

## LESSON 7

## DO NOT COMMIT ADULTERY

## BEFORE YOU TEACH

**Family Law**

Israelite society was family and clan-based and the importance of the family unit is reflected in many Old Testament laws. A stable relationship between husband and wife was basic to the Old Testament view of family life. Marriage was intended to be between one man and one woman, though kings and other prominent figures often had more than one wife. Alongside his legal wife, a man could also have any number of concubines or "slave wives" that had lower status.

Polygamy was never actually banned in the Old Testament but God certainly did not approve of or recommend it. There were some guidelines on how to deal with concubines and divorce but on the whole, these were generally family affairs and the Law did not intervene. However, what God did forbid was adultery. The conditions and consequences of adultery were clearly outlined in Leviticus 18-20. Usually, the punishment for this sin was death. The deeper meaning of marital fidelity in marriage was that it represented the spiritual fidelity of Israel to God.

**Bathsheba**

First the wife of Uriah the Hittite, Bathsheba later became the wife of David, King of Israel. She is most known for the Bible story in which King David seduced her. Bathsheba was a daughter of Eliam. She was from David's own tribe and the granddaughter of one of David's closest advisors (2 Sam 15:12). She was also the mother of Solomon, who succeeded David as king, making her the Queen Mother.

**BIBLE TEXT**

Exodus 20:14  
2 Samuel 11-12:15

**BIBLE TRUTH**

God wants us to keep our bodies, which are temples of God, holy.

**LESSON OBJECTIVES**

1. To learn to keep our thoughts pure and our bodies holy.
2. To learn to guard our eyes and our heart from evil things.

**MEMORY VERSE**

"Create in me a clean heart, O God,  
and renew a steadfast spirit within me."

(Psalm 51:10)

**PRAYER**

In the name of the Lord Jesus, we pray. Lord Jesus, thank You for always protecting us. Today, we will learn about the importance of keeping our bodies holy. We need to remember that our body is a temple of God and that we need to take good care of it. Please keep our thoughts clean and pure, and give us a faithful spirit. We praise Your holy name. Hallelujah! Amen.

## UNDERSTANDING YOUR STUDENTS

You may think that it is too early to be addressing the topic of committing adultery with your students at this age. You may also feel a bit awkward talking to them about what adultery means. You can simply tell them that adultery is when a married person is not being faithful to his or her husband or wife. Realistically speaking, school-aged children might already know families that have broken up because one of the parents had a girlfriend or boyfriend. Therefore, it is vital that children are reminded about how important it is to be faithful with any promise they make, especially when in a marital relationship.

Please also stress to your students that our body is a temple of God. That is why God does not delight in anyone who dishonors it in any way. Let your students understand that watching violent and inappropriate movies, as well as reading adult magazines, are also ways of defiling their bodies. Encourage your students to avoid such demeaning shows and books. While curiosity is a part of growing up, it is important that your students understand the dangers of such behavior. Once they understand that, they can stand firm in their belief throughout their lives and remain faithful to God.

### VOCABULARY

- adultery:** the act of not being faithful to one's husband or wife  
**rebuke:** to scold, to reprimand  
**consequence:** an end result that is usually negative  
**endure:** to tolerate something

### REVIEW

In the last few weeks, we learned the first six commandments given by God to Moses on Mount Sinai. Do you remember what they are? [To visually reinforce the commandments, you can write each commandment on a long strip of paper, and as students recall the commandments, you may tape the strips on the board one by one for them to see. Save this visual aid for next week's teacher to use for review.]

The first six commandments are:

1. You shall have no other gods before Me.
2. You shall not bow down to idols nor serve them.
3. You shall not take the name of the Lord your God in vain.
4. Remember the Sabbath, to keep it holy.
5. Honor your father and your mother.
6. You shall not murder.

