

A Ladies Guide To Purity

Teachers Manual

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Contents

Introduction

vii

Tips on How to Teach This Study

ix

Statistics Every Lady Should Know

xv

Quote by Karen Testerman

xviii

Chapter One

Lesson One: Introduction

Quote by Gaby Miller

1

Chapter Two

Lesson Two: How Can We Become Pure?

Quote by Amelia Caballero

7

Chapter Three

Lesson Three: How Can We Keep Our Hearts Pure?

Quote by Natalie Wilcoxon

13

Chapter Four

Lesson Four: Who Has Your Heart?

Quote by Amanda Caballero

19

Chapter Five

Lesson Five: What Is Your Game Plan?

Quote by Vanessa Remington

25

Chapter Six

Lesson Six: What Is under That Flesh, Anyway?

Quote by Leann Coletto

33

Chapter Seven

The Graduation

38

Resources Every Lady Should Have

45

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 seventeen, 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.

Tips on How to Teach This Study

Weekly Schedule: I would suggest meeting at someone's home. It allows for a more intimate and comfortable setting. The time frame you will be looking at is about an hour and a half to two hours. I suggest allowing the first half hour to be snacks and fellowship, then the study. If the Lord provides for worship, you may need a full two hours

Snack Rotation: This is simply having the parents of the girls or ladies themselves sign up for snacks each week. The Snack Sign-up Sheet can be copied from the back of this book and is there for your benefit. Make sure whoever signs up has a way to contact you if they can't make it to the class, or if they cannot bring the snack. The last thing you want is hungry, tired ladies trying to listen to you lecture.

Homework and Point System: Each lesson comes with a homework sheet that can be copied directly from the back of this book. Each homework assignment is worth five points and each scripture reference they give grants them one extra point. The Point System Sheet can also be copied from this book, then filled out accordingly. At the end of the six-week course, the points are tallied up and the winner receives a gift. I have found it to be more rewarding for them to receive it on their graduation night (See chapter 7). I also suggest a gift that would encourage them spiritually: a journal, a pocket Bible, highlighters, a devotional book, a Christian CD, etc.

Folders: These are provided for the girls as a way to stay organized through the course. They should be paper folders with a pocket on each side and a three-ring holder in the center. These folders can usually be found in most grocery stores for a dollar or less. Beginning the first week, during the introduction, I ask them to spend some time at home decorating them, using favorite scriptures, poems, songs, hymns,

etc. This brings out their creative side and gives them a sense of belonging when they come to class each week. During the second week's lesson, I allow the girls/ladies to share what they have done to their folders. This gives the rest of us a chance to get to know them better.

Note Cards: I do suggest passing out blank note cards at the beginning of each class to allow the ladies to write down questions that they may have but are too embarrassed to ask directly, or even questions unrelated to the topic at hand. It is crucial to always answer these questions back with scripture. Our opinions will not lead them to the Lord but to us; the goal is to teach each lady how to search the Word of God for answers, to find out what Jesus says concerning their lives and/or their situations.

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

This is a free course for the girls/ladies, so I have made it an affordable class to teach.

You will need the following:

- * an intimate location to host a class
- * your Bible
- * a supply of loose-leaf paper available for girls
- * a folder for each girl
- *access to a copy machine for homework assignments and other handouts
- *note cards

The Graduation

I would highly suggest doing some kind of graduation event at the end of this course. I have given some fun ideas in chapter 7, but please be at liberty to do whatever you feel would bless the girls/ladies for their commitment to the course. The verse I tend to consider for this is Hebrews 11:6, which is as follows: “But without faith it is impossible to please Him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek Him.”

Some of the girls were made to take the class by their parents, but a majority will take the class because they have questions and want to know what to do in this area of their lives. Most of them will stick with the class and be faithful in the homework assignments and, therefore, should be rewarded for seeking the Lord in this way. For those who slack, but hopefully received a seed, give grace. The Lord shines His sun on the just and the unjust (**Matthew 5:45**). **In whatever event you do, give blessings!**

Snack Sign-Up Sheet

Name	Week	Phone Number
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1.

