

through the media and so-called "entertainment." But it is crucial that our minds and hearts are focused on God, and we set our affection on the spiritual things above [Col 3:1-2](#); [1 Jn 2:15-17](#). Strongholds must be eradicated. They are incorrect thinking patterns that are based on Satan's deceptions and temptations, and will shape one's life (*Read Tract - 'You Can Be Set Free!*'). We must be very careful that God's Word, which is truth, is reflected in our thinking. For example, once a tempting thought begins to cross over into your mind, you must get rid of it immediately and let it slide right out of your mind. Otherwise, if you really start to meditate on it, you will then start to feed it - and then it will start to grow. Once it starts to grow, it will lead to a mental stronghold which you will have a difficult time to eradicate. That stronghold will begin to really grow deeper and stronger, until you will feel an urge to act out on the actual temptation. Once you start to act out on it, you will have an addiction and a craving to repeat the same behavior over and over again [Jas 1:13-15](#); [2 Cor 10:4-6](#).

All forms of sexual immorality are increasing and becoming more rampant, including: fornication (sex outside of marriage); adultery or marital unfaithfulness - swinging (wife swapping); homosexuality; bestiality; incest; prostitution; group sex, and other forms of bizarre, repulsive, perverted and unnatural sex. If you are involved in any of these detestable sexual practices, then it is absolutely crucial that you repent! You must turn away from your sins! If you go along with the crowd and engage in sexual immorality, you will not inherit eternal life in the Kingdom of God [1 Cor 6:9-10](#); and you will reap other serious consequences for your actions, as the scriptures in [Jeremiah 2:19](#) and [Gal 6:7-10](#) state (*Read Tract - 'Repent Or Perish!'*). If you say that you enjoy the pleasures of sin - consider that the enjoyment of your pleasures of sin last for a season - but the consequences of your sins will last a lifetime! As you can see, God condemns sexual immorality, but He also condemns hypocritical judgment. If your lifestyle is not in line with scripture - that is, you are not fleeing from sexual sins, such as fornication and adultery, and are not living a life of holiness and godliness, and you begin to judge others, then you are bringing swift judgment, condemnation and destruction upon yourself [Ro 2:1-16](#).

Please sign and view the petitions to ban and illegalize pornographic content in the USA and Internationally at: gopetition.com - Pornography is responsible in influencing many to commit heinous sexual crimes, including child sexual abuse. In a Canadian study of convicted child molesters, 77% of sexual pervert predators who molested boys, and 87% of sexual pervert predators who molested girls, admitted that they were regular users of hard-core pornography (Report on the Use of Pornography by Sexual Offenders, Report to the Federal Department of Justice, Ottawa, Canada). **Content filtered ISP's, filtering software and image/flash/pop-up blockers to download: godzangelmusic.com/weblinks.html**.

Scriptural References:

Deuteronomy 5:18
Deuteronomy 22:13-30
Proverbs 5:1-23
Proverbs 6:20-35
Proverbs 7:1-27
Matthew 5:27-32
Matthew 15:16-20
Matthew 19:1-12
Mark 7:20-23
Mark 10:1-12,17-19
Luke 16:18
Luke 18:18-20
Acts 15:19-21,29
Acts 21:25
Romans 1:18-32
Romans 2:1-16
Romans 13:11-14
1 Corinthians 5
1 Corinthians 6:8-10,12-20
1 Corinthians 7:1-40
1 Corinthians 10:8
2 Corinthians 12:21
Galatians 5:16-26
Ephesians 5:1-20
Colossians 3:5-6
1 Thessalonians 4:3-8
1 Timothy 5:11-15
2 Peter 2:13-15,18
Revelation 2:14,20,22
Revelation 9:21
Revelation 17:2
Revelation 18:3,9

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**“You Shall Not
Commit Adultery!”
Exodus 20:14**

Hundreds of millions of people around the world commit fornication or adultery, including: government officials, politicians, businessmen, athletes, celebrities, and even religious leaders who openly acknowledge their adulterous relationships, with no inclination towards repentance. Will God judge both nations and individuals who indulge in sexual sins? What constitutes adultery? What harm does it cause? What does the Bible teach about marriage, remarriage, adultery and fornication? Are there rewards for sexual abstinence?

What does the Bible teach about marriage? Marriage is a holy covenant that represents the relationship between Christ and His true church (bride) [Eph 5:22-33](#). [Heb 13:4](#) clearly states that marriage must be honored by all. Spouses must remain faithful to each other. The Bible only speaks positively about sexual union in marriage which strengthens the bond between husband and wife, who are joined together and become one flesh [Mt 19:5-6](#). When a couple marry they exchange wedding vows, committing their lives to one another and declaring that they will love, honor and cherish one another; for better or for worse, for richer or for poorer, in health or in sickness; till death do they part, thus entering into a covenant. The husband and wife vow their faithfulness and loyalty to each other for the rest of their lives. Honoring and upholding the marriage covenant brings glory, honor and praise to God. The apostle Paul encouraged the unmarried and widows not to marry, just as he was unmarried. But if they cannot control themselves, then they should marry [1 Cor 7:8-9](#).