Good memory, everyone! So, to explain the first commandment in my own words, I would say that "to have no other gods before Me" actually means to "worship God as the only true God." Now, can you do the same and turn to your neighbor to explain these six commandments in your own words? [Give the students another two minutes; walk around to check if they really understand what these commandments mean. Please see the interpreted children's version of the first six commandments below to help them understand better.]

One example of an interpreted children's version is:

1. Worship God as the only true God.
2. Don't make anything in your life more important than God.
3. Always say God's name with love and respect.
4. Honor the Lord by resting and going to church on the seventh day of the week.
5. Love and respect your mom and dad.
6. Do not hurt others.

## BIBLE STORY

### Introduction

Today, we are going to learn about the seventh commandment: "You shall not commit adultery." This means to always be faithful to your husband or wife. I know that none of you are married yet, so you don't have a husband or wife. However, you can think of your parents' relationship. You would only want your dad to love your mom, right? You wouldn't want him to fall in love with another woman. That's what God wants us to do when we get married; He wants us to love our spouse for our entire life!

In order to be faithful at all times, we have to guard our eyes and our heart carefully from evil thoughts. Boys and girls, close your eyes for a second. No peeking! Raise your hand if you have ever noticed bad thoughts entering your minds without knowing how they got there. [Pause to see the show of hands.] Now, put your hands down and open your eyes. Guess what? Sometimes even when we don't try to think of mean or wicked things, these thoughts just appear. It's because Satan doesn't want us to have a clean and pure heart. What does he want? He wants our troubling thoughts to cause us to make mistakes! In our story today, we are going to learn about a very successful person in the Bible who made some terrible mistakes, because he didn't guard his eyes or his thoughts. Let's see what happened.

### David and Bathsheba

Sometimes, even people who seem to be very good can commit sin when they begin to lose their close relationship with God. This was what happened to King David. After many years of leading the Israelites' kingdom successfully, King David became so relaxed that he forgot to be careful physically and spiritually. One year during springtime, David stayed behind in Jerusalem while his soldiers went off to fight.

One evening, when David was walking on the roof of his palace, he saw Bathsheba, a very beautiful woman, taking a bath. Her beauty amazed David. David wanted to know who she was and someone told him that Bathsheba was the wife of Uriah, one of David's best soldiers. David should have put Bathsheba out of his mind when he heard that she was married, but he didn't. He ordered some messengers to get her. She came to the king's palace secretly. That night, David and Bathsheba did something that God only allowed a husband and wife to do.

Some time later, Bathsheba sent David a note that she was pregnant with his child! David became desperate when he learned about this news. God was very angry with David for committing adultery with one of his soldier's wives. David tried to think of a way to cover his sin. Instead of confessing his wrongdoing to God, he acted as if God did not know and started to hide his wrongdoing. David asked Bathsheba's husband Uriah to

come home in hopes that he would visit his wife. If Uriah did visit his wife, then naturally everyone would think that he was the baby's father. However, David's plan didn't work. Uriah did come back to Jerusalem, but he refused to go down to his house, not even after David got him drunk. He slept with the king's servants instead. He wouldn't let himself enjoy being home with his wife while the other soldiers were having a hard time on the battlefield.

What could David do now? He still had not admitted his mistake to God, and he was running out of time. Soon, Uriah would hear that Bathsheba was going to have a baby, a baby that was not his. David thought and thought and came up with an evil plan. He addressed a letter to Joab, his army general, and commanded him to "set Uriah in the forefront of the hottest battle, and retreat from him, that he may be struck down and die." Then, he had Uriah take the letter back with him to battle.

Sure enough, Uriah died in battle shortly after he returned to his unit. When Bathsheba heard the news, she cried and cried. After she had her time of mourning, she became David's wife and gave birth to a baby boy. It was at this time that God became even angrier with David. Now not only did he break the seventh commandment, but he also broke the sixth commandment that forbade people to murder. David thought that he could solve the problem his own way and that no one would know. God knew and He sent the prophet Nathan to rebuke David's sins.

