

PURITY - WK 1: "Those Who Seek the Lord Lack No Good Thing" Ps.34:10

NOTECARDS AND PENCILS at every table – When we ask questions – write the VERY 1st words that come to mind–don't think- just write. Also, if you have questions or comments, jot them down and we will try to answer all questions anonymously in the coming weeks. We want you to feel comfortable to ask or say anything. We promise to be honest with you and to prayerfully consider our answers. If you want a private answer, put an email address or # by the question.

We also want to be available to you even after our month with you is over. You can call us or email us. Our contact information is on the handouts we will give out at the end of every class. We want you to understand what we are asking you to do and we want you to be very sure of your decision. And we want you to know that you are not alone in this fight for purity.

I. INTRODUCTION & HOW WE GOT HERE

Before Christi and I started to prepare these lessons a little over 2 years ago, she and I barely knew each other. Aside from our own personal struggles with sexual purity, God used 2 main things to bring us together.

1. **Prayer**- Both Christi and I have **years** of prayer invested in these classes. God has put a desire in our hearts to pray for the purity of young ladies like you. It just seems so hard to be a girl these days. The world makes it so hard to stay sexually pure, or to even want to try.

2. The other thing that brought us together was a book... **apple** on the front cover. **Twilight**. How many have heard of it? Read it/Seen the movies? Sick to death of it? Still love it? Well, there are some very relevant excerpts that we will share, so please bear with us. I won't go into all the details of how God used this book to bring us together. Suffice it to say that, if you are **looking** for Him and **listening** for Him, **God can use anything** to speak a message into your heart. And through this book, (Twilight) and this one (Bible), He brought us to you. I'll tell you why.

* I got about ½ way through the 1st book, and it was impossible for me to miss the **intense battle** with **physical desires**. I saw **PURITY** being **TESTED**. And it really made me mad.

* I got to p.219, and the author really took me back in time to the first time that my purity was tested. I was the age of some of you in this room, and I remember it like it was yesterday. Reading these pages, I felt it all again. I think that's why it made me mad. I didn't want to think of that time in my life... that guy and those feelings. Listen to this... ***"I was stunned by the unexpected electricity that flowed through me;" "A crazy impulse to reach over and touch him... nearly overwhelmed me;" "I felt dizzy;" "I couldn't concentrate;" "I tried unsuccessfully to relax, but the electric current that seemed to be originating from somewhere in his body never slackened;" "The overpowering craving to touch him also refused to fade."***

* I can still see him. I can still feel those feelings. That description is **RIGHT ON!** If you haven't felt these feelings, you will, and we want you to **be prepared**. We don't want you to be **stunned by the unexpected. We don't want you to be impulsive, overwhelmed and overpowered.** We want you to be ready. I was NOT prepared. No one ever told me what to expect or what to do. In about 4 weeks, you won't be able to say that anymore! ☺

II. GOALS AND THEME

* Throughout our 4 weeks together, we hope to **motivate** you. We not only want to convince you that staying sexually pure is the **"right"** thing to do. We want you to **understand why** it is the **BEST** thing, not only for you, but also for your husband, your marriage, and your children. And if you have a boyfriend, it's the best thing for his future family too. We want you to **see beyond the NOW**.

* We are claiming the promise of **Psalm 34:10** as our theme:

"...THOSE WHO SEEK THE LORD LACK NO GOOD THING."

1Chronicles 16:11– "Seek the Lord and His strength; seek His presence continually!"

* 1st 3 weeks – Listen for **ONE THING** – one thing you can remember that will:
- convince you that we are telling you the **truth**, and that will
- convince you to make the decision to **protect your marriage and future family**. **LOTS** of reasons to choose from – so please be listening for at least ONE thing that will **work for you**, that you can **remember**, that you can **hold onto**, and that will help you **make it**.

* And then, once you are thoroughly **motivated** and indescribably **excited** about what God has in store for you, in **wk 4**, we'll talk about a **game plan**. We will figure out **how** to stay sexually pure in this crazy world that will fight you all the way.

