

A Ladies Guide To Purity

Student Edition

Brooke Higgins

Bloomington, IN



Milton Keynes, UK

*AuthorHouse™
1663 Liberty Drive, Suite 200
Bloomington, IN 47403
www.authorhouse.com
Phone: 1-800-839-8640*

*AuthorHouse™ UK Ltd.
500 Avebury Boulevard
Central Milton Keynes, MK9 2BE
www.authorhouse.co.uk
Phone: 08001974150*

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Contents

Introduction

vii

Statistics: Every Lady Should Know

ix

Quote by Karen Testerman

xii

Chapter One:

Lesson One: Introduction

Quote by Gabby Miller

1

Chapter Two:

Lesson Two How Can We Become Pure?

Quote By Amelia Caballero

5

Chapter Three:

Lesson Three How Can We Keep Our Hearts Pure?

Quote By Natalie Wilcoxon

11

Chapter Four:

Lesson Four Who Has Your Heart?

Quote By Amanda Caballero

17

Chapter Five:

Lesson Five What Is Your Game Plan?

Quote By Vanessa Remington

23

Chapter Six:

Lesson Six What Is Under That Flesh, Anyway?

Quote By Leann Coletto

31

Resources Every Lady Should Have

37

Introduction

This lesson book was a joy to compose. I have taught this exact study for five years and a rougher version a couple of years before that.

I gave my life to the Lord at the young age of fifteen, and by sixteen, I had decided to stop dating guys and began to “date the Lord”. It was not a very popular decision. Before Christ, I was your typical young girl, going out with guys, flirting, and dressing inappropriately to gain the attention and approval I longed for. I was doing whatever it took to fill the void in my soul. What a wasted effort—I never felt complete, filled, or any more wanted than before the relationships. Giving my self as well as my heart away to any takers left me empty and insecure. Even after I gave my life to the Lord, I tried to continue this lifestyle, again feeling used and unhappy with myself. Then a friend of mine in the church challenged me to “date the Lord” for a year. Was she serious? Not have a boyfriend! “I don’t think I can do that,” I told her, but she assured me that God would be my strength, and comfort me when I was lonely. So I tried it, and I have never looked back.

In this pursuit of “dating the Lord”, I watched my close friends and family continue to seek attention and responses from the opposite sex, all the while getting their hearts broken and getting deeper and deeper into sexual sin. My heart longed for love like everyone else, but I wanted a love story—one that was abundant and was going to last.

There were nights I spent crying, as my commitment to Jesus seemed to be so foolish in the world’s eyes, but in those struggles, I really learned to cleave to my Lord. I may have looked like the part of a freak to a lot of people! They went out on dates with the flavor of the month and I had my mom drop me off at the nearby coffee house to open my Bible over a cup of coffee and date the Lord. I didn’t care—not usually, anyway—I wanted the very best that the Lord had for me and I was willing to wait. I was praying that my future husband would be waiting, too. He was! He

had made a similar decision not to date, but to wait for the Lord to bring him his wife. We appreciated and respected each other so much for the choices we made while we were single, to wait for God's best. My desire in writing this book is to help anyone who would be willing to listen to enjoy the very best that the Lord has ordained for him or her.

Now, I will not say that dating is a sin, because it is not. As for me, I knew my own weaknesses. I could not be found in a relationship and not get into physical trouble, so I decided to forfeit the entire process, a decision encouraged by Joshua Harris's book, *I Kissed Dating Goodbye*. Thanks, Joshua!

When I was 17, I began using that book to teach other girls to commit to sexual purity. I did that for a couple of years before I met my husband. We had both most certainly heard from the Lord, and we began to court. We were married shortly after. Our marriage is the beautiful love story I longed for. Not long after the honeymoon, I jumped by his side as a youth pastor's wife and was directly involved with young girls. I decided to create my own curriculum for a six-week purity study based on what I had learned from the Word of God concerning our purity. I have done it every year since. May our Lord and husband bless you as you seek Him out on a deeper level.

All Scripture references are taken from the King James Version.

All Biblical definitions are taken from the Bible Online Program.

Materials and Specifics You Will Need

You will need the following:

* your Bible

* a folder, notebook, or journal

Statistics: The Reality Behind Choosing Purity or Choosing Sex Before Marriage

STD Stats

Adolescents and young adults (15-24) are the age groups at the greatest risk for acquiring an STD, 3 million becoming infected each year. (American Social Health Association 1998)

In the US 65 million people are currently living with an incurable STD. (A.S.H.A 1998)

Every day, 8,000 teenagers in the United States become infected by a sexually transmitted disease. (www.ashastd.org)

Dr. Meg Meeker, a pediatrician and author of *Epidemic: How Teens Sex is Killing Our Kids*, reports that half of all students in the ninth through the twelfth grades have had sexual intercourse.