To teach David a lesson, Nathan told him a story about a rich man and a poor man. The rich man had many cattle and sheep while the poor man had nothing but one little lamb. The lamb was like family to the poor man, and he let it drink from his cup and share the same bed. One day, when a traveler came to the rich man's house, he had to prepare food for him to eat. Selfishly, he did not want to kill any of his own animals, so he took the poor man's lamb instead.

After David heard the story, he was very upset. He thought that the rich man should be punished. He didn't realize that Nathan was talking about him!

Nathan said, "You are that rich man. You have sinned against God. The son born to you will die and you will have no peace in your house from now on."

It was only after these words that David realized that he had sinned greatly in front of God. Not only had he killed Uriah with the sword, he had also taken Uriah's wife for himself. Now, he had to suffer by losing the baby and the peace that he once enjoyed. What a tragic ending! David repented wholeheartedly, and God saw his sincere and sorrowful heart, full of regret. However, this did not take away the sad consequences that David had to endure for the rest of his life.

**Our Body: A Temple of God**

Boys and girls, the Bible tells us that our body is a temple of God. What does it mean to have a body that is a temple of God? [Pause for students to speculate.] If we are God's temple, that means we belong to God! We are holy! We are holy because God lives in us. You might ask, "But how will this make a difference in my life?" If we are temples of God, then we should be holy not only in church, but everywhere we go! We must be holy in our homes, at the mall, in school, and at work every day, not just on the Sabbath day.

King David sinned by not keeping his thoughts and body holy, and he was punished in the end. We want to learn from David's mistakes and be able to make the right decisions in our life. How can we do this? Well, it's not that hard! We just need to keep a close relationship with God and always pray to Him for strength and guidance. If we ever find ourselves straying from the right path, then we can remember what God said about being holy. It is our responsibility to keep our bodies clean and our minds pure, for that is the will of God.

**CHECK FOR UNDERSTANDING**

1. **Why did King David stay behind in Jerusalem while his soldiers went off to fight?** He was relaxed and felt that his army was strong enough without his presence.
2. **What happened to David when he forgot to be careful physically and spiritually?** He saw Uriah's wife Bathsheba bathing and wanted to sin with her.
3. **What did David do when he found out that Bathsheba was pregnant with his child?** He became desperate trying to cover up his wrongdoing. He ended up ordering Uriah to be killed on the battlefield.
4. **Which commandments did King David break?** King David broke the seventh commandment, which is "You shall not commit adultery," and the sixth commandment, which is "You shall not murder."
5. **Who did God send to rebuke David for what he had done?** God sent the prophet Nathan.
6. **How did Prophet Nathan point out David's sin?** He told a story of a selfish rich man taking away a poor man's only lamb.
7. **What were the sad consequences David had to endure because of his sins?** He lost his first son born from Bathsheba, and the peace from God departed from his family.
8. **Why do you think King David committed adultery and murder even though he knew the commandments?** Answers may vary.
9. **Why does God only want each person to have one wife or husband?** Answers may vary.

**MEMORY VERSE PRACTICE**

Please reinforce the memory verse every week.  
You can practice the memory verse with your students anytime during class.

