

# BREAKING THE CHAINS OF SEXUAL SINS



VOICE OF HOPE MEDIA MINISTRIES

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# INTRODUCTION

Human sexuality can be one of the most beautiful aspects of God's plan for His children here on earth. But since Adam and Eve's fall from grace, human sexual practices have drifted from God's purposes.

Today Sexual immorality runs amok in our culture today. Temptations to depart from God's sure path of blessing in the realm of sexuality are epidemic. The rise of the Internet and wireless technology has allowed people to pursue sexual immorality more than ever before. Today, pornographic images and movies can be viewed with ease, sexually explicit music is common, and extramarital sexual activity is seen by many as normal. Perhaps more than at any other time, promiscuity both in thought and deed is accepted and condoned.

However, in sharp contrast to the trend of the world, God calls His people to be pure. **1 Thesalonians 4:3–7** says: *"It is God's will that you should be sanctified: that you should avoid sexual immorality"*.

As Christians are to shine as lights of personal holiness and moral virtue for His glory (**Matthew 5:13–16**). The Lord designed sex as a wonderful expression of love between a husband and wife (**Hebrews 13:4** says that: **Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral**),

Those who use sex selfishly and apart from the Lord's design will experience untold heartache and personal ruin.

The Bible says in 1 Cor. 6:9-10 that: "Do not

be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.

Sexual sins can be very destructive. The book of Proverbs list a few of the consequences.

- Death (Proverbs 2:19; 7:22–27)
- Loss of wealth (Proverbs 5:10)
- Enduring regret (Proverbs 5:11–14)
- Entrapment (Proverbs 5:22)
- Painful punishment (Proverbs 6:27–29)
- Shame and destruction (Proverbs 6:32–35)

Christians are certainly not immune to temptations to lust and sexual sin. The consequences of repeated failure in this area are devastating, and a believer who sins sexually brings shame to the name of the Lord. A child of God must seek to reflect his Father's true character (1 Peter 1:14–19). Impurity in thoughts and actions is diametrically opposed to the purpose of God for salvation—to bring Him greater glory.

In fact, if we are not careful to look to our Heavenly Father and follow His teaching in this area, we live a life which makes us slaves to sin and fails to bring glory to our Lord.

The Bible makes four simple declarations about human sexuality:

1. God created our **sexuality**, and it is beautiful (see Gen. 1:26-28; 2:24-25).
2. **Sex** within the **marriage covenant** is holy and pure (see Heb. 13:4).

3. **Sex** outside the **marriage covenant** is sin (see 1 Cor. 6:9).

4. **Sexual relations** with the same sex is an abomination (see Lev. 18:22).

If you are struggling with sexual sin, you are not alone. Even King David -- a man after God's own heart -- wrestled with sexual sin. When he saw a beautiful woman named Bathsheba, he was overcome by his own lust. He then went to great lengths to hide his sin. But thanks to a faithful friend and a forgiving God, David found his way home (2 Samuel 11:12). And so can you. Too often, we step onto the wrong path in our sexuality because we fail to act upon God's truth. Jesus Christ in John 8 says you shall know the truth and the truth shall set you free. We either respond to the truth or to Satan's lies (John 8:31-47).

Recognizing the truth about sex can be an important first step to achieving victory over sexual sins. First, God wants His children to enjoy the beauty of appropriate sexual relationships. The King of the universe has much to say in His Word about the joys to be found in a marriage where both husband and wife know and love Christ (Gen. 2:24-25; Prov. 5:19; Song of Solomon).

However, the devil, the accuser of our souls, constantly tries to wreck God's plans. He lies to us, tempting us to believe that we can grab hold of sexual pleasures apart from a marriage commitment. He uses day-to-day pressures and our own sinful nature to accomplish his purposes.

And what begins as merely a "wandering

thought" can quickly tempt us to act sinfully (James 1:14-15). These sins can involve pornography, fornication, adultery, prostitution, masturbation, homosexuality, and other ungodly sexual practices.

No matter what sins overcome us, we must recognize that lust is at the root of our sin (1 John 2:16; Gal. 5:16-20). Lust blinds us and leads us deeper into sexual sin (1 Tim. 4:1-2; Rom. 1:21-27; Eph. 4:17-19).

