

# God's Commands Protect Us

When God gives us a command, it's for our good, not our harm. It is to protect us. This includes protection of our thoughts, our emotions, our conscience and 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 starts as a thought and then grows into 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.

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

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"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).

First Corinthians 6:16, 18 was written to believers, and it states: "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 in demonic spirits that are attached to the person with whom you had sexual relations. It means 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 person over and over again.

People who see nothing wrong with sexual immorality might think they aren't hurting anyone else or use the excuse that they are “in love.” This kind of “love” is a self-seeking and exists only to satisfy selfish needs. This kind of love will abandon the relationship as soon as it's not satisfying, or no longer fills physical desires. It is a selfish love that takes, not a selfless love that gives.

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Throughout the Bible, the Lord instructs us to reserve an intimate sexual relationship for marriage between a man and woman. This is for our mental, emotional and physical protection. Many people are trying to fill a void in their souls that only the Lord Jesus can fill. Unconditional, self-sacrificing love only comes from God, because God *is* love. It is deposited into the hearts of those who trust in Jesus Christ as their Lord and Savior. It doesn't exist apart from God

Jesus said in Matthew 7:24-27:

*Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the*

*rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.*

The storms of life will come to all of us, but everyone who obeys His Word will stand through the storms and come out a stronger, better person through Jesus Christ. Those who won't listen and follow God's instructions will experience great trouble. We all have a choice to make now, before the storms of life come.

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