**"Create in me a clean heart, O God, and renew a steadfast spirit within me." (Psalm 51:10)**



## SPIRITUAL TEACHING & LIFE APPLICATION

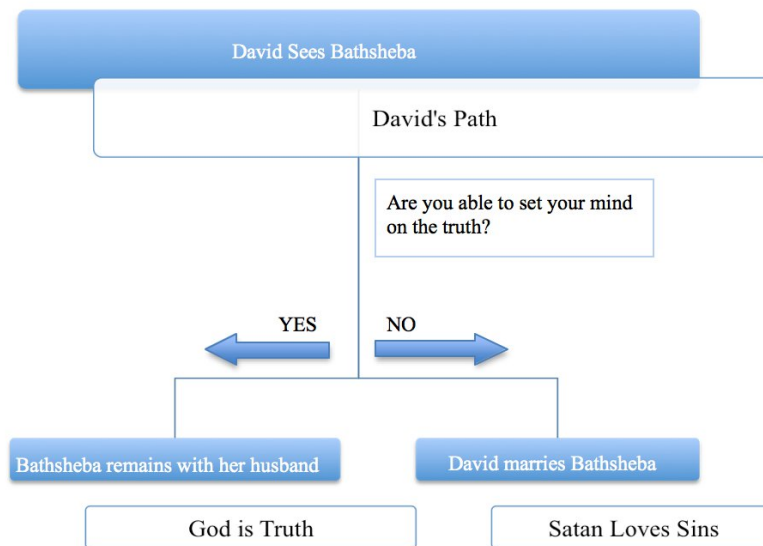
### Marriage is between one man and one woman.

"You shall not commit adultery." What is adultery? Adultery happens when a married person loves another person, apart from his or her own spouse. An adulterer is also someone who marries more than one person.

Long before David had become king, God already gave His Ten Commandments to the Israelites. David knew very well that God does not permit committing adultery and

that his desire for Beersheba did not please God. Despite this, David failed to guard his mind. He chose what he wanted instead of what God wanted!

**For Teachers:** Draw a map on the board to show your students how David failed to follow the truth. Below is an example.



As children of God, our responsibility is to follow the truth. We must be very careful not to make a wrong turn or go on a path other than the one that leads us to the truth of God. From the map, we can see that David came to a point where he had to pick which way to turn [point to the diagram on the board]. What question was David asked? [Let students answer.] "Are you able to set your mind on the truth?" And what was David's answer? [Let students answer.] His answer was "no." He chose to marry Bathsheba instead of following the truth. Take a look at the map one more time. If David had chosen the other way, where would he have ended up? [Let students answer.] He would have ended up being on God's side! But look how far David was from God after he chose to sin

against God...all because of that one wrong turn he made!

Today, if we want to draw closer to God, there is one path to take, and that is to follow the truth! We must keep our hearts pure, overcome any desires that do not please God, and set our minds only on the truth of God. If our minds are not on the truth, we could easily go down a path that draws us away from God. Students, what is your desire? Is it to stay at home and sleep until noon, instead of coming to church on Sabbath? Or is it to tell lies, instead of being honest? God wants you to follow His truth. Is your mind set on the right path?

### Guard our eyes and our heart from evil things.

Boys and girls, have you ever heard of a song called "Be Careful, Little Eyes, What You See"? The lyrics go like this:

*There's a Father up above, looking down in tender love,  
So be careful little eyes, what you see.*

**For Teachers:** Read the lyrics once, and then sing it with the melody for the students to hear.

*Oh, be careful little eyes, what you see.  
Oh, be careful little eyes, what you see.*

You may think that this is just a preschool song and that you are too old for it. Guess what? You will never be too old to sing this song! It is a great reminder for all of us. Let us first look at the lyrics. What is this song trying to remind us of?

"Oh, be careful little eyes, what you see." In comparison to other body parts, our eyes are small. However, what we see with our eyes can cause a lot of evil to come into our hearts, which is the most inner part of us where the Spirit of God dwells. This is why we should be very careful of what we see. Satan is constantly waiting to fill our hearts with wicked thoughts until the Spirit of God doesn't want to dwell in us anymore. Every time we see something that displeases God, such as a violent movie, we're giving Satan a chance to grow wicked thoughts in our hearts. While what we think may never become real, our thoughts can cause us to sin against God within our very heart. Satan is waiting. But as long as we keep our eyes away from things that can cause us to sin, Satan will never get a chance to work.