* Before we get started, let me make one thing clear...

If you have already completely blown it – or if you have thought about it – or if you have blown it just a little bit... this study is still for you. We will give you a game plan too – one that will meet you where you are.

* What you have done in the **PAST is in the PAST** and we'll deal with that. But for now, leave the past where it is... **WE'RE MOVING FORWARD!**

* Starting with a note-card question....

III. WHAT IS PURITY? WHAT DOES IT MEAN TO BE PURE?

* Raise your hand if the very first thing you thought of had anything at all to do with NOT having sex. That's what I would have said, but the definition might surprise you....

* According to Merriam-Webster, **purity** is being "free from anything that weakens or pollutes;" To be pure is to be "untainted by any other matter."
(not corrupted, not contaminated, not spoiled in any way - not even a little bit - by anything)

* I LOVE THIS DEFINITION! Who wants to be **WEAK? POLLUTED? Or CONTAMINATED?** Who wants a relationship with a friend, family member, or boyfriend – or even your husband down the road - to be weak, polluted or contaminated?

* **If you want strong, true love – then you want pure love.**

* Guess what God wants....

IV. POWER OF 3:

* **God wants 3 things:**

1) to have a pure, unpolluted, STRONG relationship w/me & w/each of you; He was willing to give up everything for that – his throne, his home, even his life.

2) that same pure, strong relationship to be going on BETWEEN each of us; God Word commands us to love one another (1 John 4:7) and to live at peace with everyone (Heb. 12:14, Romans 12:18). But He doesn't just command it and leave us alone to figure out how...

3) to be involved in all of our relationships with each other. To be smack dab in the middle of every relationship we have with every person we meet. **Power of 3** (TV show-*Charmed*; Irish blessing: "May the strength of 3 be in your journey.")

* What is the strength of 3 talking about? **GOD = Father, Son, & HS (ONE GOD)**

* When I say Power of 3 = **ME, YOU, HS** (for those of us in Christ, HS is there!)

Let's go to I John 4 (**5 HELPERS**)

1 John 4:7: "love one another, for love comes from God." (command)

Verse 8 & 16: "God **IS** love." If we have love, we have God... (package deal)

Verse 13: "we know that... **He lives in us** because He has given us His Spirit."

(We have His Spirit **LIVING** inside of us. Wherever we go, He goes too.)

Verse 17: "**Love is made complete (pure) among us so that** we will have confidence on the day of judgment."

* Bible says "complete." **I added "pure."** Complete= doesn't need anything else. If nothing else is there to mess it up, then it's pure, so complete = pure.

* **HOW** is love made complete and pure among us?

- **God IS love and His Spirit LIVES in us.**

Acts 1:8: "you will receive **power** when the Holy Spirit comes on you." (Power of 3) God knows we cannot love purely on our own. But **Romans 5:5** says that through the HS, **God's love** is poured out into **our** hearts, so we can love one another with **His** love... His **pure, perfect** love.

* If we **INVITE** him to come into our hearts and into our love... **HE WILL COME IN** and filter out all the **JUNK** between us, so that all that we have left for each other is complete, pure, strong, unpolluted, untainted LOVE.

* **Why** does he do that? **Why** is love made complete and pure among us? "so that we will have confidence on the day of judgment."

* He wants us to **love and be loved**, but **HE (the God who IS love)** wants to be the one who **lives in us** and **makes our love complete and pure**, so that we can be **confident** that all of our relationships will be pleasing to Him on the day of judgment.

* **Get the image** – Jesus (HS) is a **filter** between you and everyone else. He stands guard over your heart and filters out, or absorbs (like a sponge), all the stuff that would pollute or weaken or contaminate our relationships... anything that makes our love NOT pure.

* **B/w you and your mom**- He can filter out any resentment or annoyance – or whatever feelings you have for your mom that are not perfect.