What does the Bible teach about adultery and fornication? In giving the Ten Commandments, God commanded in [Ex 20:14](#) - "You Shall Not Commit Adultery." [Pr 6:32](#) states that "one who commits adultery destroys himself." Adulterers are covenant breakers, and thus subject to God's divine judgment and punishment. God condemns any sexual relationship outside of marriage [1 Cor 6:18-20](#); [7:2](#); [10:8](#); [Gal 5:19-21](#); [Eph 5:3](#); [Col 3:5](#); [1 Th 4:3](#). The apostle Paul stated in [Heb 13:4-5](#), that "God will judge fornicators and adulterers." According to the *Vine's Expository Dictionary of New Testament Words*, the Greek word for 'adulter' is 'moichos.' It denotes one who has unlawful intercourse with the spouse of another" [Lk 18:11](#); [1 Cor 6:9](#); [Heb 13:4](#). The Greek word for 'adulteress' is 'moichalis.' It is used in two ways: 1) Natural sense [2 Pe 2:14](#); [Ro 7:3](#). 2) Spiritual sense [Jas 4:4](#). When ancient Israel violated God's Laws through their idolatry, it was described as "adultery" or "harlotry" [Jer 3:6-9](#); [Hos 4:11-14 \(KJV\)](#). Those who develop friendships with the world, cannot be united with God. They are violating their spiritual bond and unity to Christ, and therefore, committing spiritual adultery. Adultery is a grave sin in the eyes of God that will cause both spiritual, physical and emotional damage in a marriage. It will destroy the bond and fill the relationship with suspicion, distrust and resentment. God will judge fornicators who indulge in premarital sex; and adulterers who indulge in extramarital sex and defile the marriage bed [Ro 6:23](#); [Heb 13:4](#). Fornicators and adulterers will not inherit eternal life in the Kingdom of God [1 Cor 6:9-10](#). Honoring God with our bodies means that we flee fornication and learn to control our bodies in such a way that brings glory, honor and praise to God. This is how we offer our bodies as living sacrifices, holy and pleasing to God [Ac 15:20, 29](#); [1 Th 4:3-4](#); [Heb 13:4](#); [1 Pe 2:11](#). In [Leviticus 18](#), we find a list of unlawful sexual relations. What about the curse of Internet pornography? "Record numbers of people [in Britain] are downloading pornography from the Internet. More than nine million men - almost 40% of the adult male population - logged on to sex websites last year, more than four times as many as the estimated two million in 2,000. The number of women downloading internet porn soared 30% to 1.4 million." (Report by 'The Daily Mail' - 2006). "In the US alone, 70% of young men log on in search of porn every month. When pornography met the internet the result was as instantly addictive as crack cocaine." (Report by FT Magazine from London Financial Times). Carol Sarler of the 'Daily Mail' called the practice a "dismally seedy epidemic." Statistics in 2013 would be much higher, with adult content becoming increasingly available and easily accessible. The ability to sustain normal marriage relationships is under threat due to the artificial nature of internet pornography. Average wives are forced and under pressure to compete with "porn stars." This may lead to emotional, psychological damage and marriage break-up.

What does the Bible teach about divorce and remarriage? According to the Bible, divorce should be seen only as a very last resort, because God places heavy emphasis on the sanctity of the marriage union [Eph 5:25](#). The only biblical grounds for divorce is marital unfaithfulness. In [Mt 5:32](#); [19:9](#) the Greek word for marital unfaithfulness is 'porneia,' which is translated fornication in the KJV, and it is a word which can mean all forms of illicit sexual intercourse. Approximately half of all marriages in the United States end in divorce, according to Divorce Magazine. The primary reason for divorce is marital unfaithfulness. According to scripture, remarriage is only permitted if the husband dies, and the woman must marry a man who belongs to the Lord, if she decides to remarry [1 Cor 7:39-40](#).