Moreover, as the lyrics also mentioned, "There's a Father up above, looking down with tender love." Who is this Father above looking down at us? [Let students answer.] God, our heavenly Father, is the one looking down with tender love. When we are tempted to sin against God with our eyes, remember that God is watching from above. He loves us very much and has given us the Holy Spirit to help us overcome evil. If we allow Satan to place wicked thoughts in our hearts continuously, the Spirit of God will eventually have no place to dwell. God will be very disappointed and disheartened. We warmly and openly accept the tender love from God and guard our eyes and our hearts from evil things. Let me share a story with you.

Ivan loves listening to popular music. One time, he was browsing on the Internet and he saw that one of his favorite female singers had just released a new music video. He decided to search for and watch the video. As soon as the video started playing, Ivan saw his favorite female singer, who was wearing very little. As it continued to play, Ivan had a feeling that something was wrong. Some other male dancers appeared in the music video and started dancing with the female singer quite inappropriately. At that time, Ivan was really

enjoying the music. However, Ivan decided to turn off his computer because he knew that he shouldn't be watching the video in case it became even more inappropriate. Ivan didn't want to risk sinning against God with his eyes. After turning off the computer, Ivan went into his room and started reading the Bible. He didn't want to think anymore about the music video he had just watched.

The next day, Ivan's friends were talking about the music video. They asked him if he had also watched it. Ivan explained to them that he didn't watch all of it because he felt that the dance was not very appropriate. His friends began to laugh at him. They thought that the dance was what made the video so good. They also said that Ivan was being a "good boy" and that he wasn't very cool.

Even though Ivan didn't feel very good about what his friends said to him, his heart wasn't moved. He was determined not to watch the music video because he knew that God wanted him to guard his eyes and heart from all evil things. He didn't want to take any chances. In the end, Ivan prayed to God to give him more strength so that his friends and their words would not affect him.

### Reflection Questions

- 1. What did Ivan do in order not to sin against God?** He turned off his computer and decided not to finish watching the inappropriate music video. He also read the Bible and prayed to God so that he could stand strong and not fall into temptation again.
- 2. What sacrifices did he have to make in order to guard his eyes and heart from evil things?** Ivan had to endure teasing from his friends, which made him feel very sad and hurt in his heart. However, Ivan did not change his mind because of this. He would rather see his friends laughing at him than risk sinning against God.

### Keep our thoughts pure and our bodies holy.

As we mentioned earlier in the lesson, Satan is always looking to place evil thoughts into our minds. However, if we are always filled with the Holy Spirit, Satan will never find a way to enter our hearts. Let me explain why. The Bible tells us, "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?" (1 Cor 6:19). Our bodies are the temple of God, where His Spirit dwells. Since the Spirit is from God, He is holy and pure. Therefore, the more we're filled with the Holy Spirit, the more we become holy and pure. What exactly does it mean to be holy and pure? When a person's heart is holy and pure, it means that he is always seeking to do what is right in God's eyes and keeping himself free of sins. Is it

possible to do that? Absolutely! With the help of God's Spirit, we can all keep our thoughts holy and our bodies pure. The good news is that God has made our bodies a temple of His Spirit. As long as we are willing to be holy and pure for God, His Spirit will love to live in us.

On the contrary, if we are not willing to be pure and holy for God, His Spirit will not fill us. When that happens, we leave a lot of room in our hearts for Satan to enter. He will battle with the Spirit of God within us and try to conquer our minds! This is very scary. But again, this is something that we can avoid. The moment we think about disobeying God, we are already in Satan's trap. Once that thought has been initiated, Satan knows exactly where

to attack us and will constantly make us think about disobeying God so that his power can overtake the Spirit of God within our hearts. So, in order for us to prevent Satan from doing his work, we must first keep our thoughts pure. If we don't even start thinking about evil, Satan will never have a chance to set his trap. On the other hand, we also need to keep our bodies holy before God. 1 Corinthians 6:20 tells us, "For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." Our bodies do not belong to ourselves. They belong to God! We're all made in His image; every single one of us is His unique masterpiece and He loves us all very much. We're here to do God's will; we cannot simply just do anything we want to do. Instead, as the Spirit of God lives in us, we should glorify God in everything we do.

