

## Purity – week 4: The Game Plan

Why is talking about it so scary?

Why is talking about it so uncomfortable?

- Satan wants you to feel scared and uncomfortable. He doesn't want you to ask questions because you might get God's truth for the answer. He doesn't want you to know God's plan for sex because if you do, you might receive all the rewards we listed last week (for remaining pure). He only wants you to suffer consequences. He perverts God's gift of sex, twists it, and then sells it to you through music, movies, celebrities, politicians, culture.
- One example we haven't talked about is homosexuality. Guys with guys. Girls with girls. Can you see how this perversion of sex serves Satan's purposes? God intended sex for procreation. Satan hates us. The last thing he wants is more of us being born. Homosexuality prevents that from happening.
- We've learned that God gave us the desire for sex. It's good and pure to feel that. The rules have been laid out for a reason. We've shown you why God says what he says about sex. We know that he is looking out for us and wants us to really enjoy sex when we're married. We know that even if we've messed up, God lets us start over. He can heal us of our past and let us move forward with freedom.
- But what about all that "in between" space between now and the time we get married? Are we supposed to lock all those feelings up and not feel them until marriage? That's impossible and God does not require you to do that. He does, however, require you to cooperate with him and exercise some self-control in order to remain pure for your husband. How do we do that? What does it look like?

Questions:

How do we get out of the moment? It's not easy.

How do you avoid the temptation? How can God help?

How do we avoid pressure?

What should you do when you feel pressured to have sex?

- The writer of **Psalm 119** asks the same question you asked: **119:9 "How can a young man keep his way pure?"** He gives himself the answer: **"By living according to your Word."**
- You can't go into this without a plan. Your plan must come from the Word. You need a strategy that you can write down, memorize, and put into action.

- You can't be too prepared for this battle. And it will be a battle, for sure. **Ephesians 6:12: "For our struggle is not against flesh and blood, but against the... powers of this dark world and against the spiritual forces of evil in the heavenly realms."** Remember that you are not fighting a battle with your own desires. Your desires are pure and good. Your battle comes against the devil, who wants to influence your thoughts and actions. You are not fighting a battle with the boy. His desires are pure and good. You are fighting a battle with Satan, who influences the boy's thoughts and actions.
- The battle is fought on **two fronts.....your thoughts and your actions.**
- Your mind should be the first place to wage war with the lies and Satan himself. If you can win with your thoughts, you are going to avoid a lot of trouble. Danny says, "the most sexual part of your body is your mind." The battle is won or lost there. **Where the mind goes, the man follows.**
- Every crime is first a thought before it is committed. Our thoughts have power.
- They seem harmless. It's not hurting anyone, right? God takes our thoughts very seriously. **Matthew 5:28 "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."** It's as good as done. The thought of it is enough.
- What does it look like to wage war against sexual impurity in your mind?

#### **WINNING THE BATTLE WITH YOUR THOUGHTS**

- First, decide. Simply make the decision that you are going to do whatever you have to do to remain pure. (Edward example: he decided he wasn't going to kill her and it made it easier for him to be around her)
- Next, start thinking of yourself as the treasure God tells you that you are. Believing this about yourself will keep you out of more trouble with guys than you can ever know.
- Think about the guy you're dating as a treasure of God. Think of him as your brother . Remember **Song of Songs 4:9-16?** You are not only protecting yourself, you are protecting him and his future, as well. If you care about him, you care about his future
- Remember that God is your hero, your lover. THINK of him that way. Let him meet ALL your needs. Is your boyfriend like your TRUE HERO? Is he looking out for you or for himself. Selfish was not on our list of qualities we listed about our favorite love story heroes. If a guy is pressuring you to have sex or do anything else that can make you impure, he is looking out for himself only. He is putting his physical needs ahead of your well-being. He is being selfish. Period.
- **2 Cor. 10:5 – "Take every thought captive and make it obedient to Christ."** Train your mind to think of the things that are lovely, beautiful, etc.... If it wanders to other things, do whatever you have to do to turn that thought around. **Psalm 119:11 – "I have hidden your word in my heart that I might not sin against you."** Fill your mind with God's word. (Music, quote scripture out loud, shout at the devil, call a friend, etc.) This takes training and practice to be good at it. **2 Peter 1:3 – "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness."** We have everything we need to be successful in keeping our thoughts and actions pure.

- Remember the consequences. Remember the rewards.
- After taking the steps to focus your mind, you need to set some boundaries for your actions. Be intentional in everything!

### **WINNING THE BATTLE WITH YOUR ACTIONS**

Is it OK to marry a spouse that is not pure? How do you trust them with not having a disease?

- Excerpt from Escaping the Vampire – girl who married guy with a “past”. P.53-4
- Virginty cannot be restored but purity can.
- Choose the guys you date carefully. If you can’t see yourself married to him (due to his beliefs, habits, nature), you don’t need to date him. If he has already been sexually active, beware.
- Be intentional about who you hang out with. They rub off on you. **(1 Cor. 15:33 – “Do not be misled: Bad company corrupts good character.”)** Join together with others who are making the same choice to remain pure. Help each other. Be available to encourage each other when the temptation is great. Hold each other accountable

If our “garden” is to be only our spouse’s then is it OK to kiss or be close to a boyfriend?

