

Command 7 - Do Not Commit Adultery

July 8, 2018

I hope everyone had a great time celebrating July 4. The Fourth of July is more than a day off from work and a few fireworks. We celebrate July 4 because it is a time for us to remember the signing of the Declaration of Independence on July 4, 1776. On that day, America's 13 colonies declared themselves to be a new nation: The United States of America.

There are other seismic times in history that also changed the world that we should remember. One of those is the Protestant Reformation in the 1500s. The Reformation completely changed our lives, and in ways most of us don't realize. For example, the way we think about sex is completely different because of the Reformation. Let me explain.

Prior to the reformation, most of Christendom regarded sex, even married sex, as a kind of necessary evil. The early church father Tertullian considered the extinction of the human race would be preferable to marital intimacy. Ambrose, another early church father, said that married couples should be ashamed of their sexuality. Augustine, another early church father, wrote that sexual expression between married couples might be appropriate, but it was only OK if they didn't enjoy it. In the Catholic church, priests counseled married couples to abstain from sexual activity. The Catholic church began creating sexual blackout days. They called them holy days, so sexual activity wasn't allowed. By the time of the Reformation, they had "outlawed" sexual activity between married couples for 183 days of the year.

This is why I say, “Thank goodness for the Reformation!” I am grateful people went back to the Word of God. They learned that God created our sexuality. God created us male and female. When a married couple enjoys sexuality with one another, God is honored. God gave us our sexuality so that in marriage there are three blessings: Our sexuality creates a bond of deep friendship, it provides children, and it supplies joy. If our sexuality is enjoyed in marriage, the way God intended for our sexuality to be experienced, it is one of God’s greatest gifts. If our sexuality is used outside of marriage the wrong way, it can turn into one of life’s greatest hurts. This morning, we are going to look at our sexuality and see what God says about it.

As a church, we are studying our way through the Ten Commandments. This week, we come to the seventh commandment which says:

You shall not commit adultery. Exodus 20:14 (ESV)

In our study, we will see what this command means. Why did God give it? How can we turn away from violating it?

What does this command mean?

Adultery is unfaithfulness to the marriage covenant. It is breaking the promise of sexual exclusivity you make to your spouse before God in the covenant of marriage. The primary purpose of this commandment is to protect the family. In the Old Testament, the penalty for breaking this command was severe. It was the same penalty as murder, which shows you how seriously God takes sexual fidelity.

If a man commits adultery with the wife of his neighbor, both the adulterer and the adulteress shall surely be put to death. Leviticus 20:10 (ESV)

There were no extenuating circumstances or excuses for breaking this command. It didn't matter if you fell out of love. It didn't matter if you were lonely and drunk on a business trip. It was an open-and-shut case. You died. The death sentence for adultery really cut down on repeat offenders.

Today, we live in a different world. Nine out of 10 of the sexual relationships portrayed in the media take place outside of marriage. We have huge web sites, like Ashley Madison, dedicated to helping people find someone for an affair. Statistics say 41 percent of spouses admit to physical or emotional infidelity at some point in their married lives. Sexual immorality is rampant in our culture. If that is you this morning, we can be thankful we are not living in Old Testament times or you would be dead. It is that simple.

Many of us probably feel a little smug. We haven't been sexually perfect, but at least we haven't committed adultery, so we feel like we are in a good position. The problem is that this command about adultery, like the other commandments, doesn't just deal with the physical act of adultery. It pertains to everything that leads to the act of adultery. Jesus spells this out for us.

You have heard that it was said, "You shall not commit adultery." But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. Matthew 5:27–28 (ESV)

You see, most adulterous relationships don't start with sex. They start with inappropriate intimacy in the thought life. This commandment forbids a man or a woman from thinking about someone of the opposite sex in a sexual way. This means married men are not allowed to flirt with another man's wife at work or to flirt with the single women at work. To avoid temptation, proper emotional and relational distance must be maintained. This command also forbids a married

woman from seeking emotional support from a man other than her husband.

Ladies, you cannot look for emotional support from a man at work or from a man you talk to on the Internet. Jesus said this command forbids heart adultery, not just hand adultery.

