

## Suggestions for Staying Pure in a Sex-Crazed Culture

*“But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.” (Ephesians 5:3)*

### Sexual Purity for Everyone:

- Stay close to God. Maintaining a vibrant relationship with the Lord is the most crucial factor in living a life of purity. If you’re not sure how to do this, reach out and ask. There are lots of people at BRCC who want to help you in your spiritual journey in knowing and loving God.
- You can’t do it alone! Seek help from mature, godly and trusted friends if you’re struggling.
- Don’t be ashamed. Just because you’ve made some bad choices doesn’t mean it’s all over. Turn back to God, ask and receive His forgiveness and remember there is no condemnation in Christ Jesus.
- Practice discretion with your eyes, dress, speech, and behavior. Do not act bold or flirtatious with someone other than your significant other. Be willing to do battle when tempted.
- Don’t give in just because you’re tempted or you’ve messed up. It’s never too late to change course.
- Meditate on and practice Philippians 4:8 in your entertainment choices: “Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”
- Do not indulge mental fantasies or unholy thoughts/desires for someone who doesn’t belong to you.
- Be accountable. Invite trusted friends to help you maintain your boundaries and keep high standards.
- Do not use sexually explicit or coarse language in any context.
- Do not be entertained by off-color humor that legitimizes sexual sin. God doesn’t laugh at our sin.
- Do not feed on books, movies, music that fuel romantic desires that cannot be legitimately fulfilled.
- Keep free from inappropriate emotional entanglements. Guard your heart!
- Don’t let the culture around you determine your relational expectations or define your standards. Read God’s Word and let the One who created you and knows you the best establish your priorities and set your physical boundaries. Following God’s ways always lead to blessing – even if it’s hard.

### Sexual Purity When You Are Single:

- Know your limits. Determine what your physical boundaries will be even before you get into a relationship and set them clearly. Resolve to be pure and to *wait* until marriage. It’s a whole lot harder to wait once you have tasted it. Be steadfast in making the most of the season you are in.

### Sexual Purity When You Are Dating:

- Be clear and upfront with your significant other about your physical boundaries from the beginning.
- Don’t be afraid to break off the relationship if they won’t respect your boundaries.
- Lack of self-control, selfishness and immaturity that are associated with sexual impurity are not qualities you want to build your future on. The temporary ‘pleasures’ are not worth the guilt and shame immorality bring into your life. Ultimately, disobedience in this area will lead to consequences.

### Sexual Purity When You Are Married:

- Cultivate a vibrant and genuine relationship with your spouse – even in busy, difficult times.
- Pray with and for your spouse on a regular basis.
- Do not withhold sex from your spouse (making her/him more vulnerable to sin).
- Fight to protect and keep the marriage bed undefiled—yours and others’.

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## God’s Word and Our Purity

"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body." (1Corinthians 6:18)

"For this is the will of God, your sanctification: that you abstain from sexual immorality that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness. Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you." (1Thessalonians 4:3-8)

"Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away..." (Colossians 3:5-8)

"Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires." (Romans 13:13-14)

"Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever." (1John 2:15-17)

## **My Sexual Purity Commitment**

### **When I am alone, I am going to reject impurity because:**

- I don't want to treat the people on the screen, in the book or magazine as if they are objects.
- I want to set patterns now that will honor and protect my future wife and children
- It damages my relationship with God & diminishes my potential impact for God with others if I am stuck in sin

### **When I am dating, I am going to:**

- Say goodnight early vs. pushing the limits when we're both tired b/c to put us both at risk is not sacrificial love.
- Establish my own physical boundaries with you because it is better for you and God when we preserve purity.
- Keep my eyes, hands and body in places that honor the Lord because to use them selfishly does not honor God.

### **When I am married, I am going to:**

- Reserve all sexual thoughts, motives and actions for my marriage and make my marriage relationship a priority.
- Be committed to faithfully praying for my spouse and our physical intimacy.
- Agree with my spouse on standards of what is permissible so our consciences are clear and we won't force the other to do something against his/her principles because to do so would be sinful and selfish.

### **I will pursue purity of speech when I am alone by:**

- Refusing to give filthiness, foolish talk or crude joking a home in my head or mouth or heart.

### **I will pursue purity of speech when I am with others by:**

- Refusing to speak in ways that soil or taint the minds and hearts of those who are listening.
- Walking away from conversations that turn inappropriate because it is right for me to feel temptation
- Correcting myself /apologizing when I realize my speech has become impure because humility and repentance are avenues for God to show me grace and it allows truth and righteousness to take center stage.

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