A girl is four times more likely to contract an STD than she is to become pregnant. Today, a young mother has had on average 2.3 STDs. (SIRS Knowledge Source)

In the 1960's, syphilis and gonorrhea were the two most prevalent STDs: Today, there are more than 20 and some have as many as 80-100 strains. (SIRS Knowledge Source)

The American Medical Association recommends that sexually active girls be tested for Chlamydia every six months. Why just girls? Aren't boys infected as well? Yes, men carry the infection, but as is often the case, girls endure most of the consequences. Stenzel points out that the female reproductive system is open; scar tissue builds up on the cervix, fallopian tubes, and ovaries as a result of pelvic inflammatory disease (PID) from the Chlamydia infection.

In reality, even if a condom is used 100 percent of the time, a sexually active young person is at risk to contract STDs including gonorrhea, Chlamydia, and Trichomoniasis. Even when used, a condom fails to prevent pregnancy 12 percent of the time, according to the Maryland Center for Mental and Child Health.

Herpes is the one of the most common STD's in the United States, with more than 45 million individuals having this lifelong virus. (www.ashastd.org)

HPV (Human Papilloma Virus) is the most common transmitted STD. There are between 80 and 100 strains of the virus. Some cause genital warts, but the strains that cause cervical cancer were recently linked to anal cancer does not produce symptoms in the host. HPV is spread through skin-to-skin contact. (SIRS Knowledge Source)

Chlamydia is a bacterial infection, first reported in 1984; Chlamydia affects an estimated 3-5 million women annually. It infects the cervix, urethra, throat, and rectum. While treatable, it is highly destructive to the fallopian tubes and can cause infertility or ectopic pregnancies. (SIRS Knowledge Source)

HIV/AIDS - Acquired immune deficiency syndrome is caused by the human immunodeficiency virus. An HIV infection weakens the body's immune system and increases the body's vulnerability to many infections as well as the development to certain cancers. AIDS is one of the most frightening of the STDs because it is the most uniformly fatal of the group. (SIRS Knowledge Source)

Teen Pregnancy Stats

About 860,000 teenagers become pregnant each year, and about 425,000 give birth.

In 1960, 15 percent of teen births in the United States were out-of-wedlock. More recently, the out-of-wedlock birthrate was 78 percent among teens, according to the National Center for Health Statistics (2000).

Meanwhile, a primary indicator of poverty in our nation is in single-parent households among 15- to 19-year-olds. Ninety percent of these young people will never attend college. Eighty percent of women who choose to parent while they are teens will live at the poverty level for 10 years or more.

Linda Waite, professor of urban sociology at the University of Chicago, and Maggie allagher, affiliate scholar at the Institute for American Values, have found that children born to unmarried mothers are more likely to die in infancy. Boys raised in single-parent homes are twice as likely to commit a crime that leads to incarceration by their early thirties.

Abortion Stats

Total abortions since 1973 - 46,023,191

Approximately 2 out of 10 women who abort their first pregnancy will never be able to have children again. (Letusreason.org)

1% of all abortions occur because of rape or incest; 6% of abortions occur because of potential health problems regarding either the mother or the child, and 93% of all abortions occur for social reasons (i.e. the child is unwanted or inconvenient.). (www.nrlc.org)

Purity Stats

Two years ago, 39 percent said premarital sex was wrong; today 46 percent say it is wrong. Among those from age 18-29, the proportion considering premarital sex wrong had climbed from 18 to 27 percent. (www.agi-usa.org)

While 93 percent of teenage women report that their first intercourse was voluntary, one-quarter of these young women report that it was unwanted. (www.agi-usa.org)

Sexually active girls are more than 3 times more likely to be depressed than are girls who are not sexually active. Boys who are sexually active are more than 2 as likely to be depressed as are those who are not sexually active. (www.heritage.org)

The primary reason teenaged girls who have never had intercourse give for abstaining from sex is that having sex would be against their religious and moral values. (www.etr.org)

Less than a third (27%) of high school freshman boys and 59% of senior boys have had sex. About 1 in 5 young people do not have intercourse while teenagers. (www.etr.org)

39% of teens say that morals, values, and/or religious beliefs affect decisions about sex more than any other factor. (www.etr.org)

Despite the rhetoric, everyone is not doing it. Over 50 percent of our youth are not engaging in genital contact with one another. Given the information, our young people are capable of making informed decisions. Once we realize this , we can give them (and society) a future without this plague.

Quote by Karen Testerman

Chapter One

Lesson One Introduction

While going through this in-depth study, it might be a good idea to invest in a folder or a notebook. These will come in handy when you are touched by a specific verse and would like to write it out. I have also used notebooks to write down prayers as the Lord has been stirring or changing my heart. This first lesson is just introducing you to the word purity, and allowing you to ponder why you decided to look deeper into it. May the Lord bless this time of learning at His feet. Enjoy Him.