This command also forbids sexual expression by dating couples before they are married. Let's see how Paul talks about our sexuality.

I fear that when I come again my God may humble me before you, and I may have to mourn over many of those who sinned earlier and have not repented of the impurity, sexual immorality, and sensuality that they have practiced. 2 Corinthians 12:21 (ESV)

All three of these underlined words refer to sexual sin.

The word *impurity* is the Greek word for lewd. It means sexually loose. It means not restraining your sexuality or sexually expressing yourself to someone outside of marriage. Even if you are dating a person, you should not be getting sexually involved with that person. Think of it this way. Men, if there is another man dating the woman that will one day become your wife, how do you want him to treat her? Do you want him making out with her, groping her and touching her? Absolutely not! You want him to keep his hands off. You want him to treat her with absolute purity. That is the focus of this word. Young men, if you are dating a girl, until she becomes your wife, you need to treat like she is another man's wife. As a single man, you treat every single woman with absolute purity like she is another man's wife until she becomes your wife. That is what the word *impurity* means. Paul said we need to repent of our impurity. It means to repent of sexual looseness in our relationships with the opposite sex.

Sexual immorality is the second word. It is the Greek word *porneia*. This is a junk-drawer term for any sexual expression outside of marriage. It can be pornography. It can sexting. It can be 900 numbers. It can be inappropriate Snapchatting. It is displaying our sexuality in any way that is outside of marriage. God says this is something of which we need to repent.

We talked about the men. Now it is time to talk about the ladies. *Sensuality* is the third term. This means lacking modesty or restraint. Sensuality means dressing to sexually entice people. Ladies, you call this fashion. The Bible calls it sin. Your neckline should not touch your hemline. Ladies, you know the difference between dressing nicely and dressing to attract attention. It is sin to dress and act so you bait men into looking at you as a sexual object. The Bible says this is something of which to repent.

The Bible has a standard for us in our relationships with the opposite sex. If we are not married to someone, we are to treat him or her like we treat family members.

Do 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. 1 Timothy 5:1–2 (ESV)

We should treat someone of the opposite sex like they are members of our family. This means if you wouldn't do it with your sister, you don't do it with your girlfriend. If you wouldn't do it with your brother, don't do it with your boyfriend. When your boyfriend becomes your husband or your girlfriend becomes your wife, everything changes. It is that simple.

In summary, while this command forbids sexuality outside of marriage, Jesus says it also pertains to how we think about people in our hearts. This

command is not just about hand adultery but heart adultery. Paul said this command covers all of our sexuality. We should not be sexually loose with people. We should avoid all sexual expression outside of marriage. We should not dress or act to entice others sexually. In short, we should treat other people like family unless we are married. That means we can really enjoy our friendship, but we keep our hands off.

Why is adultery forbidden?

Sex is relational superglue.

The reason adultery is forbidden is not because sex is so bad but because sex is so good. Our sexuality is extremely powerful. Sex is superglue. It creates a powerful and permanent bond. When our sexuality is used properly in marriage, it helps keep a couple together through the tough times in life and in a marriage. It literally makes a couple one flesh. When sexuality is used improperly outside of marriage, it is like squeezing superglue out at the wrong time and on the wrong people. Suddenly you find yourself emotionally sticking to people to which you didn't want to be stuck. That person could be real or on the Internet. Breaking that bond is a complete mess and involves lots of pain.

To prove my point, ladies let me talk to you. If you were in a long-term relationship where you were involved sexually and you broke up, isn't it true that when you see that person, even years later, something happens in your heart. That is because you are bonded to them. Men, let me talk to you. Any of you looked at women inappropriately on the Internet? That is something easy to walk away from, right? Absolutely not. It is highly addictive and extremely difficult to

get those sexually inappropriate images of a woman out of your head because your sexuality is relational superglue.

Sex has spiritual impact.