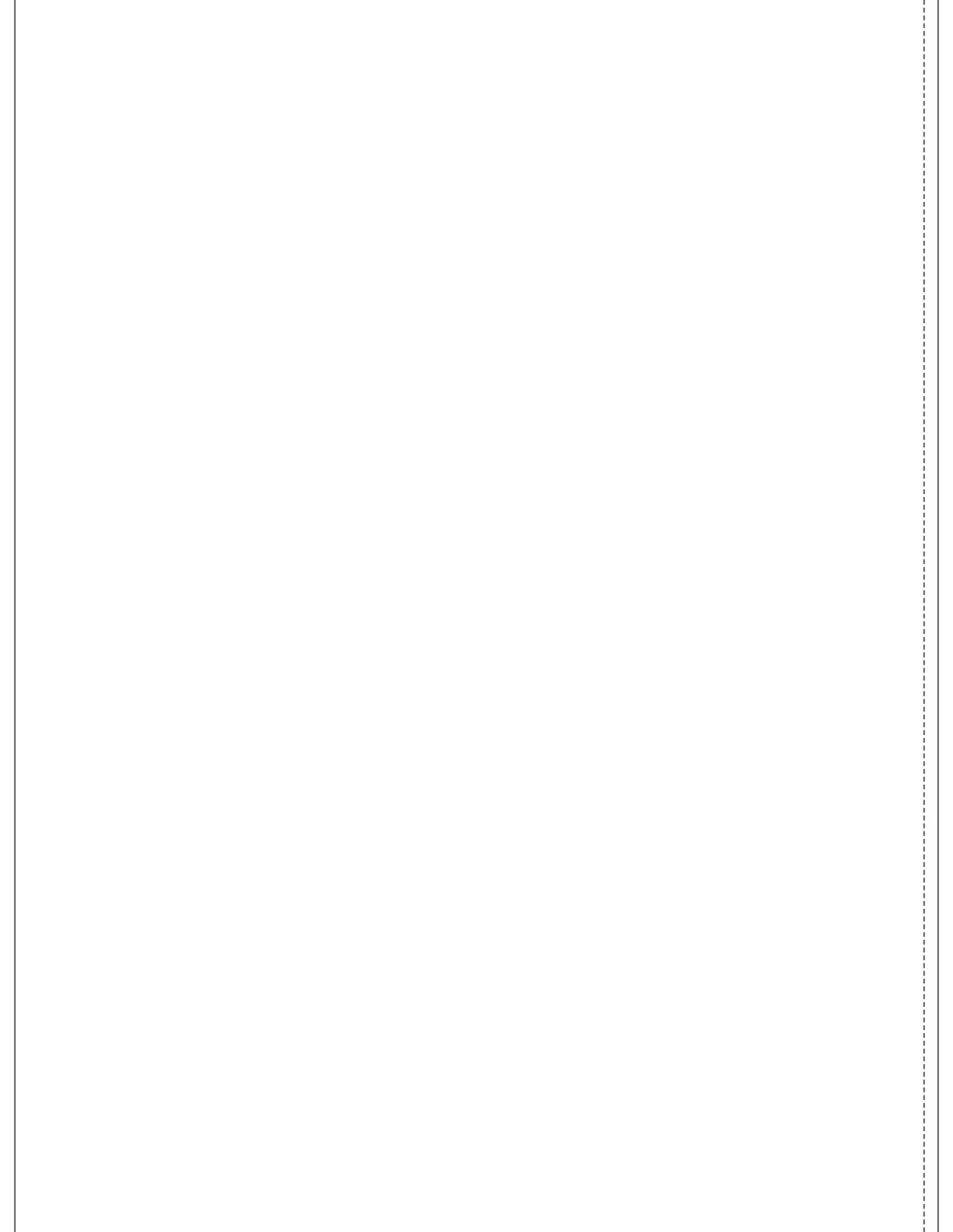
2.

3.

4.

5.

6.



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 of incest; 6% of abortions occur because of potential health problems regarding either the mother or the child, and 93% if 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

This first week will be all about introduction—introduction to the course and to each other. It is very important to create a comfortable and safe environment for the girls/ladies to gather in. There will be intimate issues discussed and they will need to feel safe sharing their hearts. This first class is made specifically for the purpose of getting to know each other on a closer level. There will be a light teaching on the word purity and what the girls/ladies can expect out of the next five weeks ahead. Please read the introduction to the book before beginning this course.