**Why do *you* desire to learn about purity?
Feel free to write out your answer.**

The Word Purity

* What do *you* think purity means?

* Webster's definition: Unmixed with any other matter, free from what weakens or pollutes; innocent, chaste, perfect

Antonym: Immoral, dirty, contaminated

* Hebrew definition (Old Testament): Clean, bright, polished, purged

* Greek definition (New Testament): Clean, clear, blameless, innocent, sacred, free from carnality, sincere.

Have a Reason for Your Faith...

Lesson One

1. What is Webster's definition for purity? What is the antonym?

2. What do you hope to gain from this study?

Please give scripture references for your answers.

I think that I should treat guys with respect as well as with caution. I can treat them with respect by not tempting them with worldly fashions or “guidelines” that are produced only in vain. I should treat guys with caution because (no matter what they say) they could want the relationship solely for the physical aspect, an aspect that I—as long as I am single—will not deem acceptable! I don’t want to appear drawn away to them, but reserved. So, all in all, I don’t want to flaunt but guard my body and soul.

- Gabby Miller, age 13

Chapter Two

This lesson is all about salvation. The only way to obtain sanctification, which makes us pure before a perfect God, is through the blood of His Son, Jesus. Now, there are responsibilities; each individual has to keep him- or herself pure from corrupt things. We will discuss that in Lesson Three, but the only way to become pure is through the saving grace of God. We will cover various ways in which the High Priest in the Old Testament would purify the nation of Israel through sacrifice and offerings. We will clarify that not only is Christ the new High Priest, but He is also the sacrifice made once, for the sins of humankind. You may be one of many who have already made sexual mistakes. This is an amazing lesson for you to understand the atonement made for us at the cross. We are all able to begin again.

Lesson Two

How Can We Become Pure?

Only by faith

* First we must believe in what Christ willingly did for us on the cross.

1 John 1:9

Cleanse = Make clean, purge, purify

1 Corinthians 6:9-11

Fornication = Indulging in unlawful sexual intercourse; to prostitute one's body to the lust of another

Washed = to wash off or away

Sanctified = be holy, to separate from profane things and dedicate to God

Ephesians 2:4-9

By faith you are saved

Romans 5:1,2

Justified = to be freed, to be righteous, to declare one to be just or right

Access = to approach God

Revelations 1:4,5

"In His own blood"

Hebrews 9:11-14—Explaining the High Priest and his job will bring clarity to these scriptures: the High Priest was the middleman between God and humans. His job was to make sacrifices daily of bulls, goats, and other animals to the Lord for the people's sin, because the wages of sin is death (Romans 6:23). He would also go into the Holy place found in the Temple, which was sectioned off by a veil, once a year, to offer up sacrifices for his sins. Then, the sins of the nation (Leviticus 16). When Jesus took his last breath on the cross, that veil was torn in two (Mark 15:37-38). This symbolized the new and living way to the Lord, through his Son.

Hebrews 7:23-28—Jesus, the High Priest

Hebrews 9:11-14—Jesus, the Sacrifice

Verses 11-13—These scriptures are simply stating that Christ did not use the blood of bulls and goats to sanctify us, but his own blood.

Verse 13—This scripture speaks of sanctifying the purifying of the flesh. This is the cleansing of even your physical body.

Verse 14—Purge your conscience.

Conscience = Soul, distinguishing between what is morally good and bad

This frees you from the defilement of sin that has polluted your mind, and also from the guilt in your mind of past sins.

Verse 14—Now serve the Living God.

This allows you to worship Him, and to minister to others.

Hebrews 10:19-25—Verses 19-20 explain the relationship we now have with the Father through His son. We are able to enter into that Holy Place with boldness by the blood of Jesus. Verses 22-25 speak of what we are to do after we have received this truth. Now we can draw near to Him with a true heart in full assurance of faith, because God has cleansed our evil consciences and washed our bodies. We are to hold fast the confession of our faith without wavering. We are to provoke each other unto

love and good works, and we are to stay in fellowship with one another, exhorting one another.

Verse 19—Holiest = Sanctuary, Holy

Verse 22—Draw near = Come to, approach

Verse 22—Full assurance = Most certain confidence

Verse 23—Profession = Confession

Verse 23—Without wavering = Immovable, firm

Verse 25—Exhorting = Comforting, praying, beseeching

We are able to begin again.

2 Corinthians 5:17, 18

Reconciled—To change or exchange; atonement

Lamentations 3:22-25

The Lord delights in a repentant heart.