- * **B/w you and your girl friends**- He can absorb all of that competition and manipulation and pettiness... all of that "mean girl" junk.
- * **And b/w you and that boy**- He can filter and absorb the stuff that might screw up the purity of not only *that* relationship but **future ones too**. Because, I promise you that **every** relationship you have with a boy **will affect the next** relationship you are in with a boy and **every** other relationship after that. Exponential dominoes.
- * This stuff applies to all relationships, but we're here to focus on the girl/boy thing.
- * Another **note-card** question...

V. WHAT WEAKENS OR POLLUTES RELATIONSHIPS? 3 words (1st thought)
(What gets in the way of having perfect relationships? What could someone do to you that would hurt you, and thus cause imperfection in your relationship? What does Jesus need to filter out?)

- * lying, cheating, competition, jealousy, temptation, lack of self control, misunderstanding, etc.
- * Christi and I think that behind all of the reasons that relationships get hurt or tainted, there is **one common factor**....
- * Behind all of this junk, there is some **lie that Satan sells** – that he convinces us of. Satan has a ton of lies, so we are going to **pick a few** to focus on.
- * Before we get into those lies – 3 more words on your **note-card** – this time, **describe yourself in 3 words** – not how others see you, but how you see yourself. (tall, uncoordinated, loving)
- * Now, tell **3 things that you would change** about yourself/your appearance. (thighs/bum, belly, hair)
- * Now, if you wrote things about your appearance, like I did, why do you want to change those things? What **influences our concept** of the ideal "look?" (tv, movies, magazines)
- * **WHY** do we want to look like that? Is it so others will think we are **beautiful? Desirable?** Maybe just so that others will even **NOTICE** us? **Accept** us? We want to be beautiful, don't we? We want to **feel attractive**.

LIE #1

- * One of the lies that Satan sells us about our appearance is this:
If I am not physically perfect, then I am not beautiful. And if I am not beautiful, then I cannot be loved. Harsh, isn't it?
- * **Truth: Being beautiful has NOTHING to do with being physically perfect!**
1 Peter 3:3-4 "Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the **unfading beauty** of a gentle and quiet spirit, which is of **great worth** in God's sight." ESV – "let your adorning be the **hidden person of the heart** with the **imperishable beauty** of a gentle and quiet spirit, which in God's sight is **very precious**."

- * If we are honest, we all could probably **name someone** who is very **physically attractive**, but they just are **not a very beautiful person**.
- * And we all **know people** who are **beautiful because of who they are** and it has NOTHING to do with what they look like. That is the kind of beautiful I want to be. I'm talking about **unfading, imperishable** beauty that is **very precious** and of **great worth** to God.
- * I love Billy Joel's song, "**She's Got a Way.**" (1977 – way before you, I know.) My favorite part says, "She's got a light around her, and everywhere she goes, a million dreams of love surround her everywhere." Every girl's dream! But listen to what **Ps.34:5** says. "**Those who look to [the Lord] are RADIANT...**" (filled with light, glowing, beaming) Billy Joel got it right!! But he wasn't just talking about that super model, Christie Brinkley. He was talking about all of us who have **Jesus, the Light of the world**, living inside of us! (John 8:12)
- * It is a **great freedom** if we can see ourselves as beautiful and radiant – with light all around us, and in us. Then **Satan has no power over our self-esteem**.
- * So when the devil tries to tell you that you have a big bum... (And let me just tell you that God would never say that, so if you are having that kind of thought or if someone insults your looks in any way, that is coming straight out of the pit of HELL!) So, when Satan comes at you with that junk, you square up and say, "**I am looking to the Lord and NOT to you.** And I am radiant!" Seek the Lord **continually** and you will always be ready when Satan attacks you with his lies.
- * We ARE **beautiful AND lovable AND desirable** and **precious** and **of great worth** because we know that the beauty that **matters**, that **never fades**, comes from the hidden person of our heart, **not** our looks. That is the truth MY Jesus gives.
- * And by the way, remember our theme? "Those who seek the Lord lack no good thing." If it is **good** to feel attractive, and it is – just read Song of Solomon – then when we **seek the Lord**, we will **not lack** feeling attractive. And if it is **good** to feel loved, and of course it is bc God commands it, then when we **seek the Lord**, we will **not lack** love.
- * But **if we believe Satan's lie** – that we are not beautiful, and therefore, cannot be loved – then it **weakens** not only our relationship with ourselves, but also with our families, friends, and with boys – even our husbands!
- * If we don't believe that we are beautiful – If we cannot be content with ourselves and the way we look – then we will feel the need to **try harder to be what the world calls pretty**.
- * **We will do what it takes to be noticed.**
 - **starve** ourselves to lose weight,
 - wear too much **make-up** to hide the flaws or play up the features
 - wear **clothes** that are **too tight or might reveal** just a little bit too much
- * We spend way too much **time** and **energy** in front of the mirror **worrying** about what **other people are going to see b/c we think that WHAT they see is WHO we are.** (Lowest of my low... not eating for 3 days before seeing an ex. NOT good.)