Another reason God forbids adultery is because there is a close connection between the sexual and the spiritual. The Bible says the bond between us and Christ is similar to a marriage bond. It is a deep and personal bond between us and our savior. In a similar way, our sexuality creates a deep and personal bond between us and another person that literally brings that person into our relationship with Christ. When we express our sexuality to someone outside of marriage we bring that person into our relationship with Jesus. In short, sexual sin has spiritual ramifications.

...The body is not meant for sexual immorality, but for the Lord, and the Lord for the body... Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh." But he who is joined to the Lord becomes one spirit with him. 1 Corinthians 6:13, 15–17 (ESV)

Sexual immorality has a spiritual impact. You cannot look at stuff on the Internet without it hindering your walk with Christ. You cannot get involved with someone physically without having spiritual ramifications from that sexual relationship.

Sex has personal impact.

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. 1 Corinthians 6:18 (ESV)

Whatever we do with our bodies sexually doesn't just have a spiritual impact but it has a direct personal impact. Other sins we commit are outside of

our bodies. When we are sexually intimate with someone, it changes our character, our values, and the way we think. It totally alters us from the inside out. It can also change our bodies physiologically. We can contract an STD. We can contract AIDS. Even if we escape those diseases, the one thing we can't escape is the memories. For the rest of our lives, the memories of our sexual sins will pop into our minds at exactly the wrong moments. We will need to battle them in our thought lives for the rest of our days.

While we have talked about the dangers of physically expressing our sexuality outside of marriage, today the huge issue is our cell phones. It is our Internet connections. While we may not be as unfaithful as they used to be physically, people are hugely unfaithful virtually. We tend to give ourselves a pass when it comes to virtual infidelity because we think what takes place between our two ears is our business. That is not what the Bible says. Let's look at lust.

Lust destroys a man's masculinity.

While I am focusing on manhood, the inverse applies to womanhood. Ladies, since men are so visual in nature, I want to focus on them in particular for the next few minutes.

Thirty percent of all Internet traffic is pornographic in nature.¹ Each day the Internet carries more pornography than the combined data output of Netflix, Twitter and Amazon combined.

One of the unique qualities of Internet pornography is that it is never done. In traditional print pornography, once an image was consumed, you had to wait

¹ <https://www.megatechnews.com/adult-content-could-account-for-30-percent-of-internet-traffic/>

for another issue next month. Traditional print-based pornography was like a stick of gum. Once you chewed it, it lost its flavor. Internet pornography is different. The pornographic images on the Internet never end. There is an endless supply that is only a click away. This is gum that never loses its flavor. Those who study this point out that this makes Internet pornography highly addictive because you never need to wait and there is an endless supply of new material. In essence, there is no off switch. All of it is available on the privacy of your phone or home computer so the shame of buying a dirty magazine at a news stand is removed.

Men who give into their lusts and delight in viewing Internet pornography do it because they think of themselves as masculine. They claim they can't help themselves. They have too much testosterone. Their urges are too strong. They can't think of anything else. They are just being a healthy man whose sexual needs should be satisfied.

In reality, the exact opposite is true. They are anything but a true man. The Latin word *seduco* literally means "to lead astray." When a man chooses to indulge his sexuality by looking at a woman on the Internet, he is allowing himself to be seduced. He is allowing himself to be sexually led astray from his wife and family.

One of the qualities of a true man is that he knows how to lead himself and how to lead others. In a man who is addicted to Internet pornography, he is not leading himself. He is letting a woman lead him away from his family. In addition, one of the qualities of a true man is self-discipline and self-restraint. A man who allows himself to be seduced by a woman on the Internet is displaying

no self-discipline and no self-restraint. When a man allows himself to be led astray by a woman, whether that is through the Internet or in person, that is the most effeminate and undisciplined thing he can do! Rather than displaying manliness through leadership and self-restraint he allows a strange woman to have leadership over him to lead him away from his wife and family. He displays no self-discipline or self-restraint. He reduces himself to an absolute weakling who has less strength than a bowl of Jello.

John Milton called this a man “displaying effeminate slackness.” Men, whenever you refuse to turn your eyes away from a woman and you look at her lustfully, you are neutering yourself. A real man saves himself for his wife. A real man saves himself for his marriage.