- How much of your garden do you want to leave for your husband? It’s a personal call. Warning: certain kinds of kissing can cause you to cross (or get dangerously close to) the line we talked about last week where your body’s voice is louder than the one in your head.
- We told you last week how far was too far. Anything you do with a guy to satisfy your desire for sexual pleasure is impure when done outside marriage. Fondling, oral sex, sexting, etc... All of these are off limits. Decide that right now. Bottom line, if you wouldn’t do it in front of your grandmother, you shouldn’t do it. If you have any desire that cannot be fulfilled righteously, you need to give that desire to God! The easiest way to succeed is to stay away from opportunity. **Psalm 119:10 – “I seek you with all my heart; do not let me stray from your commands.”** Ask God for help.
- Decide where it is OK to be alone with your boyfriend and where it is not.
- Where can his hands be and where can they not. Keep thinking of your husband. Let him be the first one to uncover all your mystery.
- Set boundaries for internet and phone. Stick to them. Be careful about chatting and texting. (Nicole’s friend from the sex crimes unit story)
- Practice modesty in talk and dress. What you say, what you laugh at, and how you dress all sends messages about you. If you don’t want to attract the kind of guys who will try to do impure things with you, don’t send the message that that’s what you want. Guys are very visually stimulated. If you don’t want his hands to wander, don’t wear clothes that beg him to touch you. You can dress fashionably and modestly at the same time. Remember the verse from last week, **(Romans 6:12-14 – “...do not let any part of your body become an instrument of evil to serve sin....”)** The guys have already admitted to you that watching how you dress will help them more than anything else in protecting them from lust. Listen to them! If you’re good, it motivates him to be good.

- Be intentional about what you see and hear. Movies and music influence your thoughts. (My example of not being able to listen to secular music.) Nicole's example of music. Your game plan and boundaries will be different from everyone else's.
- Stand firm and pray, pray, pray. **1 Cor. 16:13 – “Be on your guard; stand firm in the faith; be (wo)men of courage; be strong.”** Trust God. There's no other way.
- If you fail to follow your plan and you find yourself in a situation you know you shouldn't be in, call on the Lord. Act **immediately**.
- **1 Cor. 10:13 – “No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”** (All of your temptations are normal – **including same sex temptations**. Satan will tempt you in any way he can to bring you shame and guilt and defeat. But God is still in control of your temptations. He will only allow Satan to influence you as much as God knows that you can handle on your own. But when we feel overwhelmed and out of control, HE DOES NOT LEAVE US TO FAIL.... He WILL help when we ask for a way out. Then it is OUR responsibility to accept his way and take it!! God does not give us temptation. Satan does. But God allows temptation because in our victory over Satan's attacks, we grow closer to our Savior. God's ultimate goal for our lives is to draw us closer to Him. Every victory in the spiritual battle strengthens our bond to God.)
- Have a statement in mind beforehand that you can say to your boyfriend when things are going too far or when you find yourself someplace with him you know you shouldn't be. Pray to God for help if you find yourself “in the moment” and can't seem to get out. Take the courage he offers. (Story of couple in the hotel room)
- **Romans 8:35-39: “Who shall separate us** from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?” (I think it is interesting that the word WHO is used instead of WHAT.... as in, WHO will bring you “trouble, hardship, persecution, famine, nakedness, danger or sword”?)
- “...No, in all these things **we are more than conquerors through him** who loved us. For I am convinced that neither death nor life, neither angels **nor demons**, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (We are “conquerors through HIM.” **We cannot conquer on our own... He is always with us to give us the power to defeat the world, its influence, and the people who represent the darkness of the world.**)
- Avoid drugs and alcohol. So many times when virginity is lost or purity is jeopardized, the story begins with “I had too much to drink that night, I was drunk, or I was high.....” You can't make good, clear decisions when your mind is impaired.

#### Put on your armor! **Ephesians 6:10-18: The Armor of God**

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes.... put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place,

and with your **feet fitted with the readiness** that comes from the gospel of peace. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the word of God. And **pray in the Spirit** on all occasions with all kinds of prayers and requests. With this in mind, **be alert and always keep on praying** for all the saints.”

**belt of truth** – keep your pants on with the truth

**breastplate of righteousness** – keep your boobs covered in righteousness

**feet fitted with readiness** – be ready to RUN from the edge of the cliff

**shield of faith** – be ready to take cover with that shield – let your faith defend you – spin and deflect the arrows

**helmet of salvation** – remembering your eternal destiny – fight off the thoughts that lead to sin.

**sword of the Spirit** – you do not fight alone. Notice all other parts of armor are defensive pieces. The battle is yours to AVOID. The fighting belongs to the Spirit of God within you!!!! The Spirit within you is strengthened through your knowledge of the Word of God.

**pray in the Spirit, be alert and always keep on praying** – your responsibility is to avoid the battle, be alert and recognize the attacks, and pray that God will do the rest.