- * **TRUTH: OUR BEAUTY DOES NOT DEPEND ON WHAT OTHER PEOPLE SEE!**
- * That leads to lie #2....

LIE #2

* **My self-worth depends on what you think of me. My happiness depends on how others treat me.**

* What **you think** of me might change every day! What **your friends** think of you may change every hour! What **boys think** of you – or what they are thinking ABOUT you may change every minute.

* If how I feel about myself depends on what others think and say about me, or how they treat me – **I will love myself one day – and hate myself the next.**

* Long ago, during my first few years of marriage, I fell into this trap. I bought into this lie. I **relied on my husband to make me happy** – and that made me miserable most of the time! Whenever he would **hurt my feelings**, I doubted his love for me. Whenever he **ignored** me, I felt rejected, miserable, undesirable, and unattractive!

* Do you think **I had issues** with self-worth? YES!

* Those we love deeply have a great power to hurt us deeply IF and ONLY IF we rely on them for our happiness. **NO person** can keep us happy every moment.

* But **there is ONE** who can fill us completely and love us constantly and bring us that kind of JOY, no matter what is going on, IF we let him.... And, now that **I see Jesus as my filter**, guarding my heart and standing b/w me and Bret, if Bret says something that would normally hurt my feelings- I just smile to myself and think, "Jesus would filter that out." And then the **hurt and doubt just slip away.**

* I **know** Bret loves me – but his love for me is not perfect. **(Read Ps 118:1-8.)** Humans will always disappoint you. Seek the Lord and trust in HIM, not people.

* **Jesus fills me first.** He **lives** in me and **completes** me, so when Bret's love falls short and would normally dig a hole in my heart – Jesus is already there to fill it up! And I **always** know that I am loved! Bc **His love endures forever!** (Ps.118)

* **NO WOUND CAN DESTROY A HEART THAT BELONGS TO JESUS! Ps. 34:10!**

* In the 2nd Twilight book, **Edward left Bella** for a while, and she was lost and empty. She felt like there was a hole in her chest. It was *physically* painful for her.

* But listen to what she said, as soon as they were together again... **"It was like there had never been any hole in my chest. I was perfect – not healed, but as if there had been no wound in the first place."** (New Moon, p. 452)

* I think this part of the story really describes our **relationship with Jesus. Without Him**, we are lost and empty. We have a hole that needs to be filled. But **WITH Jesus**, we are not just healed.... **WE ARE PERFECT!**

Heb.10:14 "For by one sacrifice he has made **perfect** forever those who are being made holy."
(MSG): It was a perfect sacrifice by a perfect person to **perfect** some very imperfect people."

VI. THE TRUTH

We need to **accept some truths** together at this point..