Psalm 32:1-5 (What David's physical body felt when he kept silent and did not confess to the Lord)

Psalm 51:1-12 (David confessing before the Lord concerning his sin with Bath-Sheba)

Proverbs 28:13, 14

Proverbs 24:16 (Being a Christian does not mean that you are perfect, but it does mean that when you fail, you repent quickly, get back up, and keep walking with your Lord.)

Have a Reason for Your Faith...

Lesson Two

1. How do we know that even our conscience is clean before God?

2. Name the things that become cleansed in you, because of Christ.

Please give scripture references for your answers.

Being devoted to Christ means we don't have to worry! Whether it's worrying about if you will find the perfect husband or all the little things in life we experience every day. He's got our lives all planned out to do his will, and it is more amazing than we could ever imagine (Jeremiah 29:11, 1 Corinthians 2:9)!

We also never have to feel unloved. We are loved more than we know (Romans 8:38 - 39, Galatians 2:20).

We don't have to be unhappy; there is more joy in Jesus than in anything else (Psalms 30:5, Psalms 37:4). Life will never be too big for us, because that is like saying our problems are too big for God! And how could we ever really be pure or holy, or even classified as good without Him? Being devoted to Christ means you will never be alone; He is constantly with you (Joshua 1:9).

- Amelia Caballero, age 14

Chapter Three

This lesson will focus on the act of abiding in Christ. We have established in the previous chapter that we can only obtain purity or sanctification through the redeeming blood of Jesus, but now we must learn how to walk in the spirit. Galatians 5:16 says that if we walk in the spirit, then we will not fulfill the lust of the flesh. How does a young person keep his or her heart pure in such a wicked and morally deprived generation? How can we keep our entire bodies in check—mind, soul, and spirit? We will find the answers to these questions through God’s word. The first reaction or impulse in any situation will be the flesh, so we must make a decision for the spirit. If we can recognize this, then it will be easier to combat Satan with God’s word, the way that Jesus did in the desert (Matthew 4:1-11). Understanding the battle within our beings—the flesh raging war against the spirit and the spirit against the flesh—is the beginning to a victorious life over our sinful natures.

Lesson Three

How Can We Keep Our Hearts Pure?

Through His word

* **Psalm 119:9-16**—These verses deal with the heart—hiding His word in our hearts that we might not sin against Him.

Whole heart = Inner man, mind, will, heart, understanding

* **Hebrews 4:12**—His word is a discerner of thoughts and intents of the heart.

* **2 Corinthians 10:3-6**—It is our choice to cast down things in our hearts and minds that exalt themselves over the knowledge of our Lord.

* **Romans 12:1, 2**—Not allowing our minds to be conformed to the filthy ways of this world

Conformed = Fashion yourself according to

Transformed = Changed, transfigured

* **Ephesians 4:21-24**—This is a contrast between the old man and the new man. Again, there is a choice to “take off” and “put on.”

Corrupt = Defiled, to destroy

* **1 Peter 1:22**

* **John 15:4**

Abide = Remain, dwell, continue

Flee from Satan:

* **Ephesians 4:27**—Compromise is a great invitation for Satan.

Give place = Give room, quarters, or any portion or space marked off; an inhabited place

* **2 Timothy 2:22**—Flee the world’s ways and follow the Lord with those who love Jesus with their lives.

Youthful = Active

You belong to God.

* **1 Corinthians 6:18-20**—We abide because we belong to Him and we are valuable to Him. He paid a high price.

Harlot = Prostitute, sleeps around for money or pleasure

* **1 Corinthians 7:1, 2**—You do not belong to another person until a marriage is legal. Until then, your body belongs to the Lord.

Your brothers in the Lord also belong to God.

* **Romans 14:13**—We do not desire to stumble our brothers with our apparel or lack thereof, our speech, or conduct (examples: body language, flirting, talking inappropriately).

Even if your friends are doing it

* **Proverbs 30:12**—Don’t involve yourself in the filthiness of this world,

because they are deceived.

* **Proverbs 31:30**—Don't be like others.

* **Jeremiah 17:9**—Our hearts can be wicked and deceitful.

* **Proverbs 19:21**—*Devices = thoughts, intents, purposes, and imaginations*

Have a Reason for Your Faith...

Lesson Three

1. Read **2 Samuel 13:1-19**. After Amnon sinned against God and abused Tamar, how did he feel toward Tamar? Why?
Read also James 1:14,15.

2. How do your friends and those you hang around with *affect* your purity?

Please give scripture references for your answers.

I catch myself constantly using phrases and motions that remind me of my friends. It shows me that no matter what I think, my friends really do rub off on me in a lot of different ways. So therefore, their views on purity do influence how I feel about it. That is why it is important to have fellowship with like-minded believers (Ephesians 5:8-13).