- Nicole and I both have been reminded during this study that we still need a game plan in place. It can still happen to us even though we are extremely happy in our marriages. We can still fall. You will never stop needing your game plan. It will change as you grow and mature. It will change when you get married, but it will still need to be in place.
- This game plan is great if you’ve never been in a serious relationship. It will set you up to have a great experience when you do. But what if you’re already in a relationship and you’ve crossed some lines? One of you asked....

If a guy wants to do “stuff”, how do I keep him AND keep my purity?

- The past is the past. You move forward from today. Don’t pick up anymore baggage.
- **1 John 1:9 – “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”**
- Have “the talk” with the guy you are dating. (Nicole’s paragraph)
  - a) Give options for putting these boundaries in place with a guy you’ve already crossed the lines with.

- b) Options for dealing with your boyfriend. 1) Tell him where you stand on this and why. Invite Jesus into the relationship. Set the boundaries and let him know that if the two of you aren't able to stay within them, you will need to go your separate ways. 2) Break up.

I feel like if I don't do stuff I'll be alone forever...What if there is no one out there?

- This culture looks down on those who are pure. It tells you something is wrong with you if you haven't done "things" with a guy. It tells you that you must not be desirable if no one wants to have sex with you. LIES! LIES! LIES! Don't fall into the trap. Believing this will cause you to settle for less than the best. (Remember, don't settle for ordinary because you are extraordinary.)
- You are NEVER alone. God is ALWAYS with you. **Joshua 1:9:** My favorite part of that verse is the beginning... **"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."** (He doesn't just suggest that we not be afraid or discouraged. He doesn't just suggest that we be strong and brave.... He COMMANDS it. I LOVE THAT! I love Beth Moore's discovery that "DO NOT FEAR!" is the most frequently listed command in the Bible. I never knew that, but it really helps me to trust Him, just knowing that he told us over and over again to just relax and not be scared.
- God is writing your love story. Your cooperation with Him is crucial for it to play out with the happy ending He intends for it to have. Doing "stuff" can ruin the plans He has for you. You have to trust God to make it happen. Your patience and self-control are critical (fruits of the Spirit)! Nicole add something
- We had some random questions that didn't quite fit in any of our categories this week, but we want to make sure they are answered. Like these....

It seems guys don't want love these days. They want IT. How can I make him to want more like love?

What is it with guys wanting to touch us and kiss us? Always wanting to be with a girl? Always having a girl at their side?

- Hormones are raging at this age. That plays a role. But some guys are just as scared as you are. They act that way because that's how they think they're supposed to act. It's what the world says they're supposed to do. It may not be what they really want to do. Have "the talk" with him. If he keeps putting pressure on you, get out.

Should our parents protect our purity or just us? Is it OK for them to?

How far is too far for our parents to protect OUR purity, not theirs? Like no dating or boyfriends in high school?

- Like God, your parents want things "to go well for you". (**Deut. 6:1-3**) Their role in protecting your purity is to instruct you in the ways of the Lord. That includes setting limits. God does the same thing. (e.g. rules regarding sex) If you think your parents' rules are too strict, I would suggest you talk with them about it. Pray about it first. Have a mature conversation with them,

NOT a temper tantrum demanding that you get your way. You might be surprised at how “cool” your parents can be about things like this. See if a compromise can be reached. However, if they decide not to sway from their decision, you are commanded by God to obey them. **(Eph. 6:1 – “Children, obey your parents in the Lord, for this is right.” Col. 3:20 – “Children, obey your parents in everything, for this pleases the Lord.”)**

- **Nicole add something**
- Only YOU are responsible for your purity when you are in a relationship. Your parents, your friends, Danny, even Nicole and I can help you and encourage you. But in the moment when you are tested, none of those people will be there. No one can do it for you. You must take that responsibility for yourself. In the moment, we won’t be there, but God will. He can and will help you to be obedient. He **wants** to help you. **Psalm 46:1 – “God is our refuge and strength, a very present help in times of trouble.”**
- Nicole add college

How do I talk to a friend when she wants to be closer to her boyfriend and you know it’s wrong?

What do you do when your roommate is sexually active and you know that it’s wrong?

SHARE ALL YOU HAVE LEARNED WITH YOUR FRIENDS!! SPREAD THE TRUTH AND SURROUND YOURSELF WITH PEOPLE WHO SHARE THE GOAL AND WANT TO HELP YOU SUCCEED! (THIS IS PART OF THE GAME PLAN) PRAY PRAY PRAY! KEEP TALKING! EXPOSE SATAN’S LIES WITH THE LIGHT OF GOD’S TRUTH! LOVE LOVE LOVE – ALL FALL SHORT-(ROMANS 3:23) – BUT RIGHTEOUSNESS IS AVAILABLE TO ALL (ROMANS 3:22-25A!!!) – BE CAREFUL NOT TO JUDGE! (MATTHEW 7:1&2) **Be prepared for the possibility that your friend might be mad at you for confronting her. Always speak the truth in love, with gentleness and respect. It’s worth her being mad at you for her to hear the truth. God can grow the seeds you plant in her. Be brave!**

- Give CD and verses.