

1) If you had to restate the 7th commandment in a positive statement, how would you restate it?

2) Read Matthew 5:27-30... What does Jesus highlight as the origin of adulterous/sexually immoral actions?

How are we meant to put Jesus' solution to the problem into action in our own life?

- 3) In her book, *Ten Words*, Jen Wilkin says this: "If the sixth command prohibited regarding our neighbor as *expendable*, the seventh command prohibits regarding our neighbor as *consumable*." What lies does someone have to believe to regard their neighbor in this way? Or, what are the mile markers on the road that lead to someone acting on anger or lust?
- 4) Read Genesis 39:7-12... What were Joseph's reasons for refusing Potiphar's wife's advances, and how do we keep a similar mindset throughout a day of our own temptations?

5) Read Romans 7:15-24... Why do we need to be careful when it comes to our flesh/natural impulses?

Read Romans 7:25 – 8:17... Where does our ability come from to live in contrast to our flesh?