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You shall not Covet Your Neighbour's Wife

Man is created with body and soul. There is a constant struggle between body and soul. This struggle is a result of sin. We need the strength and power of the Holy Spirit to overcome temptations.

If an idea or thought of sin comes to mind, it is not a sin. If such a thing lingers in our mind without our consent, it is also not a sin. It becomes a sin, when we entertain it with our consent.

Purity requires modesty, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their solidarity.

(CCC 2521)

Man with a pure heart does a great service to the society. One, who listens to God, has pure thoughts. We can get converted from evil thoughts by contrition. By making our thoughts pure, we can live in accordance with our human dignity.

You shall not covet your neighbour's wife.
(Exodus 20:1)

Carnal concupiscence is an intense form of human desire. To have illegal affairs with the married is against this commandment.

The Ninth Commandment warns against lust or carnal concupiscence. It advises us to refrain from all kinds of deeds and thoughts which destroy the purity of the family life.

King David sinned against this commandment by having an illegal affair with Bathsheba, the wife of Uriah. Since it displeased God, King David was punished. Herod Antipas committed the same sin by marrying his brother's wife. St. John the Baptist showed his fault.

To live a pure life

Let us respect others

Let us protect the rights of others

Be sensitive to others with good intention

Let us live a good moral life

Let us do only what is pleasing to God

Let us make our bodies Temples of the Holy Spirit

But if you go to bed with another man's wife, you will
destroy yourself by your own stupidity.

(Proverb 6:32)

Purification of the heart demands prayer. One ought to control one's mind. By keeping the commandments and respecting others, let us live a good moral life.

Activity



1. Write three things that you can do to live a pure life.
2. Write three suggestions to make the society pure.



For Life

Create in me a clean heart, O God.