

PRACTICING PURITY AND LIVING A CLEAN LIFE

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1 Address issue of purity from Biblical standpoint

Begin with the definition of purity

What it is:

What it is not: Abstaining from one sin

Holiness: more global than purity; lifestyle

Pure, purity, blameless mentioned – _____ (730 if we include holy)

Purity isn't just related to sexuality

It's everything from how I joke to what kinds of music I listen to the types of movies I watch to the interactions with people I have.

What is lust?

An intense longing for that which is not mine; a strong desire that can not be

_____.

What is pornography?

Pictures, writing, or films _____ to arouse sexual excitement

What constitutes addiction?

Webster "To apply oneself _____ to something or someone" & "To devote time and attention by _____ practice"

Who's the master? 1 Corinthians 6:12

Best references to staying away from immorality

Proverbs chapters 5 thru 7

1 Thessalonians 4

Romans 8

Sexual purity at its best

Genesis 2:24, “Man shall leave mother & father... be joined together with his wife in one flesh” – Guilt free SEX!!

Song of Songs, “I am my beloved’s, and his desire is for me” – one woman man

Proverbs 5:18-19, “Be satisfied with the breasts of your wife, not an adulteress” -

Positives of purity

Psalms 18:23-26, “God shows Himself pure to the pure”

Psalms 119:1-11, “How blessed are those whose way is blameless...”

2 Timothy 2:15, “Show yourself as one approved... who is not ashamed”

Negatives of impurity

Psalms 31:10, “My strength has failed me because of my iniquity, my life is spent with sorrow”

Psalms 32:3-4, “When I kept silent about my sin, my body wasted away... my vitality was drained”

Proverbs 5:8-9, “Pursuing a harlot will give your vigor and years away to others”

2 Address lies we’ve been told and may not even know it

Lies you have been told about:

Being tempted sexually will all go away when you get _____

Why false?

No one else struggles with the things I do like I do; I am _____ sinful

Why false?

There is a _____, prayer, or Scripture that if I could just find it would cure me and I’d never have to struggle again

Why false?

There is something wrong with how God _____ me

Why false?

I don’t have a _____ with pornography or masturbation – it’s something I can stop doing anytime I want to, I just haven’t yet

Why false?

If I tell someone about how I struggle sexually they’ll think I’m a sick twisted person, or worse they’ll _____ me

Why false?

Maybe I don't really _____ God. If I did _____ God, why would I keep repeating the same sin pattern cycle?

Why false?

3 Reveal that this struggle is much deeper than a sexual dysfunction

Ten reasons why some people don't get free from sexual addictions
(from www.porn-free.org)

- 1 Don't have a saving relationship with God through Jesus
- 2 Unconfessed sin
- 3 Failure to cultivate a relationship with God
- 4 Emotional/ spiritual wounds from past abuse/ trauma
- 5 Failure to die to sin and crucify the flesh
- 6 Lack of faith
- 7 Demonic oppression
- 8 Curses
- 9 Relying on self-effort rather than spiritual weapons
- 10 Failure to internalize God's word (Lk 8:4-15)

Typically, struggling with pornography and masturbation are _____ of non-sexual _____

Like an aspen tree, it must be taken care of at the root level

When we only chop off it off at the trunk level, it finds another way up

Some possible _____: Stress, unforgiveness, shame, bitterness, regret, feeling worthless, tired or overworked, entitlement or pride, lack of discipline, impulsive, and fear among others (circle the ones you suspect are roots in your life)

4 Practical helps for getting in the battle as well as continuing to fight

What is my part in staying pure?

Know _____; QT builds relationship with God; Jeremiah 29:13, Psalm 61:3-5

Say no to lust-based impulses; Romans 13:14

Be among men who you can be open and _____ with (very open); James 5:16

Regularly meet with those men

Put measures in place for your own _____, knowing they will not keep you from sin but can be an aid in the fight; Job 31:1

Do you really want to be rid of this sin?

Are you ready to forsake your 'right' to sin again in this area?

In confession to others:

Do it _____ you enter a tempting situation; 'Is this a good idea?'

Do it _____ temptation; confession will loosen the hold that the lust has on you

Do it _____ you have fallen; let your brothers restore you through prayer

What is God's part in staying pure?

Uncover root issue(s) of why this is a struggle; Psalms 139: 23-24

_____ you as you know and trust Him (faith); Titus 2:11-12

Teach us and call to mind His word through the indwelling Holy Spirit; John 14:26

Guide you in purity; Proverbs 3:6

_____ you for pure behavior; Psalm 119:1-2

Allow you to _____ the consequences of impure behavior; Jeremiah 2:13,19

Forgive you EVERY TIME you confess and repent of impure actions & thoughts

Purity can be restored

If you've blown it, purity can be recovered in the next instance

1 John 1:8-9, "We all sin... if we ask for forgiveness, Christ forgives and cleanses us"

This is _____

Confess & repent

Meanings: Agree with God about sin in your life (be specific) & Forsake the intent to do it again

Testimonies: Mitch & Steven

Final charge

My charge to you: Confess your sins openly with trustworthy men. Go to those deep places in your life with God. It may be painful, but the result is worth more than you can imagine, and it will set you free. Psalms 139:23-24

Pray in small groups

Ask God to give you courage to take the next step to walking in freedom