- Natalie Wilcoxon, age 18

Chapter Four

This lesson will discuss the owner of your heart. This can be a hard thing to receive. A lot of things can have special places in our hearts. This lesson will identify which ones are of the Lord and which ones are of our selfish desires and ourselves. We will cover where our delight is found. We will answer a difficult question: are we befriending the world? We will focus on the inward man and the treasures therein. I encourage you to examine your own heart and see if you are in the faith or caught up in the deception of this present world (2 Corinthians 13:5). Please allow this study to bring grace and not condemnation. We all can become distracted by things in our lives, but with each fall, we rise stronger and more aware of Satan's plans to deceive us.

Lesson Four

Who Has Your Heart?

May we ask the question, who has your heart?

- * Heaven or Earth?
- * Guys and friends, or the Lord Jesus Christ?
- * Your own ambitions or God's will for your life?

Galatians 1:10—Are you a pleaser of men or a servant of Christ?

You cannot be both.

Persuade = Trust, obey, have confidence in (Psalms 118:8,9)

1 Thessalonians 2:4—Paul's desire was not to please people, but God, who alone tried his heart.

Tries = Approves, examines

Where is your delight?

Delight = Pleasure, desire, purpose

What does the word say about where your delight should be?

- * **Psalms 1:1-3**—David's delight was in the law of His God, and the blessings were both spiritual and earthly.

Law = God's direction

* **Psalm 27:3,4**—To be always in His sweet presence to always see Him in every citation

* **Psalms 112:1 - 3**—*Fear* = Revere, be afraid

* **Psalms 119:24**—His Word is also our counselor.

Counselor = Husband

* **Psalms 37:4**—Delight here means to be of dainty (happy) habit, to be pampered. We are to make Him our happy habit and to pamper ourselves in Him, His love, His Word, and His presence.

* **Luke 10:38-42**—Mary found the better part, delighting in Jesus at His feet.

These are all different characteristics and aspects of the Lord, but it comes down to simply delighting yourself in Him.

Do you desire to be accepted and loved by the world or by the Lord?

A Heart Question: Flirting: why do we do it?

Flirting—To move erratically, to behave like you are in love without serious intent, to show casual interest

Befriending the world: what does the Word say?

* **1 John 2:15 -17** - Satan's same tactics found in Genesis 3:6

* **James 4:4** - *Friend* = A companion

* **1 Timothy 6:10-12** - The love of money is also a friend to the world.

* **Colossians 3:1, 2** - *Affections* = Your regard, your

thinking

* **Luke 6:22, 23** -

Sometimes befriending God means being
rejected by the world; praise the Lord!

The choice to surrender yourself is only yours . . . Have a Reason for Your Faith...

When I would see girls who get all this attention through flirting from guys, sometimes in my mind, I would feel a little hurt and I feel a longing. I have liked at least a guy or two every year, if not more. I wondered why they have never liked me back. Now I know it is because God has someone who is as different as I am, and if I can keep my eyes off the other guys and on Jesus, I won't miss him!

- Amanda Caballero, age 15

Chapter Five

In this quest for spiritual and sexual purity, we need to understand that Satan has a plan to destroy us. This lesson will discuss convictions and preparing a game plan for when Satan attacks those convictions. What is our stand on sexual purity? What are we allowing in our homes, with television, movies, magazines, etc? How do we deal with temptation? We must look at Jesus and how he fought the enemy of our souls. Again, through God's Word (Matthew 4:1-11). Knowing your game plan not only involves your convictions and (if you are still at home) rules that your parents may already have in your home, but also scripture to back up each objective. When that time of temptation comes, and it will come, feelings will ignore convictions, and the heart will be deceitful above all things (Jeremiah 17:9). The enemy can only be fought and destroyed by the word of God! Be then prepared!

Lesson Five

What Is Your Game Plan?

Having a game plan simply means being prepared for the attacks of Satan when he comes to destroy your commitment to stay pure in both your **mind** and your **body**.

Job had a commitment (Job 31:1).

Covenant = Pledge

Song of Solomon 2:7, 3:5, 8:4

Make a commitment not to stir up or awaken love until the Lord so desires.

Be ready.

* **1 Peter 3:15**—*Sanctify* = To render or acknowledge; be ready even to give Satan an answer when he comes to tempt you.

* **2 Timothy 2:15,16**—*Study* = Be diligent

* **Proverbs. 15:28, 29**— The Lord will hear your prayers to keep you from sexual sin; He is even more committed to it than you are.

Studieth = Meditate

How do you know what the Lord's will is for your heart and body?

* **Proverbs 3:5-7**— *First*, you are to trust that the Lord's will is better for your life than even what you may desire. Acknowledge Him in the

area of love. Then be honest with yourself (verse 7).

* **1 Thessalonians 4:3-7**—*Concupiscence* = Desire, craving, or longing for what is forbidden

Being pure in your mind:

* **Ephesians 4:17-24**—Don't be like the unsaved, lost in the vanity of their minds, but put on the *new* person and be renewed in the spirit of your mind.