Lesson One

Introduction

Who are you and why you took the class

* Go around the room, allowing each girl/lady to introduce herself and then briefly explain her reason for taking the class. (It's okay that some are there simply because their parents made them come. The Lord will still meet them.)

Explain the class.

- Why you chose to teach the class
- * The schedule for each class:
 - (1) First half hour: fellowship
 - (2) The remaining time devoted to the study
- * Snack rotation (see introduction)
- * Homework and point system (see introduction)
- * Any other announcements you need to cover

Pass out folders.

- * Encourage them to decorate folders

favorite verses

pictures

poems about Jesus or purity, and/or stickers or stamps

The word **purity**

* Discussion question: "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

Offer book list (found in back of book)

Time for questions or discussion

Hand out homework

Homework Assignment

Lesson One

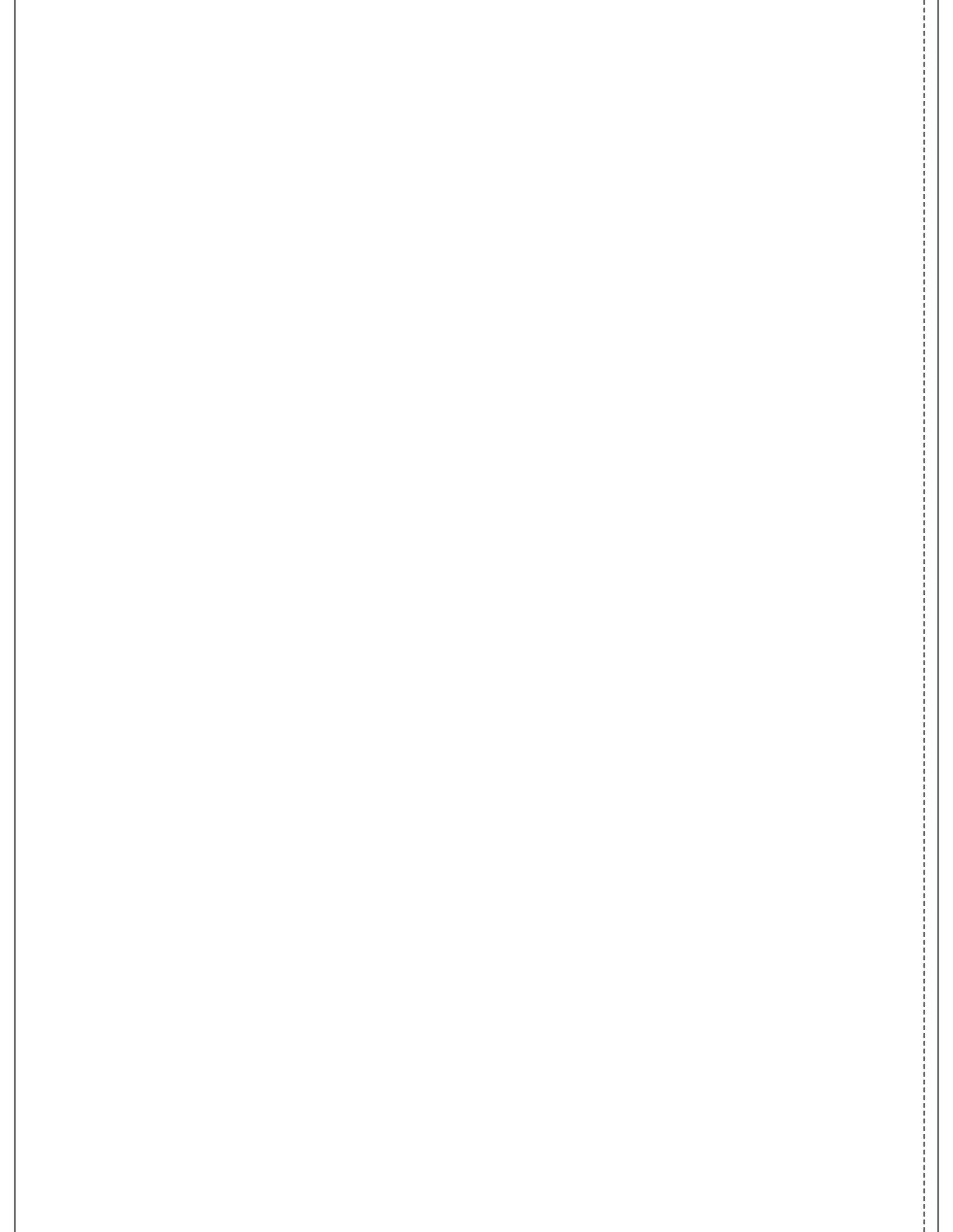
1. What is Webster's definition for purity? What is the antonym?

