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## THOU SHALT NOT COMMIT ADULTERY.

### Opening Prayer:

Heavenly Father, You are the source of all love, pure and faithful. As we reflect on the Sixth Commandment, help us to understand the beauty of love as You intended it—selfless, committed, and true. Teach us to honor the sacredness of the body and the covenant of marriage. Purify our hearts and free us from all that distorts love. May our relationships reflect Your faithfulness and lead us closer to holiness. Let this time together deepen our desire to love with integrity and grace. Holy Spirit, guide our conversation today. Help us to speak with honesty, humility, and a desire to grow closer to You. Amen.

### Matthew 5: 27-30

You have heard that it was said, 'You shall not commit adultery.' But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one of your members than to have your whole body go into Gehenna.

### Matthew 5: 31-32

It was also said, 'Whoever divorces his wife must give her a bill of divorce.' But I say to you, whoever divorces his wife (unless the marriage is unlawful) causes her to commit adultery, and whoever marries a divorced woman commits adultery

### Discussion Questions

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#### Male and Female He Created Them...

God created us as male and female in His image. How does understanding our identity as male and female help us live out the call to chastity, respect, and purity in our relationships? How can we foster a deeper appreciation for God's design for human sexuality, especially in a culture that often distorts or ignores this truth?

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#### **The Vocation for Chasity**

The Sixth Commandment calls us to uphold the dignity of marriage and the sanctity of human sexuality. In a society that often promotes distorted views of relationships, sexual integrity, and self-gratification through lust, pornography and masturbation, how can we live out this commandment in our daily lives? How can we foster purity of heart, strengthen our relationships, and support one another in cultivating chastity, both in marriage and in single life, while resisting the temptations of modern culture?

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#### **The Vocation for Chasity**

The Baltimore Catechism states “Your minds can hold just so much good or evil information, and if you fill them full of lies and nonsense you leave no room for true knowledge.” In a world where we are often exposed to warped views of sexuality through media, entertainment, social media and in novels, how can we guard our minds and hearts against harmful influences? How can we intentionally fill our minds with the truth about human dignity and chastity, so that we can live out the purity the Sixth Commandment calls us to?

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#### **The Love of Husband and Wife**

The Church teaches that “fertility is a gift” and that “each and every marriage act must remain ordered per se to the procreation of human life” (CCC 2366). While not all couples are able to conceive due to infertility, all are called to honor the life-giving meaning of marital love. How do I personally view the gift of fertility in my life or in the lives of others? In what ways do natural family planning and openness to life reflect trust in God's design – and how might contraception, IVF, or sterilization challenge that trust?

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#### Offenses against the Dignity of Marriage

Our culture often promotes behaviors that undermine the institution of marriage, such as adultery, divorce, cohabitation, premarital sexual relations, and immodesty in looks and in actions. How can we, as Christians, live out the true meaning of marriage as a vocation, and what steps can we take to support those who may be struggling with these challenges, either in their marriages or in their understanding of marriage?

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#### Closing Prayer:

Lord, we thank You for the truth and beauty revealed in Your design for love. As we leave this time of reflection, help us to live with purity of heart and integrity in all our relationships. Strengthen marriages, heal wounds, and restore what has been broken by sin. Teach us to see others not as objects, but as beloved sons and daughters of God. Guard our minds from temptation and our hearts from selfishness. Let our love reflect Your faithfulness—steadfast, sacrificial, and life-giving. May we grow in chastity and be witnesses to the joy that comes from living Your truth. Guide us always toward love that is rooted in You. Amen.

#### Additional Resources

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The Catechism in a Year  
w/ Fr. Mike Schmitz



Day 304 – Day 312

Catechism Paragraphs



2331–2400

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