Vanity = Devoid of truth and appropriateness

Lasciviousness = Wantonness, unbridled lust

* **Romans 12:1, 2**— Again, choosing to not be conformed to this world and their ways of thinking, but to renew your mind in Christ Jesus

* **Philippians 4:8**— God gave us clear instructions on what we should think about.

Pure = Pure from carnality, chaste, modest

Lovely = Acceptable, pleasing

Just = Righteous

Good report = Sounding well

Virtue = Moral goodness

Think = Impute, count, number

For your body:

* **1 Corinthians 6:13-15**—Your body belongs to the Lord.

* **1 Corinthians 6:18-20**—Your body houses the Holy Spirit. You are

not your own.

Flee = Escape, flee away

* **1 Corinthians 7:1, 2**—Unless a man is your husband, he should not touch you. It is pretty simple.

Touch = To fasten one's self to, to cling to

* **1 Timothy 4:12**—Be an example; people are watching.

Devotional Sheet

For Lesson Five

Psalm 62

While you wait for the Lord, be found. . .

- | | |
|------------------------------|------------------------------|
| * Philippians 4:11-13 | Being content |
| * Hebrews 13:5 | Being content |
| * Hebrews 12:2 | Keeping your eyes up |
| * Hebrews 13:14 | Keeping your eyes up |
| * Matthew 6:33, 34 | Keeping your eyes up |
| * Psalm 16:11 | Finding your joy in Him |
| * James 1:2-4 | Finding your joy in Him |
| * Psalm 28:7 | Finding your strength in Him |
| * 1 Peter 4:12 - 16 | Finding your strength in Him |

Have a Reason for Your Faith...

Lesson Five

1. Write down five characteristics you desire to possess and why you desire them.

1.

2.

3.

4.

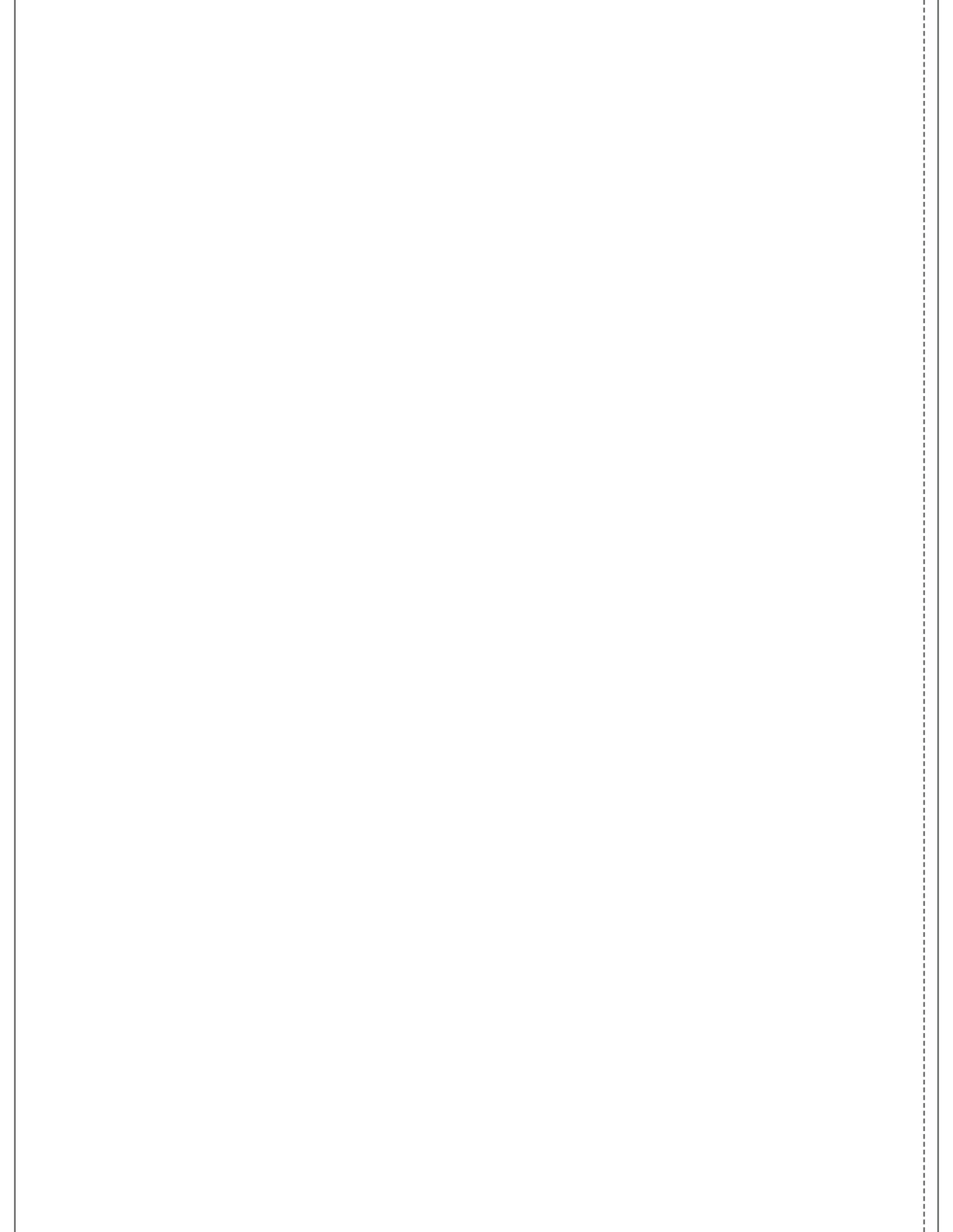
5.