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

Extra Credit: 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. There may be several girls/ladies in your class that have already made sexual mistakes. This is an amazing lesson for them 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 and I 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

Revelation 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 man. 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—Serve the Living God.

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

Hebrews 10:19-25—Verses 19-22 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 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.

You can discuss these verses with the class or you may send them home as a devotional time during the week.

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.)

Homework Assignment

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.

Extra Credit: 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 do young people keep their hearts 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. It is important to reiterate to the girls/ladies that this has to be a determined decision on their part. The first reaction or impulse in any situation will be the flesh. If they 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?

Discussion Question: The flesh and the spirit: what are they?

Flesh = Human Nature, carnally minded

Spirit = Life giving source

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 6:13-20**—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).

Leave room here for discussion.

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*

Homework Assignment

Lesson Three

1. Read 2 Samuel 13:1-19. After Amnon sinned against God and lusted after 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?

Extra Credit: 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 for people to receive. A lot of things can have a special place 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 as the teacher to take time, as in all lessons, 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

* **Psalms 27:3,4**—To be always in His sweet presence, to always see

Him in every citation

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

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

Counselor = Husband

* **Psalm 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?

Discussion Questions: 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 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 . . .

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 (for young girls) rules that parents may already have in a 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 to not stir up or awaken love until the Lord so desires you to.

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 |

Homework Assignment

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.

Extra Credit: Give scripture reference for your 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 Any Ways?

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

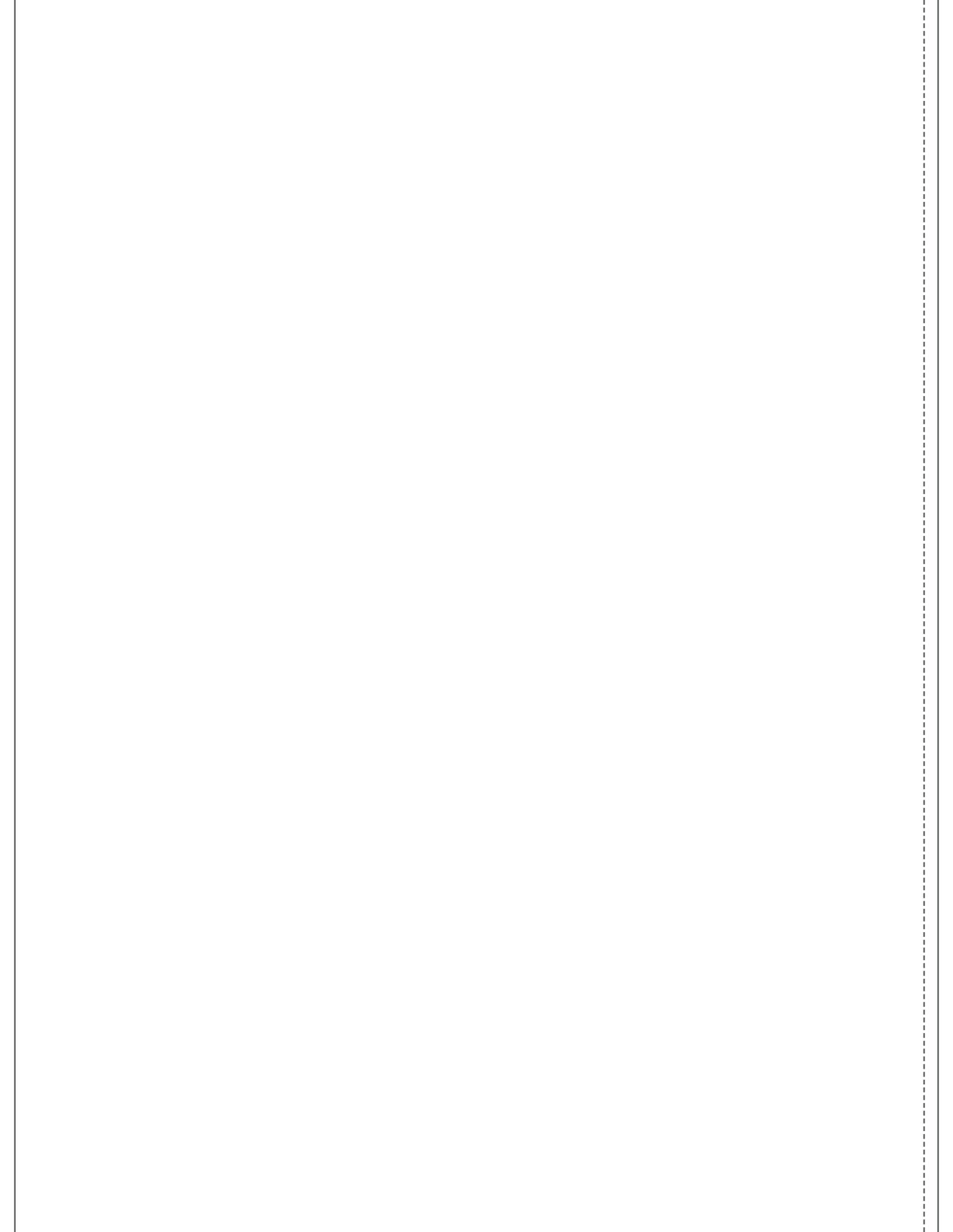
* **2 Timothy 2:22**—Flee it. Follow the Lord with those who also have pure hearts.