What are the consequences of sexual sins? In the Old Testament, the punishment for adultery was death [Lev 20:10](#). In the New Testament, the punishment for sexual immorality is not inheriting eternal life in the Kingdom of God [1 Cor 6:9-10](#); [Rev 2:22](#). The leadership of nations can have either positive or negative influences upon their citizens - either to lead its citizens on the path of obedience to God's commandments, and away from fornication and adultery; or on the path of disobedience to God's commandments, and into fornication and adultery [Pr 14:34](#). God will judge both nations and individuals for grave sins such as: idolatry and sexual immorality. According to the Bible, rebellion is considered as grave a sin as witchcraft, and stubbornness is as the sin of idolatry [1 Sam 15:23](#). Those who persist in unrepentant sins will have to face severe judgment and punishment from God. Sowing to the flesh or in other words, pleasing the sinful, carnal nature results in death and destruction [Gal 6:7-10](#). There are strong warnings and lessons to be learned from Israel's history. Sexual immorality cost the lives of twenty-three thousand people, in one day [1 Cor 10:5-10](#). God punished the two corrupt cities of Sodom and Gomorrah and the surrounding towns because of sexual perversion [Gen 19:1-29](#); [2 Pe 2:6-7](#); [Jude 1:7](#) Sexual sins can have disastrous consequences. Those who commit adultery lack understanding, and this sin will end up costing them their lives [Pr 6:26-32](#). God will judge both whoremongers, fornicators and adulterers [Ro 6:23](#); [Heb 13:4](#). The destiny of unrepentant sinners will be the lake of fire - this is the eternal penalty for transgressing God's Laws and living sexually immoral lives [Rev 21:8](#). In [Revelation 6](#), grave disease epidemics and global pandemics are represented by the fourth seal - pale horse - the fourth horsemen of apocalypse. AIDS is one of the deadliest diseases of the end times. It is mainly a consequence of fornication and adultery. God condemns sexual immorality; and we are to flee from it! [1 Cor 6:18-20](#). HIV is a leading cause of death worldwide. Almost 30 million people have died of AIDS-related causes world wide, since the first case was identified in 1981. Today, the number of people living with HIV is 34 million. In 2011, the people newly infected with HIV were 2.5 million; about 1.7 million people died of AIDS; and 430,000 died of HIV-associated TB (HIV is the strongest risk factor for developing active TB disease). In [Deuteronomy 28:22](#), wasting disease is one of the curses for disobedience to God's commandments. The statistics are very alarming. In The Guardian, Britain's most senior medical adviser has warned MPs [Members of Parliament] that the rise in drug-

resistant diseases could trigger a national emergency comparable to a catastrophic terrorist attack ... Sally Davies, the chief medical officer, said the threat from infections that are resistant to frontline antibiotics was so serious that the issue should be added to the government's national risk register of civil emergencies. (Antibiotic-Resistant Diseases Pose 'Apocalyptic' Threat, Top Expert Says, Jan 23, 2013). Drug resistance is emerging in diseases across the board. Sally said 80% of [sexually transmitted disease] gonorrhoea was now resistant to the frontline antibiotic tetracycline, and infections were rising in young and middle-aged people. Multi-drug resistant TB [tuberculosis] was also a major threat, she said. * The Time's writer Carol Midgley said that in London, instances of gonorrhoea have dramatically increased by 74% in men and 75% in women since 1995. Also, syphilis in men has radically risen by a whopping 211 percent in three years. Chlamydia infection produces few symptoms but is the main cause of infertility or potentially fatal ectopic pregnancies. Since 1955, 87% more women and 120% more men have been diagnosed with chlamydia. "It is thought that one person in ten is now infected, often without knowing it ... The rise is most virulent among girls 16 to 19, who recorded a 141% rise ... " * "Among sexually active teens, there is a one-in-four probability of picking up a sexually transmitted disease this year. Half of all sexually active young Americans will contract an STD by age 25 (Report by Centers for Disease Control and Prevention)." Studies show that sexual promiscuity begins early - with 20% having sexual intercourse by age 15. The 15-24 age category of youth account for nearly half of the nation's 19 million brand new sexually transmitted diseases each year. One in four females ages 15 to 19 is infected with at least one STD. They are reaping the sad and tragic consequences of disobeying God's commandments and engaging in fornication (sex outside of marriage). * In 1950 there were two famous STDs. Today, there are more than 25 different kinds. In the U.S. alone, where there are only approximately 28 million teenagers, over three million teens contract an STD annually. STD's and their effects are just as horrible as their names, including: gonorrhoea, syphilis, crabs, warts, chancroid, chlamydia, pelvic inflammatory disease, human papilloma virus, herpes ... STDs can cause cervical cancer, genital warts, sterility, infertility, and diseases that can be passed on to unborn and new babies. (According to the Book: 'The Six Most Important Decisions You'll Ever Make'). Some of the incurable STDs include, but are not limited to: AIDS, human papilloma virus and herpes!