### Forgiveness and Hope

GOD is always ready to forgive and cleanse those who turn to Him in confession and repentance (1 John 1:9), but understand that lasting holiness in your life will become a reality only as you faithfully pursue it according to the principles of God's Word. The Lord promises, "He who began a good work in you will perfect it until the day of Christ Jesus" (Philippians 1:6), but you must be a willing and eager partner in His work of sanctification.

The follower of Christ must recognize there is divine help and hope for victory over the strong passions and evil desires associated with sexual sin. Scripture tells you there are powerful resources from God that enable you to conquer sin and live a life of purity (Philippians 2:13; 2 Peter 1:2-4). The mighty working of the Holy Spirit in your heart will enable you to faithfully pursue holiness.



# BREAKING THE CHAINS OF FORNICATION

## 1 Corinthians 6:18

Flee fornication. Every sin that a man doeth is without the body; but he that commits fornication sins against his own body.

Sex is one of the biggest weapon the enemy uses to hold us in bondage, captive to sin; many just cannot live without sex. Christians and non-Christians have found themselves entangled in the web of sex as they have been deceived by the enemy to think that they have to fulfill their desire for sex whenever they want to.

Too often we allow the norms and values of society to dictate our behavior, while God has called us to a lifestyle that agrees with His Word. We have been set free from sin and are no longer subject to our old nature; however, we must renew our minds and put corresponding action to our faith.

Understanding what the Bible has to say about the sin of fornication is the first step to overcoming it. If there was ever any doubt about whether it is wrong or not, all we have to do is open up the Bible for the answer to that question. First Corinthians 6:18-20 says, *“Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”*

Fornication involves any sexual activity with someone you are not married to. Our bodies do not belong to us but to God, which means we will be held accountable for what we did with

them.

There are many other scriptures that talk about the importance of abstaining from fornication and making sure our lives reflect Christ’s character. Ephesians 5:3 says that fornication and sexual impurity should not be named among Believers, and 1 Thessalonians 4:3 says that it is God’s will that we abstain from fornication. Since we know it is wrong, the next question is, how do we get out of it?

**1. Make the decision to change your mind.** *Romans 12:1,2* instructs us to renew our minds so that we can prove what the acceptable and perfect will of God is. Abstaining from fornication is the perfect will of God, so by constantly meditating on the Scriptures day and night regarding sexual purity, our thinking will begin to align with God’s Word. As a result, we will begin to make choices that support our stance. Mind renewal is not a one-time event but an ongoing process that we must actively engage in on a daily basis.

**2. Establish boundaries.** One of the biggest changes we can make in our lives involves the people we are in relationship with, as well as the things we look at, listen to, and talk about. If you are serious about committing to a lifestyle of sexual purity, you have to disconnect from those people, places, and things that create an environment that causes you to be vulnerable to sin. We must set boundaries to protect our decision to remain sexually pure. If you are not ready at all for marriage, then there is no need to start a relationship....stay out and be free from the bondage of sin. These days it has become a norm to have a boyfriend or a girlfriend, but as

Christians, we must not submit to the standards of this world.....We must let our light shine by remaining different. Dating must be started prayerfully the moment one is physically, spiritually, emotionally and spiritually matured to enter into marriage. The world would have you think that you can date anytime....but that is the world's standard. Most Christians have been tricked into committing fornication.

**3. You must be firm, do not allow your peers to push you to have sex**– Most of us will agree that our greatest motivator is often times not the word of God, but our peers (our friends). Your friends will try to persuade you by their actions to have sex, but who do you prefer to obey, man or God? Do not let the music, movies and people around you to encourage you to go against the Word of God. At the end of the day, you will have to stand alone on the Day of Judgment to give an account of what you did in your body. Your colleagues will not stand with you as they too will have their own judgment to face. Sometimes to live for God we will have to distance ourselves from some people we use to hang out with. I want you to make a bold declaration today to break of from any relationship with friends, a girlfriend or a boyfriend that lead you to commit fornication.

**4. Cast down the thought.** Second Corinthians 10:4 instructs us to cast down thoughts and imaginations that go against the Word. When sexually immoral thoughts and feelings rise up within you, don't sit there and receive them. Open your mouth and declare the Word of God over your life. Do this as many times as necessary in order to bring those thoughts into obedience to the Word.

