VALUE ADDED: Rediscover The Big 10

"Guard Your Heart"

Exodus 20:14, Matthew 5:27-30 ESV

Tony Toth, November 1, 2026

I. GOD PROTECTS MARRIAGE TRUST

A. God Is Protecting The COVENANT of Marriage

Exodus 20:14 *"You shall not commit adultery."*

- **PROMISE:** *My Word - Commits me to an action.*
- **VOW:** *My Obligation - Binds me to that commitment.*
- **COVENANT:** *Our Relationshp – Mutual commitment and faithfulness*

B. FAITHFULNESS Protects What God Values

Hebrews 13:4 *"Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous."*

II. GUARDING YOUR HEART

A. Jesus Confronts Lust With HONOR

Matthew 5:27–28 *You have heard that it was said, "You shall not commit adultery." But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.*

B. GRACE Empowers Faithfulness

1 Thessalonians 4:3–5 *"For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God;"*

III. FROM SELFISHNESS TO FAITHFULNESS

1 Corinthians 6:18–20 *"Flee from sexual immorality… your body is a temple of the Holy Spirit within you…You are not your own, for you were bought with a price. So glorify God in your body."*

A. Replace OBJECTIFICATION With Honor

B. Replace SECRECY With Integrity

C. Replace Selfishness With SACRIFICIAL LOVE

Humanity thrives when faithfulness guards our hearts and relationships.

THE NEXT FAITHFUL STEP

1. Continue the Conversation: Discuss with family and friends today: What do you see as the biggest threat to faithfulness in your current phase or stage of life?

2. Put It Into Practice: Identify one source of secrecy or temptation in your life. Name it, write it down, and consider sharing it with a trusted friend or mature believer who can encourage and support you in faithful living.