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 _____ 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. _____ 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 _____

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. _____ 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 _____ With Honor

B. Replace _____ With Integrity

C. Replace Selfishness With _____

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.