There is a slogan that says 'you're what you eat' this is also true for our spiritual life, whatever you feed your mind on, that is what will direct your life, similarly, whatever you meditate on that is what will take root in your spirit. The Bible says in Galatians 6:7-8, "Be not deceive; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting". If we constantly feed our mind upon sexual things then we will not be able to stand, we will become weak and fall into temptations.

Beloved friend, the world would have us believe that living a sexually pure life is impossible, but with God all things are possible. It takes a quality decision and a plan. By implementing the Word of God into your daily life and making choices that support holiness in your life, you can experience freedom from sexual sin.





# BREAKING THE CHAINS OF MASTURBATION

Most of us have had trouble at times discerning the will of God for our lives. Sometimes we just wish God would just speak audibly and say my will for you is this and that. Well, the Bible actually put it plainly what the will of GOD for our lives is.

In 1 thess 4:3 God plainly states His will for each of us in one important matter, He says: “God's will is for you to be holy, so stay away from all sexual sin”

There is no ambiguity in that: God wants you to be morally pure. He doesn't command moral purity to deprive you of fun, but rather to increase your ultimate pleasure in Him.

God designed the sexual relationship in marriage for our pleasure in Him. So, any violation of moral purity goes against God's good and perfect will for your life. Any form of sexual immorality will hurt God's name, hurt you, and hurt others.

As Christians desiring to spend eternity with God in Heaven, we must not imitate the world's way of doing things. Deep tongue Kissing, touching buttocks and breast and other private parts even if the actual intercourse does not take place is filthy and must not be found among Christians.

One of the common sexual sins today among both men and women, young and old is masturbation.

Masturbation is a sinful act and must not be found among God's children. The Greek word por•nei'a, is the general term for all unlawful

sexual intercourse. It includes adultery, prostitution, sexual relations between unmarried individuals, homosexuality, and bestiality, and masturbation.

Masturbation is very addictive practice and can cause harm both psychologically as well as biologically.

It is believed that: Frequent masturbation can lead to soft or weak erection and the inability to participate in sex with their partners over an extended period of time. Due to overuse, the muscles in the pelvic region and the sex organs grow weaker unable to support a vigorous or active sexual act.

Masturbation is a form of uncleanness. It can make you a 'slave to various desires and pleasures,' and it fosters unhealthy attitudes.

Those who have fallen into the habit of masturbation are often plagued with guilt. It can make you feel so discouraged that you just want to give up the fight. This guilt is very harmful to their self-esteem, self-love or confidence.

As a Pastor I receive a lot of messages from people wanting to know how to break free from masturbation. Some even feel so guilty of masturbating that they commit suicide because they feel they cannot stop doing it.

Countless young men are depressed and spiritually sick because they cannot break free from the enslaving power of masturbation.

On our own we cannot overcome this practice. But where we are weak, God's strength is made

perfect. If you will ask Him to help you today, He will empower you to break the chains of masturbation and be free forever.

Let me quickly share with you a few steps that you can take to break the chains of masturbation.

You cannot live a Holy life on your own, and so the very first step you must take to be free from masturbation is to turn to GOD for help. You must recognize that masturbation is not just an addiction but a great sin against GOD. You first of all need His grace and forgiveness before He can fill you with his power to overcome.

You must truly repent of your sin of sexual immortality and cry unto GOD with prayers and fasting. The Bible in **Joel 2:12-13** says that: **"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning. Don't tear your clothing in your grief, but tear your hearts instead."** Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.

So go ahead and pray. Set three days aside and fast and pray to GOD for forgiveness and strength to overcome. You see, you must initiate the change in your lifestyle for God's glory and not yours.

You cannot expect God's assistance if your focus is on yourself and what freedom can do for you. Isaiah 48:11 says God will not share his glory with another. This will ensure your success of overcoming masturbation because God will

come to your aid so that He will be glorified.

Secondly, after talking to God for forgiveness, break the shame and silence by talking to someone about the problem. Shame might make it difficult for you to bring up the matter to a confidant. Yet, doing so can help you to overcome the habit. The Bible in **James 5:16** states that: **"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."**

When you make someone else aware of your problem will help you to overcome it easily. This person can be your pastor, elder or a trusted friend. Remember if you hide it, you encourage it, but if you expose it, I will die off. You see, determination is a very important step in overcoming this sin. You must decide that you will end this practice and be determined about it, and when you make that decision and you talk to someone about it, the problem will be greatly reduced at once.