2. Read **Genesis 24** and list Rebekah's qualities.

Please give scripture reference for you answers.

Many people believe experience is the best way to learn. While this may be true for some things, I believe it is not true for purity. I have never had a boyfriend or a serious relationship, but the Lord has taught me so much by watching my friends and helping them cope with their heartache. I am not saying that I have never been hurt, but I do know that God was, is, and always will be the only one to really get me through. I am learning to just trust Him because He will never break my heart.

- Vanessa Remington age 19



Chapter Six

This lesson is all about learning the battle that goes on within, the flesh versus the spirit. If we are aware of the corruptness of the flesh and are given the right tools to fight off the works of the flesh, our focus will be better set. The flesh is our human nature and the spirit is the Holy Ghost residing inside us. These two do not agree. Even though our habits and our nature can be strong at times, the Lord within us is greater still (**1 John 4:3, 4**).

Lesson Six

What Is Under That Flesh, Anyway?

Flesh defined by:

Webster's = Carnal, sensual, not spiritual, worldly

Greek = To be carnally minded

Works of the flesh (Galatians 5:19-21)

Uncleanness = Impure motives

Lasciviousness = Unbridled (uncontrolled) lust

Idolatry = Worship of idols

Witchcraft = Use or administering of drugs, poisons, sorcery, and magical arts

Variance = Strife, debate, contention

Emulations = Envy, jealousy

Wrath = Passion of anger

Strife = Selfish ambitions

Sedition = Dissension, division

Heresies = Faction, being false

Revelling = Rioting

Fruits of the spirit (Galatians 5:22-23)

Love = Brotherly love, affection, goodwill

Joy = Gladness

Peace = Rest, quietness, security, safety

Long-suffering = Patience, endurance, steadfastness, slow to avenging wrongs

Gentleness = Kindness, goodness

Goodness = Uprightness of heart and life

Faith = Assurance, belief

Meekness = Gentleness

Temperance = Self-control, one who masters his desires and passions

* **John 6:63**—Jesus said that the flesh profits nothing.

Quickens = Gives life, makes alive

Profits = Advantage, to assist, to be useful

* **Romans 7:18-25**—The war raging within ourselves, in our flesh, is no good thing.

* **Galatians 5:17**—Contrary = Adversary, oppose

* **Romans 8:5-9**—We now see a choice before us: to follow after the spirit or after the flesh.

* **Galatians 6:7-9**—Following the flesh will only bring corruption, and we could miss what God has intended for us. It is pretty clear, but be encouraged by verse 9.

How then must we treat our flesh?

* **Romans 6:12-14**—Do not obey it. Yield yourselves unto God.

Dominion = Being the Lord over

* **Romans 13:14**—Do not give it provision. Put on the Lord Jesus Christ.

Provision = The act of providing, a measure taken beforehand

* **Galatians 5:24, 25**—Crucify it.

Crucified = To utterly destroy its power

* **Ephesians 4:22-24**—Put it off. And be renewed.