When a man displays his sexuality in marriage, it strengthens his masculinity. When a man pours out his sexuality in promiscuity and pornography, it drains away his masculinity through weakness, guilt, and shame. Solomon writes about the danger of a man allowing himself to be captivated by a woman that is not his wife and the incredible regrets that accompany it.

Keep your way far from her, and do not go near the door of her house, lest you give your honor to others and your years to the merciless, lest strangers take their fill of your strength, and your labors go to the house of a foreigner, and at the end of your life you groan, when your flesh and body are consumed, and you say, “How I hated discipline, and my heart despised reproof! I did not listen to the voice of my teachers or incline my ear to my instructors. I am at the brink of utter ruin in the assembled congregation.” Proverbs 5:8–14 (ESV)

Men, stay away from indulging in lust. At the end of your life, you will not regret it.

How can I beat the sin of lust?

Remember sexual sin only promises momentary pleasure that will morph into self-hatred.

Sexual sin by its nature gives a temporary promise that it can never fulfill. When tempted to lust or sexual sin, remember that giving into those lusts will never satisfy. It will only leave you angry and bitter at what you have done. It will fill you with shame. One way to beat our lusts is by trying to remember that one minute after giving into a sexual sin you will hate yourself for doing it. Remind yourself of that truth.

Amnon found this out in the Old Testament when he was consumed with lust for his half-sister, named Tamar. Amnon literally made himself physically sick lusting after her. Finally, he sexually assaulted her because he had to have her. Look at the result.

But he would not listen to her, and being stronger than she, he violated her and lay with her. Then Amnon hated her with very great hatred, so that the hatred with which he hated her was greater than the love with which he had loved her. And Amnon said to her, “Get up! Go!” 2 Samuel 13:14–15 (ESV)

All of his lusts morphed into hatred. Whose fault was this? It was not Tamar's. It was all Amnon's. What makes this even worse is Tamar was permanently damaged. Even though she was a beautiful woman, the Bible tells us she never married and lived in grief to the day of her death. Amnon's lust and sexual assault ruined her life.

Remember God promises to judge the sexually immoral.

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. Hebrews 13:4 (ESV)

Notice that God promised to judge not just those who are unfaithful to their marriage commitment through adultery, but God will also judge those who are sexually immoral. Remember that sexual immorality is the junk-drawer term for all sexual sin in the Greek. It is the word *porneia*. Just knowing that God promises judgment for those who engage in pornography or in any sexuality outside of marriage should make us take a pause and consider the seriousness of this issue. Nobody wants to be on the receiving end of God's judgment.

Remember God is with us even when we are alone.

Sometimes we forget that God is with us all the time. God is watching us when we have the remote control in our hands. He is watching our eyes when we are clicking on the track pad of our computers. When we take a second look at someone of the opposite sex, God knows our thought lives even better than we know our thought lives. God promises to respond to us based on our desire, or lack of desire, to honor him.

I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds. Jeremiah 17:10 (ESV)

It always pays to honor God in our thought lives, especially in our sexual thought lives. God honors those who honor him. Remember that God is always watching us. We are never alone.

Remember that pursuing our lusts results in perversion.

When people leave themselves in the prolonged grip of lust, they are soon dissatisfied with normal sexual pleasures. They begin looking for strange sexual perversions to satisfy their desires. The Bible tells us sexual sin is a dead-end

road. It turns you into a pervert. Does anybody want to be a little pervert? I didn't think so. Look how Paul describes the progression of sexual sin.

Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves,... For this reason God gave them up to dishonorable passions. For their women exchanged natural relations for those that are contrary to nature; and the men likewise gave up natural relations with women and were consumed with passion for one another, men committing shameless acts with men and receiving in themselves the due penalty for their error. Romans 1:24, 26–27 (ESV)

When God judges people, he lets them have what they desire in their lusts. As judgment, he first allows us to have our heterosexual lusts as judgment. Remember there are consequences built into sin so we always suffer when we sin.