Now here are a few guiding principles to self-control:

1. Never touch the intimate parts of your body except when necessary when taking a bath. Avoid being alone as much as possible. Find good company and stay in this good company.
2. If you are associated with other persons having this same problem, you must break off their friendship. Never associate with other people having the same weakness. Don't suppose that two of you will quit together, you never will. You must get away from people of that kind.

Just to be in their presence will keep your problem foremost in your mind. The problem must be taken out of your mind for that is where it really exists. Your mind must be on other and more wholesome things.

3. When you bathe, do not admire yourself in a mirror. Never stay in the bath more than five or six minutes -- just long enough to bathe and dry and dress and then get out of the bathroom into a room where you will have some member of your family present.

4. When in bed, if that is where you have your problem for the most part, dress yourself for the night so securely that you cannot easily touch your vital parts, and so that it would be difficult and time consuming for you to remove those clothes. By the time you started to remove protective clothing you would have sufficiently controlled your thinking that the temptation would leave you.

5. If the temptation seems overpowering while you are in bed, get out of bed and begin praying out loud. After that eat something if possible and go back to bed.

6. Avoid triggers like porn or sexually charged movies at all cost.

7. Be regular at all church meetings.

8. Pray and meditate on God's word daily.

Beloved, with God on your side, you can also break the chains of masturbation and continue on the path of holiness unto God.

Philippians 4:13 says: 13 I can do all things through Christ[a] who strengthens me.

Yes you can be free. Just go to GOD today and be determined to be free, make up your mind not to touch yourself in that ungodly manner again.....Ask for God's spirit to renew your mind and focus on things above and victory shall be your forever.

May GOD bless you.

*"I can do all things through Christ[a] who strengthens me".*





# BREAKING THE CHAINS OF PORN ADDICTIONS

One of the most powerful gifts that GOD blessed mankind with is sex. But unfortunately just like most of God's gifts, the devil has deceived people on its usage.

One of the most destructive sexual sins that the enemy has used to enslaved millions of people today is pornography.

Both men and women, young and old, married or unmarried all watch pornography. Flirting with pornography is flirting with disaster. It may seem harmless at first, but any involvement has serious repercussions for your life and your relationships with GOD. And often, an encounter with pornography is the first step toward a nightmare of sexual addiction.

Unfortunately many faithful Christians are addicted to porn and watch them secretly on their phones every day. Recently, there has been an astronomical rise in the amount of pornography which is readily available over the Internet, on television, and in other media. Consequently, more people are exposed to it – and more are hooked.

Some Christian couples have been deceived to think that watching porn together is ok and will enhance their sex life. This is a deception, porn is a sin and it doesn't matter if you watch it with your spouse or not. By definition, pornography involves at least two unmarried people engaging in illicit sexual behavior in front of a camera. God designed this intimacy for a husband and wife only ([Matthew 19:5](#); [Ephesians 5:31](#)). Sexual acts are, by nature, private. Those who harden their hearts to such a degree that they can commit such private acts in front of spec-

tators are abusing God's design. And those who enjoy watching pornography are participating in that abuse.

God does not expect us to learn from the world and its sinful practices. Sex is a gift from GOD and so if we have any challenge as a couple, seek GOD'S guidance in prayers and trusted Christian counsellors.

First [Thessalonians 4:3–7](#) is as relevant today as it was when it was written, and we can apply its truth to the concept of watching pornography with a spouse: "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. For God did not call us to be impure, but to live a holy life." God calls us to holiness, and pornography is unholy; therefore, it is never God's desire for us to be involved with pornography for any reason.

**So the question is, how can one break the chains of pornography?**

## STEPS TO OVERCOME

1. The first and the most important step to overcome the trap of pornography is to turn to GOD in confession. Just like any other sexual immorality, pornography is a sin against GOD and so you must first seek his forgiving mercies if you want to break free.

Spend a lot of time praying each day to help you leave out your new freedom. Prayer is conversation with our Creator. The Bible emphasizes that prayer should have a very high priority in our lives. Continual prayer is very important to your recovery. It is the Christian's greatest weapon against the sin nature and the dangers and temptations of this world. Anything of value in the kingdom of God is initiated in and dependent on prayer. Rely on God, and learn to think as He does and porn will be out of your life for good.