- * God created us exactly the way he wanted us to be – inside and out.
- * WE have to accept and love ourselves **as we are** – because HE accepts and loves us **as we are**. John 6:37 – “**whoever comes to me, I will never drive away.**” (not “whoever weighs just so much or looks a certain way” but WHOEVER comes) You will never be rejected or discarded. He will never drive you away. **“His love endures forever.”** (Ps.118) He wants us to see that **HIS** love is enough.
- * Remember **I John 4:16** – “God is love”? I left out the part that comes right before that... It says, “we **know** and **rely** on the love God has for us. **GOD IS LOVE.**” God wants us to KNOW His love. He wants us to RELY on HIS love. He wants His love to be enough.
- * **Jesus fills my heart. Jesus is enough. But Bret is my icing on the cake.**
- * If you **find love for Jesus 1st and receive love from Jesus 1st**, and fill your heart with Jesus first, then all other relationships will fall into their rightful place – taking a **backseat** behind your **first** and **most important** relationship with Jesus. This is GOD’S plan for all of us.
- * And **His plan** for us is always **so much better** than what we plan for ourselves. Why? Because His plan includes the **future that He knows**, but that we cannot see. His plan goes way **beyond what we want right now**.
- * You **CAN** find **love as God intended** it to be – **pure, complete love, but God has to be in it.**
- * **Bret and I** have awesome, complete, pure love **now**, but it was not always like that...It took 13 years before we finally figured it out.... Before we finally filled our hearts with Jesus and put him in the middle of our love.
- * It’s important to note that this only works perfectly when **BOTH people** put their relationship with **Jesus first**. God doesn’t want you to be with a man who is not a believer. God knows the kind of **influence that our men can be** in our lives and He makes it clear that we are to avoid that danger. Listen to this:
 - I Corinthians 6:14 – “Do not be yoked together with unbelievers. For what do **righteousness** and **wickedness** have in common? Or what fellowship can **light** (radiance) have with **darkness**?”
 - 2 Timothy 3:2-5 – “People will be lovers of themselves,... disobedient to their parents,.. without self-control,... not lovers of the good,... lovers of pleasure rather than lovers of God... **Have nothing to do with such people.**” Yep, I’d say God makes that pretty clear.
- * Christi and I want you to **learn this stuff faster** than we did so that you can receive what God intends for you much earlier than we did.
- * And you need to start by **seeing yourself the way God sees you... as the**

**BEAUTIFUL TREASURE THAT HE DESIGNED AND CREATED
WITH HIS OWN 2 HANDS!!**

VII. SEE YOURSELF CLEARLY

- * One of my friends was describing her favorite love story to me. She said that what was so beautiful about this couple and their love for each other was that, **"Where no one else saw value, they saw treasure!"**
- * No matter what every one else sees... **YOU ARE A TREASURE!**
I AM A TREASURE! And our TREASURE is **worth protecting!**
- * When my husband and I were **dating**, we were a **roller coaster** – on and off, up and down... happy and miserable... but always passionate. We were either **passionately in love** or we were **passionately annoyed** with each other.
- * We didn't know what to make of our feelings and we **broke up** lots of times. One summer, he was being a real jerk. He kept pushing me away and I was hurt, mad, and confused. And then, he **wrote me a letter**. I'll never forget one of the things he said in that letter.
- * He said, **"No matter what happens, don't settle for the ordinary because you are extraordinary."** Well, that blew me away and melted my heart.
- * I was a pretty **confident gal** back then, but I **never** would have called myself "extraordinary." But that is how Bret saw me. (thighs – Bret loves the worst of me – because he sees me and loves me as Jesus sees me and loves me.)
- * I am a treasure to Jesus, but **I am Bret's treasure, too**. And he is mine. And I will do whatever it takes to protect our love. And I wish someone had told me that I could **have started protecting** my marriage **when I was your age**. I would have done many things differently.
- * In the Twilight books, Ed kept telling Bella, **"You don't see yourself clearly."** Bella couldn't see herself through Edward's eyes. She refused to believe that she was **beautiful** to him, **desirable** to him, **worthy** of him. But he sooo wanted her to believe all of those things... and Jesus wants you to believe it too. He wants you to see yourself clearly – as he sees you – as his **beautiful, precious treasure**.
- * **His Thoughts Toward Me – p. 37-38 (Jeremiah 31:3)**
- * **He drew you, and designed you, and formed you EXACTLY the way He meant for you to be.**
- * **Psalm 139:14,16:** "I praise you because I am fearfully and wonderfully made; **your works are wonderful**, I know that full well...your eyes saw my unformed body."
- * **Ephesians 1:4** – "Long before he laid down earth's foundations, **he had us in mind**, had settled on **US** as the **focus of his love**, to be **made whole** and holy **by his love**."
- * He **saw** you before you were formed.
- * He had **you** in mind as the **focus of His love** even **before** He created the world.
- * He wants you to **see**, to **know**, and to **rely** on His love. And He wants His love to make you whole.

