

COMMANDMENT 07

Introduction: What if “Do not commit adultery” isn’t just about avoiding a line, but about recovering a life that holds together? The God who is one invites us into a kind of oneness that heals our split selves. This week’s texts trace a simple arc: God’s oneness is reflected in the world and in our design, but the fractures we live with need repair. Let’s take a look together.

ICE BREAKERS

- ☐ Where do you most feel fractured in everyday life—work, relationships, online?
- ☐ Share a time you saw “oneness” (maybe in people or in materials) hold something together that might’ve cracked.

EXPLORE

The seventh word isn’t simply a boundary about sex; it’s a window into echad—God’s integrated oneness that holds creation together. The God who is one designed relationships to reflect that unity: marriage as “one flesh”, a lived parable of God’s wholeness. Adultery fractures that oneness; Jesus presses the command into the heart, warning that lust trains us to consume rather than honor. In Christ, all things hold together, and we’re re-made as his workmanship to join the work of repair. Read these texts with that arc in mind.

- ☐ Read Deuteronomy 6:4; Genesis 2:24; Exodus 20:14; Matthew 5:27-28; Colossians 1:15-17; and John 17:20-23;
 - How does God’s oneness shape the way you read “one flesh”?
 - Where do you see Jesus moving this command from behavior to formation?
 - In what ways does “in him all things hold together” (Col 1:17) challenge our fractured habits?
 - What “good works” could restore oneness in a strained relationship this week?

DISCUSSION QUESTIONS

- ☐ How does God’s oneness reframe the way you think about relationships and sexuality?
- ☐ In your words, what does “oneness” look like in practice (habits, rhythms, boundaries)?
- ☐ Beyond affairs, what everyday choices (secrecy, screens, sarcasm, neglect) quietly multiply the cracks? Where do you see them in our culture?
- ☐ Jesus presses the command into the heart (Matt 5:27–28). What inputs (media, fantasies, comparison) train us to consume people instead of honor people?
- ☐ What’s a concrete “repair work” act that mends a relational crack this week?

PRAYER & PRACTICE

Challenge: Identify one crack in your life. Name it to a trusted person and take one repairing action.

Close in prayer. Pray for oneness, individually and in the relationships represented in the group. Pray a prayer of gratitude for each person, and a blessing that they would engage in good works of restoration this week.