Once that is done, then ask God to give you the courage to admit your weaknesses and faults to others who can help you.

**2. Establish accountability.** Confess your struggles to God and pray for His help to overcome shame, pride, and the fear of rejection so you can open up with some other men. Find a trusted person to be accountable to. Explain to that person that you've been enslaved to porn but are now striving to be free and clean. You don't need to give the person the explicit details, by this I mean telling all the titles of the porn you watch and the things they do in them—that life of filth is gone. Ask them to help hold you accountable during your transformation, give them specific permissions to inquire about what you are feeding your mind when no one is watching.

Remember that you're not alone; many other Christians struggle with pornography....don't keep it alone to yourself. Open up, and plenty of people will understand the issues you're facing.

Know that it's impossible for you to overcome

your challenges unless you have the support and encouragement of others. Expect that if you don't expose your addiction before you are exposed and put to shame.

**3.** Thirdly, once you withdraw from porn, refill your mind with the word of GOD. Spend quality time **Reading and memorizing the Scriptures.**

This is the most overlooked weapon that every Christian should use to overcome the devil. Memorize James 1:14 and 1 Corinthians 10:13 and quote them when you are tempted.

Open your Bible at **Psalms 51** and make it your own prayer.

Not only should Scripture memory be a regular part of your life as a Christian, reading the Bible regularly should as well. Read the Bible daily, without fail.

**4.** And finally, Guard your heart, avoid temptations: *Proverbs 4:23 says: Guard your heart with all diligence. Don't let the demonic realm influence your thought-life. If you give yourself to sinful fantasies and pursuits, you will become their slave (Romans 6:16).*

A simple change of habit can do wonders in keeping you from the temptation to watch porn. For example, if you are most tempted when you spend time on the computer after your spouse has gone to bed or when you are alone, then make a commitment to stay off of the computer during that time. If you know you normally watch it on your phone then make the effort to delete all the videos or images from your phone

permanently.

The Bible in **Psalm 119:37** says: *“Turn my eyes away from worthless things; preserve my life according to your word”*

Men operate by sight, and so when it comes to sexual sins, you must make up your mind before stepping out to look away as soon as you see a scantily dressed female in the street. The second look is always lustful. Don't fuel your lust. Avert your eyes from temptations, and don't look back.

The same applies to visual temptations on magazines, television programming and commercials. A good habit can be formed in around three weeks. Keep looking away and remarkable improvement can be noticed rather quickly.

Destroy all pornographic materials in your possession—magazines, books, videos, and computer files. The Bible in **Romans 13:14** says: *But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.*

Beloved, your salvation is far more important than anything this sinful world can offer. If you think you can't control yourself, then you must then get rid of every possible access to pornographic material in your life (Internet, TV, stop using a smart phone, etc)

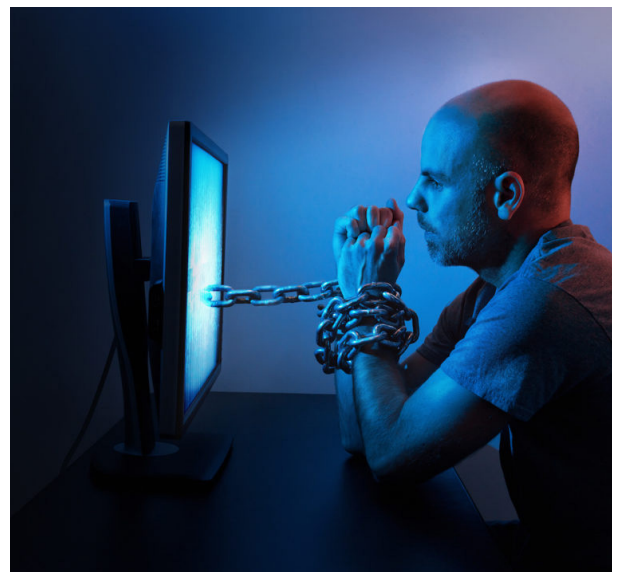
You must Stop feeding the fire. If some friendships cause too much temptation, break off from those relationships.

In Christ there is restoration, redemption, and healing. Even though you may be discouraged

and face setbacks, put your hope in Christ and keep preaching the gospel to yourself. Know that your efforts and energies to pursue Christ and fight sin are pleasing to Him, and run after Him with all that you have. If you are in Christ, you have a living Savior who lives in you and intercedes for you. If you do fail, don't let discouragement lead you to despair, but honor Christ by not giving up.

