

## The Heidelberg Catechism

### **108. What does the seventh Commandment teach us?**

That all unchastity is accursed of God,<sup>1</sup> and that we should therefore loathe it with our whole heart,<sup>2</sup> and live chastely and modestly,<sup>3</sup> whether in holy wedlock or single life.<sup>4</sup>

<sup>1</sup> Lev 18:27-30; Eph 5:3-5; <sup>2</sup> Jude 22-23; <sup>3</sup> 1 Thes 4:3-8; <sup>4</sup> 1 Cor 7:1-9; Heb 13:4