

How God's Commands Protect Us

When God gives us a command, it's for our good, not our harm. He intends it to protect us. This includes protection of our thoughts, our emotions, our conscience and yes, our physical body. God's commands can serve as warnings for our lives.

God commands, "You shall not commit adultery," (Exod. 20:14, NKJV). Jesus set the standard when He said, "But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart," (Matt. 5:28). All sin begins as a thought and then progresses to an action when a person feeds on it. God commands us not to commit adultery or any sexual immorality because not only does it harm the individuals directly involved, but it destroys the lives of spouses and children. It also harms the body of the individual committing the sin.

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"In the end you [the adulterer] will groan in anguish when disease consumes your body," (Prov. 5:11, NLT).

"Immediately he [the adulterer] went after her, as an ox goes to the slaughter ... Till an arrow struck his liver ... Her house is the way to hell," (Prov. 7:22a-27a, NKJV).

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First Corinthians 6:16, 18 was written to believers, and it says, "Do you not know that he who is joined to a harlot is one body *with her*? For 'the two,' He says, 'shall become one flesh.' ... Flee sexual immorality. Every sin that a man does is

outside the body, but he who commits sexual immorality sins against his own body.”

“Sins against his own body” can mean that you invite disease into your body. It also means you invite demonic spirits that are attached to the person with whom you had sexual relations. Your souls become entangled, and it can be difficult to break off even the most ungodly relationships. You might attempt to end the relationship, but you are tormented with obsessive thoughts about them and are drawn back to them. You become hurt, offended and may grow bitter and hard-hearted. You may even continue a destructive pattern of being attracted to the same kind of unhealthy, ungodly

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