Soon it gets worse. Those who do not repent of heterosexual lusts soon find themselves wanting “dishonorable passions,” which is perverted lust and homosexual lust. You see, heterosexual lusts don't satisfy. They only lead people to become kinkier and weirder.

Paul said the entire homosexuality sub-culture that we have today came about as a result of people pursuing heterosexual lusts which eventually didn't satisfy. That led to perversion and the pursuit of homosexual lusts. Remember that satisfying our lusts doesn't leave us satisfied. It transforms people into sexual perverts.

Remember that sexual sin sends people to hell.

Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God. 1 Corinthians 6:9–11 (ESV)

Paul was clear. Those who continue to engage in sexual immorality, adultery and who practice homosexuality will not be part of the kingdom of God. That is not a negotiable issue in Scripture. I know there are homosexuals that carry around picket signs saying, "Jesus accepts me, so should you." I know there are church denominations that ordain homosexuals and lesbians as pastors. I really don't care what those pastors or those denominations say. The Bible unequivocally says those pastors are going to hell. Simply read the text. You cannot be born again and continue in the unrepentant practice of homosexuality, adultery or sexual sin. Persistent sexual sin, where there is no evidence of brokenness, no evidence of change, no evidence of a battle, no confession of sin and willingness to do whatever it takes to win the fight, means you are not saved.

This does not mean that when we become Christians we will experience perfection from sexual sin. It means there is a change of direction when it comes to sexual sin. The sin that you used to delight in, you now hate. You are now ready to humble yourself, to confess your sin, to have an accountability partner to help you break free from your sin. You are willing to disconnect cable or disconnect the Internet. A war is raging between you and sin because delighting in sin is what you used to be. Hating your sin is who you now are because you are a new person. Through the strength of the Holy Spirit, God gives you victories in your battles as you fight a long-term war.

If I am single, focus on getting married to fulfill my sexual desires.

Years ago, when we taught a series through the Song of Solomon, we took questions people had on sexuality. One of my favorite questions was, “Why did God give young men such strong sexual desires?” That is a good question. The answer is simple. So they will get married. If you are a young Christian man, with strong sexual desires, find a godly Christian woman and get married. God gave you such strong sexual desires, so that you will find a woman of God and love that woman who is your wife with great passion and tenderness. God is glorified when our sexual passions are expressed to our spouses in marriage.

But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion. 1 Corinthians 7:9 (ESV)

I know what some of you singles are thinking. You completely agree with me. You would love to be married but you haven’t found the right person to get married. This is a real problem. The best thing you can do as a single man or a single woman who is trying to find the right person to marry is to focus on being the right person to marry.

For single men, this means learning to live for others, not for yourself. Young men, listen to me. Singleness promotes selfishness. When you are single, life is all about what you want, when you want it, and how you want it. Marriage is not about selfishness. It is about sacrifice. As soon as you marry, you must learn that life is not about what you want, it is about what your wife wants and what your wife needs. It is about learning to sacrifice for your family and your children. You learn to sacrifice for your job. Too many young men only understand selfishness. They don’t understand what it means to sacrifice for others. The

fastest way to find the right person is to practice being the right person, which means you give yourself to serving others, not the selfishness of just serving yourself.

Jesus sacrificed himself to give us eternal life. We need to learn to sacrifice greatly for the good of other people, like he sacrificed greatly for us. Let me get practical. As a single guy, start by serving others in the church. Be an usher. Be a greeter. Help in the coffee bar. During the week, serve in AWANA on Wednesday night. When we powerwash and paint the old siding on the gym section of the church, we need plenty of young men to help. You ask, "What do I get out of all this serving?" Nothing! You see, serving is not for you. It is to help others.

Young men, let me give you one sure-fire way that all the great single woman in the church will find you. Serve in the church nursery. Any single man that willingly changes a diaper is a rare catch for the great Christian women in this world. I tell you this because serving is good for us. It is being like Christ. Serving is the portrait of a great man, a godly man, and a true man who is like Jesus.

If I am married, it is my responsibility to not sexually deprive my spouse.

