

Please note: *This week's topic may be a sensitive issue for some in your small group. Discuss with care and listen well.*

Warm-up Question or Activity

Choose one and discuss as a group.

1. Activity 1 – Lightning round – keep it fun.
 - **Name the food item or restaurant that is particularly bad for you but that tempts you the most.**
2. Question 1 – A “gut bomb” is that dinner dish or meal that leaves you feeling horrible, bloated, and miserable afterward.
 - **Describe that feeling of regret and your own experience with indulging time after time despite that foreseeable and inevitable result.**
 - **What's up with that?**

Can You Relate?

This week's Scripture trumpets with intense directness the allure and regret that bracket adultery.

1. The 7th Commandment is not a suggestion. It is stated in absolute terms and does not mention any exceptions.

“You shall not commit adultery.” Exodus 20:14

- Almost all of us have had married friends whose spouses have been caught in adultery. Your own immediate reaction to that news is a rare looking glass into your own views about fidelity, faithfulness, and family. **Thinking solely of your own reaction upon hearing that news, describe where you fall on these ranges of common reactions:**

Sadness ↔ Revulsion

Fear ↔ Anger

Forgiveness ↔ Condemnation

This discussion is solely about your reaction/feelings; not the other couple! There are no right answers, but please focus your discussion on your own experience, not theirs.

2. Paying attention to the consequences of infidelity helps us keep our commitment to fidelity. Focusing for the moment on the children of a marriage that is struck by adultery, let's discuss the often-painful impacts for the next generation.
 - Beginning with those of us who had a parent or close family member who had an adulterous relationship:
 - **If you are willing to share, tell us what you can about the impact on you and the rest of your family?**
 - **How did it affect your relationship with the unfaithful parent or family member?**
 - **How did it affect your own marriage? Or your decision whether or not to marry?**
 - For the others of us:
 - **Describe how you imagine how your life would have been different if your parents' marriage had ended due to adultery.**

- **What do you believe your own long-term marital fidelity says to your children?**
3. For any Christian who feels righteous for never having committed physical adultery, Christ raises the bar, and gives us insight into God's design for marriage and disgust for adultery.
- "... anyone who looks at a woman lustfully
has already committed adultery with her in his heart."* Matt. 5:28
- God gives us this extravagant gift (sexual intimacy), that is an abomination if used outside of marriage, even in our thought life.
- If he gave you the gift of a fabulous singing voice, it could be used in a variety of settings without sin.
 - Likewise, if He blessed you with wealth or intelligence or a magnificent plot of land...
- **What is it about his design for marriage that makes sexual fidelity so vital?**
 - **What has fidelity meant to you? What would be the impact if you were unfaithful?**
 - **Why does your thought life matter to God?**
4. The Bible consistently counsels the wise to put distance between themselves and sexual temptation.
- "Keep your way far from her, and do not go near the door of her house."* Proverbs 5:8
"Flee from sexual immorality...." 1 Corinthians 6:18
"Flee from the evil desires of youth...." 2 Timothy 2:22
- **If a younger friend asked you for advice based on what had worked for you with temptations at work or while travelling alone or on the computer, what would you say?**

Live It Out

Let's go into this week committed to a deeper, heart-level connection and relationship with those whom we love.

- What do you want to take away from this discussion? How can you apply or build upon it in the week or months ahead? Write it down on the paper provided.
- SOAP quiet time journaling is a good starting point for living with more intentionality. This week, consider pledging with one of us to each doing SOAP quiet time for seven days in a row, lifting one another up in prayer, and texting one another for accountability and support as we go through it.
- Praise both expresses our awe for God (*Prov. 1:7a*) and keeps us mindful of him (*Prov. 3:6a*). With these in mind, try this experiment in making every day count a little bit more.
 - **How?** At least one day this week, before you get out of bed, pick up your phone or tablet and play this version of *You're Beautiful* by Phil Wickham to start your day. Absorb the lyrics. Play them back in your head throughout the day. If you do not have that song on your phone, you can find it easily on YouTube: <https://www.youtube.com/watch?v=ANCWqr452Mc>
 - **Report back** next week on how that went.

Encourage one another to commit time to praying for one another, encouraging and meeting one another's needs, fellowshiping together, interceding for one another. Contact absent

group members and encourage them to continue to meet and to return together at the next scheduled gathering.