



When couples get married, they don't plan on committing adultery and destroying their families; however, half of all married people do. If sexual temptations are so strong and the fallout is so damaging, what can we do to prevent it from happening?

DISCUSSION QUESTIONS

1. Think about your marriage or relationships. What boundaries and filters can you put in place to help guard against temptations?
2. How can social media have a negative impact on marriages and relationships? How can you protect yourself from sexual temptations that exist online?
3. In your relationships, what areas are going well and what areas need improvement? How can you work on them?
4. Read **Ephesians 5:31-33**. What does God tell us about marriages in these verses? As a husband, how can you show your wife love? As a wife, how can you show your husband respect?

CHALLENGE

Whether you're married or single, commit now to protect yourself, family and life from the pain and loss of adultery. This week, make a plan on how you are going to regularly invest in your relationships, what boundaries you need to put in place, and who can keep you accountable.

COMMIT TO MEMORY

"But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart." **Matthew 5:28**