Why practice sexual abstinence? Are there any rewards? There are a myriad of reasons why to abstain from all forms of sexual relations. I live a life of celibacy with sexual abstinence. As God's children, we must stand out from the rest of the world by fleeing fornication; and living a life of holiness, godliness, purity, truth and righteousness. There are fulfilling and satisfying rewards for those who practice sexual abstinence, including being: 1) Able to serve God with wholehearted devotion as we will be focused on pleasing God, not our spouse [1 Cor 7:32-34](#). 2) Absolutely certain that we will not contract AIDS or other STD's, thereby maintaining long life and physical health. A marriage is based on trust. It's extremely difficult to trust a spouse with all the sexual immorality that is happening in the world. Married couples don't know at what point in their marriage, their spouse may commit adultery and contract an STD such as AIDS, in the process. It could happen at any moment and at any time. It would be inconvenient for someone to frequently have an AIDS test. Contracting AIDS and/or other STDs could happen at any point before or after any tests. There is absolutely nothing that can be known about a person's secret past. Your present or future spouse will never disclose that to you. Infidelity.com reports that 57% of American men and 54% of American women admit to committing infidelity in any relationship they have been in. The same site reports that 53% of American marriages end in divorce, and that 74% of men and 68% of women say they would have an affair if they knew they would never be caught. Extramarital affairs are becoming more commonplace. 3) Free from anxious thoughts about contracting STD's. There are many other advantages and benefits for sexual abstinence. Just by going to a family-friendly search engine such as: [www.safe-find.com](#), and typing 'benefits of abstinence' or 'advantages of abstinence' you will find numerous websites on the internet that encourage chastity and sexual abstinence. I personally do not wish to marry, because of the sexual immorality that exists in the world - especially for the reason that there are many men who have had many different sexual experiences with a myriad of partners. Countless men, both married and unmarried, have had sex with prostitutes in the past, or are having sex with prostitutes at the present time. A major feature article in 'The Sunday Times' revealed that "up to 55 per cent of people have an affair at some time in their lives ... One in 10 men admit to an affair in the past five years ... For men in London the average number of sexual partners over a lifetime has jumped from 12.2 in 1990 to 15.5 in 2000. Statistics about women showed a similar increase." The statistics would be much higher in 2013, especially with the increase of access to pornography on the internet. In the long term, spouses who tolerate such adulterous behavior in their marriage, will only suffer more misery and unhappiness. I don't listen to anyone's negative opinions or ideas regarding issues of morality. If they don't do what the holy God says, then they are destroying themselves, and others who foolishly listen to them, in the process [Pr 13:20](#). We must never allow the opinions of others to negatively influence and shape our lives. Especially, considering also the fact that there are many who have sexually transmitted diseases - total abstinence is the best way to live!

How do we resist sexual temptations? The Holy Spirit that dwells within the lives of repentant, faithful Christians will help them to resist sexual urges and temptations. Sin originates in the mind. Godliness, holiness, purity and innocence also begins in the mind. Thoughts translate to actions. We are what we think, or we become what we think [Pr 4:23](#); [23:7](#). Therefore, all kinds of negative, sinful, lustful thoughts must be eradicated and replaced with positive, godly and holy thoughts [Php 4:8](#). When our minds are purified, our lives will be purified. Godly thoughts will be reflected through our lifestyles. Scripture admonishes us to avoid all appearance of evil [1 Th 5:22](#). Jesus clearly said that even looking at someone lustfully is adultery [Mt 5:28](#). We must avoid anything that could potentially cause us to sin sexually, or create sexual fantasies in our minds. For example, by avoiding pornographic content, sexually explicit music and movies, we will be absolutely certain that nothing lustful will ever enter our minds and hearts, and therefore our bodies will be used for God's glory [Ro 12:1](#). Jesus said that if any part of a person's body causes one to sin, it would be better for that person to cut it off, than for the whole body to be thrown in unquenchable fire [Mt 18:8](#). In other words, figuratively speaking, one must take extreme measures to get rid of the cause of sin in his life ([Read Tract - 'No Idols!](#)'). Avoiding bad company to ensure that we do not fall into temptations or give in to peer pressure, will help us to conform to God's highest standards for our lives through obedience to His commandments. Remember, bad company corrupts good character. We must never conform to the world, but we are to be transformed by the renewing of our minds [Ro 12:2](#); [1 Cor 11:1](#). Our minds are renewed by God's Holy Spirit and through His Word. Thereby, we become holy and righteous [2 Cor 4:16](#); [Eph 4:22-24](#). This is an ongoing, daily renewal and spiritual transformation and sanctification process. God's Holy Spirit will impart to us a mind that is more like Christ's [1 Cor 2:16](#). We will have good, clear, pure and sound minds in the Lord [2 Ti 1:7](#). Material and sexual lusts dominate the world