The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. 1 Corinthians 7:3–5 (ESV)

If you are married, the best way you can help your spouse avoid the temptation to lust is to keep the home fire burning. God commands married couples to make sure they do not sexually deprive one another. He commands husbands and wives to live in such a way in marriage that their spouse wouldn't desire to lust after someone outside the house because they are so captivated by the joy of their spouse inside their house.

When I talked about this topic in the past during the Solomon on Sex series, I was surprised to hear that a number of people complained they were frustrated because their spouses were no longer interested in intimacy. That is not a good thing. Obviously, if there are problems in the bedroom, the problems didn't start in the bedroom. There is usually a friendship problem when there are bedroom problems. There is also usually a problem with someone focusing on selfishness instead of tenderness. While recognizing that friendship problems and selfishness problems lead to bedroom problems, these verses still apply. Married couples are still commanded to fulfill their marital obligations to one another. Some of you will need to go home and have a talk on this one.

Focus on God's grace, because it turns us away from sin.

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age... Titus 2:11-12 (ESV)

This means that when we struggle with lust and self-control, the best way to overcome that struggle is through growth in our understanding of God's grace. Many times people dealing with sexual issues are put in a recovery group where all they do is talk about their sexual issues. That usually doesn't work. It makes things worse instead of better. The best way to handle those issues is get into a

good Bible study. Listen to preaching tapes. Listen to Christian radio. Immerse yourself in the Word of God so you grow as a Christian. What you find is growth in the grace of God trains us to renounce our ungodliness and worldly passions. The greater joy of knowing Jesus will surpass and outstrip the lesser joy of sexual sin. You beat the lesser joy of sexual sin by immersing yourself in the greater joy of understanding what God has done for us in Jesus and how blessed we are through Jesus.

Run from sexual sin.

Three times in Scripture the Bible talks about what to do when faced with sexual temptation; every single time it tells us to run from it. When faced with sexual temptation, do not sit on the couch and negotiate with sexual sin while holding a remote control in your hand. You will lose every time. Do not negotiate with sexual sin sitting in front of a computer. Run from sexual sin. Take a walk. Unplug the TV. Call a friend.

Joseph ran when Mrs. Potiphar tried to seduce him.

...she caught him by his garment, saying, "Lie with me." But he left his garment in her hand and fled and got out of the house. Genesis 39:12 (ESV)

Twice Paul told us to follow Joseph's example of running from sexual sin.

So flee youthful passions... 2 Timothy 2:22 (ESV)

Flee from sexual immorality... 1 Corinthians 6:18 (ESV)

David - A case study on adultery

Tonight, in your Life Groups, you are going to do a case study on a man who fell into adultery. His name was David. His adultery was with a woman named Bathsheba, the wife of one of his best soldiers. It was sexual sin that

descended into worse sin. He eventually assassinated her husband so he could have Bathsheba as his wife. In your Life Group, you will look at all the things David did wrong that set him up for this colossal sexual failure. We want to learn from his mistakes so we don't make them.

Even though David had many failures with his sexual sin, there was one thing he did right. When Nathan the prophet called him out on his adultery, lying and murder, he confessed his sin. He didn't just confess his sin to God but he confessed his sin to everyone he sinned against. In his case, that was the entire nation. How do I know that? If David didn't publicly confess his sin with Bathsheba, why would we have it in our Bibles? It was that confession of his sin that began the process of healing from his sin.

I know this morning, as I talked about sexual sin, there are many of us here who are guilty. Like David, we have made multiple mistakes along the way that have us deeply embedded in sexual sin. I call us to be like David, not in all the things he did wrong, but in the one thing he did right. He confessed his sin to God and those he sinned against. We need to do the same.

Some of us need to go home and have some tough conversations. That first conversation is with God. We need to confess our sin to God. Call it what it is. Admit it is horrid and deserving of death. We need to cling to the forgiveness that is only found through Jesus our savior. The second conversation we need to have is with our spouses or our fiancés. We need to have that tough conversation with those we have sinned against. We need to confess how we have sinned against them and ask their forgiveness as well. It is only when we

confess our sin and seek the forgiveness of our God and our spouses that we can begin the process of healing from our sin.



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