Put off = Cast off

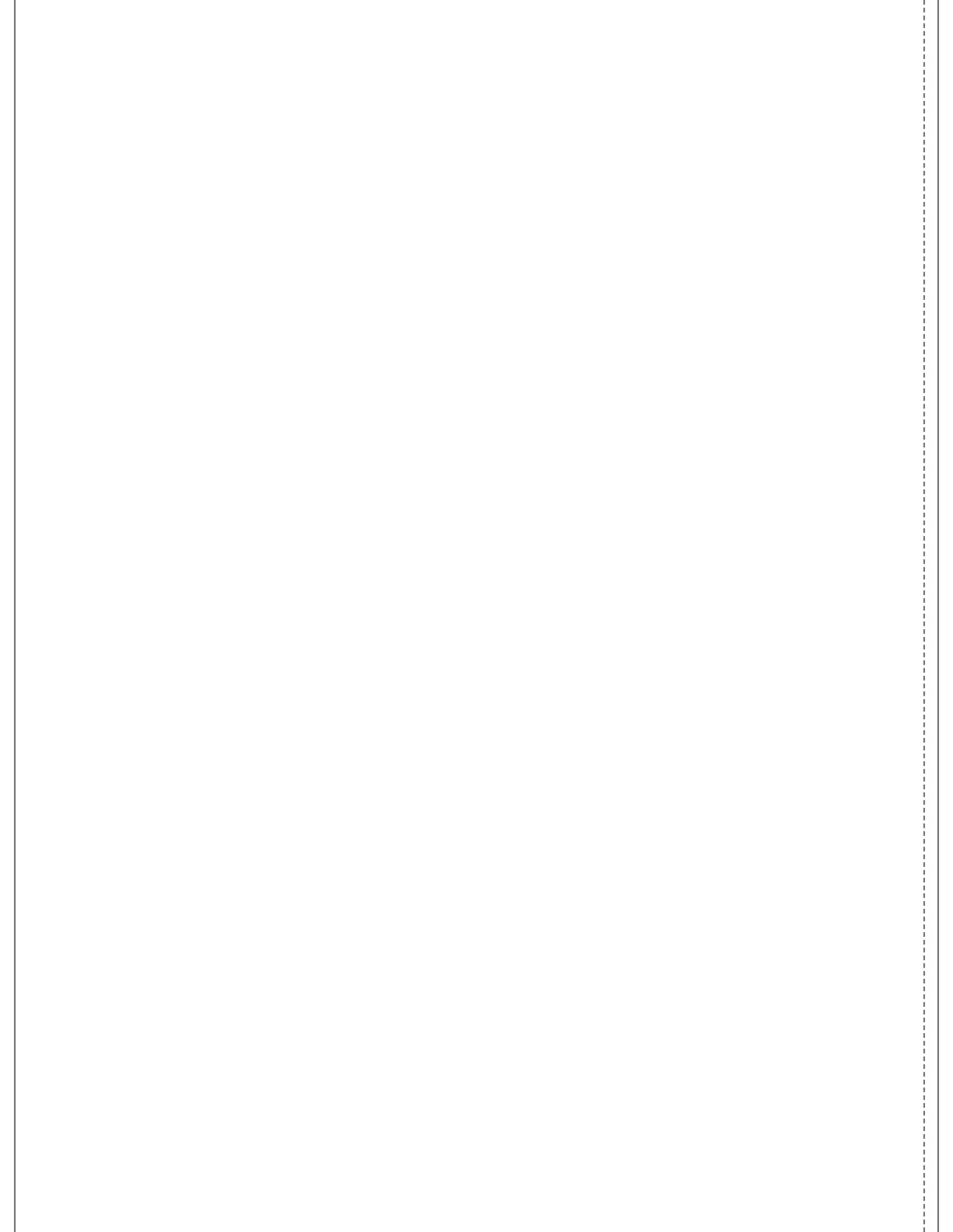
* **2 Timothy 2:22**— Flee it. Follow the Lord with those who also have pure hearts.

Flee = Escape

* **Galatians 5:16**—This verse simply sums it all up!

My advice to girls is to use caution with your heart. When we recklessly enter a fast-paced relationship and start making rash decisions, we stop listening to God's voice. Song of Solomon talks about "not awaking love until God is ready"(S of S 2:7); self-control will help you from rushing into things and in return, will save you from much grief, heartache, and disappointment. The mindset of purity does not end after marriage; it helps to maintain pre-marriage purity and prepares you for a life sanctified to the Lord, after you are married.

-Leann Coletto, age 20



Resources Every Lady Should Have

Organizations

Passion and Principles: www.passionandprinciples.com

www.abstinence.net

www.Truth4Youth.com

Books

Harris, Joshua. *I Kissed Dating Goodbye*. Sisters, Oregon: Multnomah Books, 1997.

- This book allows us to take a closer look at the heart of dating and our own hearts in the midst of dating.

Elliot, Elisabeth. *Passion and Purity*. Grand Rapids, Michigan: Baker Book House Company, 1984.

- This book describes the heart of a young Elisabeth who has made a commitment to serve her Lord before her own desires.

Jones, Debbie and Kendall, Jackie. *Lady in Waiting*. Shippensburg, PA: Destiny Image Publishers, 1995.

- This book speaks of the different characteristics that women who are after the Lord's heart should possess.

Harris, Joshua. Boy Meets Girl. Sisters, Oregon: Multnomah Books, Inc., 2000.

- This book is for someone who is sure that he or she has found the one the Lord has ordained for him or her. It speaks about courtship versus dating and some godly guidelines.

