

# What the Old Testament Says About Sex

## Decoding the Torah: Season 3

---

**Core Message:** This teaching emphasizes the sacredness of sexual purity according to God's commandments in the Torah, particularly the instruction not to commit adultery. Rabbi Schneider explains how sexual sin uniquely impacts the human soul, body, and spirit, setting it apart from other sins. God created sexuality to be expressed solely within the covenant of holy matrimony between a husband and wife. Violating this boundary not only harms the individual but also destabilizes families and society at large. True repentance, empowered by God's grace, leads to cleansing, renewal, and victory over lust.

### Main Bible Verses (NASB):

- **Core Memory Verse: (Exodus 20:14)** “You shall not commit adultery.”
- **(1 Corinthians 6:18-20)** “Flee sexual immorality. Every other sin that a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been bought for a price: therefore, glorify God in your body.”
- **Matthew 5:28)** “But I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.” (Revelation 2:21-22) “I gave her time to repent, and she does not want to repent of her sexual immorality. Behold, I will throw her on a bed of sickness...”

---

### Key Points (Fill-in-the-Blank):

- “God places immense \_\_\_\_\_ upon holy matrimony.”
- “All forms of sex outside the relations... between a husband and wife... are strongly \_\_\_\_\_ and are detestable to our Creator.”
- “Adultery \_\_\_\_\_ the building block. It destroys the family.”
- “Sexual sin is a sin that we commit \_\_\_\_\_ our own body.”
- “You and I are God's \_\_\_\_\_. We've become the temple of the Holy Spirit.”
- “If you've committed adultery in the past and you're still committing adultery... unless you \_\_\_\_\_, you will perish.”
- “Many of us have been raised in environments where lusting and fornication was something that was actually \_\_\_\_\_.”



4. What steps can you take daily to resist lustful thoughts and walk in sexual purity?

---

---

---

---

### Application Challenge of the Week:

Each day this week, intentionally turn your eyes and thoughts away from anything that stirs lust, and declare aloud: “I am a temple of the Holy Spirit, and I glorify God with my body. (Or come up with your own as the Lord leads):

---

---

---

---

### Prayer Prompts:

- Ask God to cleanse your heart and mind from any impurity.
- Pray for strength to resist temptation and walk in holiness.
- Thank God for His grace and forgiveness through repentance.

---

Resources	Where to find it
Decoding the Torah: Ancient Wisdom for a Modern World by Rabbi K.A. Schneider	<a href="https://discoveringthejewishjesus.com/decoding-the-torah/">https://discoveringthejewishjesus.com/decoding-the-torah/</a>

“The Lord bless you, and keep you; the Lord cause His face to shine on you, and be gracious to you. The Lord lift up His face to you, and give you peace.” Numbers 6:22-27 (NASB 95’)