As you grow in grace and more conformed to His image, you will find increased strength and victory. May God strengthen you and equip you for a life of purity and joy in Him!

Hello, good day. I trust you are well. On behalf of the Voice of Hope Media Ministries, I would like to thank you so much for choosing to support GOD'S work. You can kindly send your .... Donations to MTN mobile money No. 0243851636. Remember GOD has a covenant with those who offer a hand in His work. **GOD BLESS YOU.** [www.myvoiceofhoperadio.com](http://www.myvoiceofhoperadio.com).



# BREAKING THE CHAINS OF ADULTERY

Now owing to the nature of the issue of adultery, I will like to break it into two parts so we can all the needed guidelines to live a life of purity as we await the second coming of Jesus Christ. So in this two part discussion we shall try to answer the following:

- What is the Biblical definition of adultery? What does adultery mean?
- If a spouse is unable to have sex, is it okay to have sex with someone else?
- What did Jesus say about adultery?
- Is it adultery if a widow has sex with a married man?
- Is it okay to have a romantic relationship with someone else without actually having sex?
- Is it wrong to live with a married woman who is separated from her husband?
- Is wrong to continue to live with a spouse who is involved in adultery?
- Will God forgive me for committing adultery?
- Can I divorce my husband/wife for having an affair?

In the Bible, adultery generally refers to voluntary sexual relations by a married person—either a man or a woman—with someone other than his or her mate. **Luke 16:18** *“Anyone who divorces his wife and marries another woman commits adultery, and the man who marries a divorced woman commits adultery.”*

Adultery is a detestable thing in God’s eyes. In ancient Israel the penalty for it was death. (**Leviticus 18:20, 22, 29**) Jesus taught that his followers must refrain from adultery.—**Matthew 5:27, 28; Luke 18:18-20.**

Adulterers break the solemn vow that they made to their spouse at the time of their marriage. It is a great “sin against God.” The Bible warns that “God will judge . . . adulterers.”—**Hebrews 13:4.** Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

People sometimes wonder if an exception is allowed in case the spouse cannot or will not have sex, or if the couple is separated, or for other reasons. However, the Bible does not mention any possible exceptions. Therefore, as long as a couple is legally married, sex with anyone else is considered adultery.

People also wonder if romantic relationships outside of marriage are permissible as long as there is no actual sexual intercourse. However, in Bible teachings, marriage is an exclusive romantic and sexual relationship between husband and wife. Jesus said:

*“You have heard that it was said, ‘Do not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”* (NIV, **Matthew 5:27-28**)

And the apostle Paul wrote:

But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband. The hus-

band should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control. (NLT, 1 Corinthians 7:2-5)

In practice, an "office romance" or other extra-marital affair causes great emotional pain to the spouse whether sexual intercourse is involved or not. Also, sexual attraction clouds judgment and often leads to actual sexual relations, even when that was not the original intent.

Adultery is one of the most frequently and severely condemned sins in the Bible. Adultery is mentioned 52 times, including in the Ten Commandments, all four Gospels, and ten other books of the Bible. Only the sins of idolatry, self-righteousness and murder are mentioned more often.

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

But a man who commits adultery lacks judgment; whoever does so destroys himself. (NIV, Proverbs 6:32).

For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile."

(NRSV, Matthew 15:19–20)

The Bible mentions adultery as grounds for divorce (Matthew 5:31 says that: *"It has been said, 'Anyone who divorces his wife must give her a certificate of divorce.'[a] 32 But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery"*).

But even though the Bible gives us the permission for divorce on the grounds of adultery, you can still forgive each other. In many cases the husband and wife can be reconciled and the marriage saved even after adultery. It is not a sin to continue to live with and have sex with a spouse who has committed adultery. (As a practical matter, the risks of sexually transmitted diseases should be considered.)

Beloved, Even though God will forgive adultery, the damage it causes often cannot be undone. It is extremely hurtful to the spouse. It often leads to divorce and leaves the marriage partners embittered, disillusioned and financially poorer. It robs the children of the love and security of a healthy family and denies them a good role model for their own future marriages. Children from families where there is conflict and/or divorce are more prone to anxiety, poor school performance, drug abuse and delinquent behavior. These problems can persist into adulthood.