Students, even though you are still very young, it doesn't mean that you will not meet temptations, because the world we live in is full of unholy things. Satan is always seeking to attack God's people. If we do not guard our hearts well, we can also fall into Satan's trap. The Bible tells us to be sober-minded (1 Pet 5:8), meaning that we should always watch out for things that can potentially harm our faith and stay away from them. In order to do so, we need the help of God's Spirit. We all live in a world full of temptations, and we cannot rely only on our own power to resist them. Therefore, let us be more diligent in praying for the Holy Spirit and for Him to dwell in us. When the Spirit of God dwells in us, there will be no more room for Satan to enter our hearts!

### HOMEWORK ANSWER KEY

1. C
2. B
3. adultery
4. Uriah
5. False; God was angry with David.
6. False; David ordered Uriah to be killed on the battlefield.
7. B
8. Answers may vary.
9. Answers may vary.

## ACTIVITY

1

### Act Out the Story: Nathan Rebukes David (2 Samuel 12:1-11)

**Objective:** To help students see that our God is a righteous God, for He rewards and punishes.

#### Materials

- Stuffed toy sheep
- Poster with many sheep and cattle drawn on it

#### Instructions

1. Read 2 Samuel 12:1-11 with students first before acting out the story.
2. Call for students to play the following characters:
  - Prophet Nathan                      • King David
  - Poor man                                • Rich man
  - Guest                                      • Rich man's sheep and cattle (several)
3. After reviewing the storyline, ask all the students to think about the role they'll be playing. Let them have fun acting out all the expressions they think their character should have.
4. Begin acting. The teacher can read from the passage below as the students act it out:

#### Nathan Rebukes David (New Living Translation)

<sup>1</sup>So the LORD sent Nathan the prophet to tell David this story: "There were two men in a certain town. One was rich, and one was poor. <sup>2</sup>The rich man owned a great many sheep and cattle [have students who are sheep and cattle hold up the poster]. <sup>3</sup>The poor man owned nothing but one little lamb he had bought. He raised that little lamb, and it grew up with his children. It ate from the man's own plate and drank from his cup. He cuddled it in his arms like a baby daughter [have the student playing the poor man cuddle with the stuffed toy sheep]. <sup>4</sup>One day a guest arrived at the home of the rich man. But instead of killing an animal from his own flock or herd, he took the poor man's lamb and killed it and prepared it for his guest."

<sup>5</sup>David was furious. "As surely as the LORD lives," he vowed, "any man who would do such a thing deserves to die! <sup>6</sup>He must repay four lambs to the poor man for the one he stole and for having no pity."

<sup>7</sup>Then Nathan said to David, "You are that man! The LORD, the God of Israel, says: I anointed you king of Israel and saved you from the power of Saul. <sup>8</sup>I gave you your master's house and his wives and the kingdoms of Israel and Judah. And if that had not been enough, I would have given you much, much more. <sup>9</sup>Why, then, have you despised the word of the LORD and done this horrible deed? For you have murdered Uriah the Hittite with the sword of the Ammonites and stolen his wife. <sup>10</sup>From this time on, your family will live by the sword because you have despised me by taking Uriah's wife to be your own."

<sup>11</sup>"This is what the LORD says: Because of what you have done, I will cause your own household to rebel against you."

At the end of the acting, sit down with the students in a circle to talk about what they have learned from this passage. How did they feel when Nathan pointed out to David that he was just like the selfish rich man because he took Uriah's only wife? As we can see later in the Bible, God eventually forgave David, but David had serious consequences to deal with for the rest of his life. First, the child born from Bathsheba died. Also, David's many children would always fight amongst themselves. This was especially hard on David because he loved all of his children very much.

Let's learn from King David's mistakes. We should always guard our eyes and our heart from evil, and be faithful to our spouse when we get married.



