiss is a powerful thing. A touch can be like an electric current, a thrill, a turn on. Guard your touches. Keep them for the wife of your youth. Tender touches always precede affairs.
- 5) **Meetings secretly**. (**secret rendezvous**) Arranging an innocent private meeting, your spouse doesn’t know about it, and wouldn’t be happy if he/she did, is foolish. It matters not whether it be a business meeting, a cup of coffee, or “meet me in my room later”, or “Can you come in for a moment?” All are invitations to physical intimacy. Private rendezvous are the bedfellows of illicit relationships. Every affair requires a private meeting where sexual things can happen out of sight.

Conclusion:

The Question: Do you have an adulterous heart?

- Are your eyes wandering to greener pastures?
- Is your mind playing fantasies with someone else's wife?
- Is your mind playing out scenarios of romance, and adultery?

- Do you have a secret friend, intimate confidant?
- Are you holding secret conversations?
- Are you holding some secret meetings your spouse is not aware of?

- Are you holding in your arms?
- Have your lips wandered from home?
- Have you touched tenderly what is not yours to touch?

The Application: Make a private list (spiritual inventory) of everyone you have or are having fantasies, romance, intimacies with ...

1. _____
2. _____
3. _____
4. _____
5. _____

The Invitation: What to do?

1. Admit to self what is happening (inventory) (Jer. 17:9, Ps 51:4)
2. Repent and ask God's forgiveness and cleansing. (I John 1:9)
It has already happened in the heart.
3. Flee youthful lusts (run from sin, sin person) - cut it off (Matt 5:27-32) Cut off the relationship, Run away, Move away, quit your job, sell your house.