Adult children of divorced parents tend to have lower educational attainment, lower income, more children out of wedlock, higher rates of divorce themselves, and a lower sense of



well-being.

As with other sins, God will forgive the sin of adultery if a person sincerely repents and also forgives other people.

If you have committed adultery, you need to ask both God and your spouse for forgiveness. (Psalm 51:1-5) Learn to hate adultery as God does. (Psalm 97:10)

If you have been the victim of your mate's adultery, be assured that God understands your feelings. Ask for his tender comfort and guidance, and "he will sustain you." If you choose to forgive your mate and continue your marriage, both of you will need to work hard to rebuild your marital bond.—Ephesians 4:32.

It is not just physical, but can happen in your mind, with the internet, magazines, movies, or people. It's in the Bible, Matthew 5:27, 28, NIV. *"You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."*

**Conclusion: Adultery Is a Serious Sin, and Christians Should Be On Guard**

In today's society, we are bombarded with sexually suggestive commercials, magazine pictures, billboards, music, and more. Satan has cleverly labored to make lust and sins of the flesh very accessible.

Nevertheless, adultery goes against God's plan for the family. God's plan is for one Christian man and one Christian woman to join together

in a holy union, and produce and raise Godly offspring.

Adultery is a wicked sin of the flesh, and it brings with it serious consequences. It may seem that an innocent flirtation or a "one-night-stand" will be fine, and you'll get away with it. But this simply isn't true. Things like children out of wedlock, STD diseases, messy divorces, and other similar fates await those who turn from God's way and indulge in sin.

We humans don't break God's laws so much as we're broken on them.

If you are dabbling with the sin of adultery, I urge you to repent of your sin and turn to Christ. Christ can cleanse you of your sin, forgive you, and lead you to obedience through the power of the Holy Spirit. You may still face consequences of your sin, which is only right. But God will forgive you.

The Bible says, "You shall not commit adultery" (Exodus 20:14). This was the 7th commandment in the 10 commandments that God gave through Moses. The Bible has much to say about relationships and appropriate sexual behavior, and adultery is always listed as a serious sin.

Jesus said if a man even lusts about a woman in his heart, he has already committed adultery: (Matthew 5:8). But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart"

Sadly, infidelity in marriages is becoming increasingly common among both of the sexes in

today's society. If you look at the statistics today on the divorce rate, you will see that over 50% of the marriages that end up in divorce is as a result of infidelity/adultery. Adultery is not only a sin against God but it is a sin that causes so much emotional pain to the other parties involved (spouse and children).

Key reasons for extramarital affairs include unresolved conflict, poor communication, and unrealistic expectations that lead to marital dissatisfaction. When such occur, the perceived need that is unfulfilled in the marriage seeks fulfillment elsewhere.

People may become involved in extramarital affairs because they find themselves in situations for which they have not set wise boundaries or are unprepared for.

Often affairs begin so gradually that the people who began as well-meaning friends are unaware of the changes in the relationship until a significant behavior occurs.

Let me quickly share with you a few steps to take to break the chains of adultery.

Jesus tells us that adultery is not always outward, but begins in the heart:

For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: **Matthew 15:19**

Therefore, the first and most important part of repentance is to change the heart and mind of the person committing adultery. The word repentance means "to change your mind." For a

person being tempted with (or indulging in) lustful thoughts, this means you must pray for God to deliver you from temptation. Rebuke lustful thoughts when they enter your mind. The Bible says to bring every thought captive and make it obedient to Christ.

At first, it may seem impossible to overcome lustful thoughts. But God can give you strength and sanctify you over time, leading you to holiness and obedience in Christ Jesus.

Secondly, you must remove the temptation to Commit Adultery.

Once you have repented of adultery, you should immediately act to remove any unnecessary temptation from your life. Jesus gave an extreme example of how to avoid sin: in **Mark 9:43 And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, into the fire that never shall be quenched:**

Jesus is not calling Christians to self-mutilate, but this passage shows us that sin is so serious that we ought to go to great lengths to avoid it. You must immediately avoid the person you commit such evil with. This also may mean blocking pornographic websites, throwing away a computer used for adultery or pornography, throwing dirty movies or magazines in the trash, and avoiding any movies with even a slight sexual conduct in it. By viewing pornography and sexually explicit material, it plants a seed of lust in the heart of a person that may one day lead to adultery.