**2****Wear It Outside, Do It Inside**

**Objective:** To remind students not only to “wear” God’s commandments on the outside, but to follow them with actions in daily living.

**Materials**

- 2 old, large shirts or jackets
- 2 knit caps
- 2 pairs of large gloves
- 10 index cards with the Ten Commandments written on them (1 per card without commandment number written)
- Tape

**Instructions**

The objective of this game is to be the first team to finish the relay and put the commandments in order.

1. Divide the students evenly into two teams. If you have an odd number of students, one can be the referee. Otherwise, the teacher will be the referee.
2. Line up the teams at one end of the room and place a set of clothing for each team at the other end of the room.
3. On your signal, the starting students will race to the other side of the room and put on the clothes. The referee will decide if a student has successfully put on the articles of clothing. Until the referee says OK, the student cannot take off the clothes for the next student to put on.
4. After the referee says it’s OK, the student then takes off the clothes as quickly as possible and the next student in line repeats the process.
5. Once the last team member puts on the clothes, the rest of the team members sort out the Ten Commandments index cards in order and tape them on the student with all the clothes on. The first team that completes all the tasks is the winner.
6. At the end of the game, remind the students that we should not only wear God’s word on the outside, but also put them into actions wholeheartedly. When we receive His word into our heart, He will give us the strength to walk on the right path.

**3****Remember the Commandments / Optional**

**Objective:** To use classroom decorations to remind the students of the commandments they have learned.

**Instructions**

Since this quarter’s lessons focus on the Ten Commandments, it would be nice to decorate the classroom with each commandment. These decorations will also serve to remind the students how to obey God.

Have the students write out the commandment that they learned in this lesson on a piece of construction paper and decorate it to make it meaningful. After the students are done, the teacher can put the commandment on a classroom wall for all the students to see.

This lesson’s commandment is: **"7. You shall not commit adultery."**

## E1 Year 3 Book 1 Lesson 7—Do Not Commit Adultery

# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Bible Truth:** God wants us to keep our bodies, which are temples of God, holy.**Lesson Objectives:** 1. To learn to keep our thoughts pure and our bodies holy.  
2. To learn to guard our eyes and our heart from evil things.**Bible Reading:** Please put a check mark in the space when you complete the reading each day.**Prayer:** Please put a check mark in the space provided on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

## Memory Verse

Please write down this week's memory verse.

(Psalm 51:10)

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## What I Learned from the Bible This Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Homework Assignment

*Understanding What You Have Learned*

1. \_\_\_\_ : What were the mistakes David made?
  - a. He committed adultery.
  - b. He murdered Uriah.
  - c. All of the above.
2. \_\_\_\_ : How do you think God felt when David covered up his sin?
  - a. God probably did not care.
  - b. God was sad and angry.
  - c. God was proud of David.
3. The seventh commandment says that we cannot commit \_\_\_\_\_.
4. Bathsheba was the wife of \_\_\_\_\_, one of David's best soldiers.
5. David and Bathsheba got married happily with God's blessings. \_\_\_\_\_
6. David sent a letter to his general to promote Uriah to be a higher-ranking officer. \_\_\_\_\_
7. \_\_\_\_ : Who did God send to rebuke David?
  - a. Prophet Samuel
  - b. Prophet Nathan
  - c. Prophet Elijah
8. What can we do to keep our bodies and thoughts holy?

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## 9. Writing Your Own Pledge

The memory verse tells us that we need to ask God to give us a clean heart and steadfast spirit so that we can keep our bodies and thoughts holy. As you think about this important goal, take the time to write a pledge of your own to God to stay holy every day, and be sure to keep your promise with your actions!

**I pledge to my Lord Jesus Christ to stay holy. I promise to...**

\_\_\_\_\_  
\_\_\_\_\_.

This is what I will do every day to keep my heart clean and my thoughts pure:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_