

## HEIDELBERG CATECHISM – LORD’S DAY 41

**Note 1: Handout A** is for your benefit by having the Scripture references printed out for you in the NKJV. The Bible verses listed are representative of the truth asserted in that portion of the catechism answer (sometimes in the question too). The list is not exhaustive, so if you come across more verses just add them next to the entry. *Read, reflect, review, pray thru & live out.*

### The Ten Commandments | Exodus 20

<sup>1</sup> And God spoke all these words, saying:

<sup>2</sup> “I *am* the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.

<sup>3</sup> “You shall have no other gods before Me. [1<sup>st</sup> commandment]

<sup>4</sup> “You shall not make for yourself a carved image—any likeness *of anything* that *is* in heaven above, or that *is* in the earth beneath, or that *is* in the water under the earth; <sup>5</sup> you shall not bow down to them nor serve them. For I, the Lord your God, *am* a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth *generations* of those who hate Me, <sup>6</sup> but showing mercy to thousands, to those who love Me and keep My commandments. [2<sup>nd</sup> commandment]

<sup>7</sup> “You shall not take the name of the Lord your God in vain, for the Lord will not hold *him* guiltless who takes His name in vain. [3<sup>rd</sup> commandment]

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day *is* the Sabbath of the Lord your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. <sup>11</sup> For *in* six days the Lord made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it. [4<sup>th</sup> commandment]

<sup>12</sup> “Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you. [5<sup>th</sup> commandment]

<sup>13</sup> “You shall not murder.” [6<sup>th</sup> commandment]

<sup>14</sup> “**You shall not commit adultery.**” [7<sup>th</sup> commandment]

### Q108. *What does the seventh commandment teach us?*

A108. That all unchastity is cursed by God.\***1** We must therefore detest it from the heart\***2** and live chaste and disciplined lives, both within and outside of holy marriage.\***3**

**1.** Lev 18:30; Eph 5:3-5. **2.** Jude 22, 23. **3.** 1 Cor 7:1-9; 1 Thess 4:3-8; Heb 13:4.

**1. THAT ALL UNCHASTITY IS CURSED BY GOD. Lev 18:30.** <sup>30</sup> ‘Therefore you shall keep My ordinance, so that *you* do not commit *any* of these abominable customs which were committed before you, and that you do not defile yourselves by them: I *am* the Lord your God.’ ”

**Eph 5:3-5.** <sup>3</sup> But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; <sup>4</sup> neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. <sup>5</sup> For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.

**2. WE MUST THEREFORE DETEST IT FROM THE HEART. Jude 22, 23.** <sup>22</sup> And on some have compassion, making a distinction; <sup>23</sup> but others save with fear, pulling *them* out of the fire, hating even the garment defiled by the flesh.

**3. AND LIVE CHASTE AND DISCIPLINED LIVES WITHIN & OUTSIDE OF HOLY MARRIAGE. 1 Cor 7:1-9.** Now concerning the things of which you wrote to me:

*It is* good for a man not to touch a woman. <sup>2</sup> Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband. <sup>3</sup> Let the husband render to his wife the affection due her, and likewise also the wife to her husband. <sup>4</sup> The wife does not have authority over her own body, but the husband *does*. And likewise the husband does not have authority over his own body, but the wife *does*. <sup>5</sup> Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of

your lack of self-control. <sup>6</sup> But I say this as a concession, not as a commandment. <sup>7</sup> For I wish that all men were even as I myself. But each one has his own gift from God, one in this manner and another in that.

<sup>8</sup> But I say to the unmarried and to the widows: It is good for them if they remain even as I am; <sup>9</sup> but if they cannot exercise self-control, let them marry. For it is better to marry than to burn *with passion*.

**1 Thess 4:3-8.** <sup>3</sup> For this is the will of God, your sanctification: that you should abstain from sexual immorality; <sup>4</sup> that each of you should know how to possess his own vessel in sanctification and honor, <sup>5</sup> not in passion of lust, like the Gentiles who do not know God; <sup>6</sup> that no one should take advantage of and defraud his brother in this matter, because the Lord *is* the avenger of all such, as we also forewarned you and testified. <sup>7</sup> For God did not call us to uncleanness, but in holiness. <sup>8</sup> Therefore he who rejects *this* does not reject man, but God, who has also given us His Holy Spirit.

**Heb 13:4.** <sup>4</sup> Marriage *is* honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

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**Q109. Does God in this commandment forbid nothing more than adultery and similar shameful sins?**

A109. Since we, body and soul, are temples of the Holy Spirit, it is God's will that we keep ourselves pure and holy. Therefore He forbids all unchaste acts, gestures, words, thoughts, desires,\***1** and whatever may entice us to unchastity.\***2**

1. Mt 5:27-29; 1 Cor 6:18-20; Eph 5:3, 4. 2. 1 Cor 15:33; Eph 5:18.

**1. HE FORBIDS ALL UNCHASTE ACTS, ETC. Mt 5:27-29.** <sup>27</sup> "You have heard that it was said to those of old, 'You shall not commit adultery.' <sup>28</sup> But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to sin, pluck it out and cast *it* from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

**1 Cor 6:18-20.** <sup>18</sup> Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. <sup>19</sup> Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body <sup>[a]</sup>and in your spirit, which are God's.

**Eph 5:3, 4.** <sup>3</sup> But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; <sup>4</sup> neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks.

**2. AND WHATEVER MAY ENTICE US TO UNCHASTITY. 1 Cor 15:33.** <sup>33</sup> Do not be deceived: "Evil company corrupts good habits."

**Eph 5:18.** <sup>18</sup> And do not be drunk with wine, in which is dissipation; but be filled with the Spirit.

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