You must never place yourself in any situation

where you will be alone with a member of the opposite sex, or a person who you have a strong attraction or lust. Avoid long phone conversations and whatsapp chat with the opposite sex. If you find yourself attracted to someone, it would be wise to limit contact with them until you are stronger in faith and have matured more as a sanctified Christian.

In addition, flirtation with people other than your spouse may seem innocent, but it reflects a problem of the heart and an openness to a physical relationship. Never flirt with another person. Never stop flirting with your spouse.

Place your spouse above all other people. Marital relationships are the highest form of intimacy and the closest bond we can experience with humans on this earth, and we should seek to protect and cultivate this relationship.

For those who have been betrayed and are still harboring unforgiveness towards their spouse, give God your heart and trust him completely for your healing. **Proverbs 3:5. Do not harbor unforgiveness in your heart for then you also will be sinning against God and it is also unhealthy to your spirit, body & soul.**

Trust the Lord for your marriage and your family for he is with you to guide and see you through every step of the way. Do not forget that your spouse is human and as long as we are still in the flesh, all humans, even we that are born again Christians have the tendency to still commit sin. None of us are beyond temptation and that is why we have to ask God for his grace daily to deliver us from every temptation.

Forgiveness is a big step in the reconciliation process and it cannot be avoided. Do your part and leave the rest to the Lord. As he is working on you, he will also be working on your spouse through his Holy Spirit. In due time, he will make everything beautiful again, for he will give you beauty for ashes and joy for pain because you have decided to surrender all to him

**So in case should You Confess Adultery To Your Spouse?.**

Without question, you should confess your sin to God. Any and every sin you ever commit is a sin against a Holy God first and foremost. Also, though it may be difficult, the Bible says we should confess our wrongs to others: **James 5:16. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.**

Anyone who engaged in an adulterous relationship should “come clean” with his or her spouse. This will no doubt cause heartache and much strain on the relationship, as the person cheated on will feel hurt, rejected, unattractive, and unloved. But if the offender is truly repentant, this is the first step to healing a marriage. But, depending on your spouse’s temperament and emotional maturity, you may want to talk to a Christian counsellor or your pastor first so he could guide you as to the best approach to confess to your spouse.

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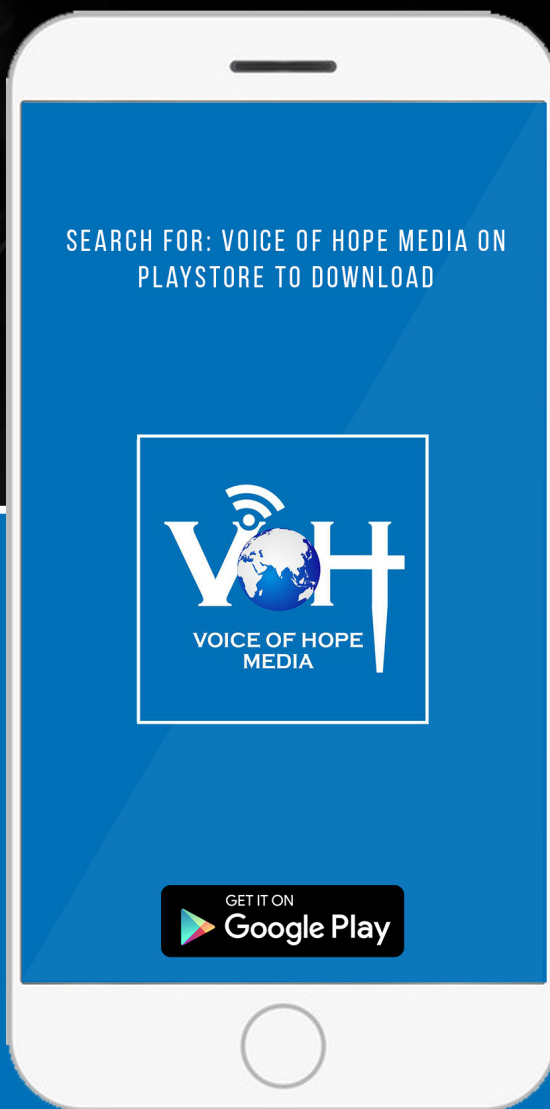


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