VIII. MAIN POINT

* You are a BEAUTIFUL, RADIANT treasure, of great value to God! You are loved completely, purely, and perfectly, by the God who drew you, designed you, and formed you. And His love **will never end**. (Ps. 34:5; Jer. 31:3; Ps. 118:1,2,3,4)

* Your identity and your self worth should come from God and what He thinks of you, not from what people think... not friends, not family, not boys. (Ps. 118:8; Heb. 10:14; Ps. 139:14; I Pet. 3:3-4; Eph. 1:4; I John 4:9)

* And if you get anything at all out of this 4 week study, we want it to be this:

- **LOVE JESUS FIRST** - BEFORE YOU EVER LOVE A BOY.

- **RECEIVE LOVE FROM JESUS FIRST** - BEFORE YOU EVER SEEK OR RECEIVE LOVE FROM A BOY.

- **FILL YOUR HEART** with Jesus and let all the other love be the **icing** on the cake.

* If you are already in a relationship – or if you have been in one in the past –

- **RECEIVE LOVE FROM JESUS NOW.**

- **INVITE HIM TO FILL YOUR HEART TODAY, and**

- **INVITE HIM INTO THAT RELATIONSHIP – TO BE YOUR FILTER, YOUR GUIDE, and YOUR SHIELD.**

* HOW DOES ALL OF THIS RELATE TO SEXUAL PURITY?

* If we **accept God's love** and we see ourselves as the beautiful treasure that He created, then:

- We will **not need to seek** acceptance and love through other people.

- We will **protect God's treasure** from being tainted.

- We will **start NOW** to protect our **marriage** from being weakened by Satan's lies and traps.

* Accept the love and promises and truth of Jesus and open your heart to be filled and satisfied with His love. And let His love be enough. **"Those who seek the Lord lack no good thing."** (Ps. 34:10)

IX. HOMEWORK

* Think of your favorite **love story** (or any love story in which there is an amazing hero who loves the girl.) Make a list all the things that the hero IS for the girl – all the things that make him so desirable, so attractive to us - **all the reasons that we want to be the girl in the story**. What about the hero makes the girl feel so loved, so wanted – what does he do, what is he like?

* If you have read Twilight, you can use Edward if you want to, or Jacob- if you prefer the werewolf over the vampire. Any hero will be fine.

X. HANDOUT/CHALLENGE

* If you believe you are a piece of **dirty, ugly carpet**, you will let people walk all over you. If you **believe you are a treasure**, you will expect to be treated like one - to be respected, cared for, and protected like a **rare gem** – that IS what you ARE!

* Start believing what God says about you and begin some **new habits**. Speak the truth of **your worth out loud** and speak the truth to your friends, too! (Speak the truth about yourself to yourself; speak about your friends to your friends).

Do NOT speak or accept insults of GOD'S PRECIOUS MASTERPIECE!

Psalm 118

- ¹ Give thanks to the LORD, for he is good;
his love endures forever.
- ² Let Israel say:
"His love endures forever."
- ³ Let the house of Aaron say:
"His love endures forever."
- ⁴ Let those who fear the LORD say:
"His love endures forever." (repeated 4 times, must be important)
- ⁵ When hard pressed, I cried to the LORD;
he brought me into a spacious place.
- ⁶ The LORD is with me; I will not be afraid.
What can mere mortals (**what can MAN**) do to me?
- ⁷ The LORD is with me; he is my helper.
I look in triumph on my enemies.
- ⁸ **It is better to take refuge in the LORD
than to trust in humans.**