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



Chapter Seven

The Graduation

I believe that this is a very important key for the girls/ladies to conclude what they have learned over the last couple of months. There is a lot of information given throughout, but the idea of the entire study is their purity and how valued they are to Jesus.

I encourage some kind of event for the end of this course, whether it be (for the young girls) with the parents in a ceremonial act, or an intimate prayer meeting among the ladies and women leaders. I have given some ideas that follow. Please feel free to use them directly or create your own.

Whatever you choose, please remember that you are there to serve with joy and show them how much the Lord really loves and values them. If funds are a problem, I suggest a letter to the parents, giving them the opportunity to share in the blessings, or asking the ladies to pitch in a small amount each. Also, a bake sale at your local church could bring in just enough to cover your expenses for whatever event you choose. Also remember your homework winner or winners at this event.

Hebrews 11:6

“But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.”

Certificate Ceremony

This may take place at a local church or a youth center; even a park could serve you well. This is simply a public display, for the girls/ladies to show and be proud of their commitment to stay pure for the Lord and for their husbands. This can be an event with entrees, punch, fellowship or worship, and a short overview of the class for the parents of the young girls.

The materials needed for this event would be a certificate for each girl/lady to sign along with a witness or two. The witnesses can be the parents, guardians, friends, or accountability partners. I would suggest setting up a table with a nice pen and the certificates, already filled out with each of the ladies' names printed on them. You can call each girl and her family up, one at a time, and allow them to sign it and take pictures. This might even be a nice time to offer the girls/ladies a small gift, if funds would allow it. You can end with prayer and encourage the families and friends to take some time before fellowship to pray over their girls/ladies for the strength to remain pure in this wicked generation.

Purity Ring Ceremony

This would include a similar ceremony, as previously mentioned, but this would require some preparations a few weeks before. Contact parents and see if they would consider using this event to present their daughters with a purity ring. This ring would be symbolic for being married to Christ and just belonging to Him—body, mind, and spirit. This gesture would help the girls to see their parents' involvement in this area of their lives. Explain to the parents that the price of the ring is not of importance, but the gesture in and of itself is what is important. It would be placed on the ring finger during the signing of the certificate, or in place of the certificate.

Prayer Conclusion

This can be done a couple of different ways, but the main focus is sealing the deal. These ladies have learned so much, but might not have consecrated their *hearts* to the Lord in this matter. This would give them the opportunity to do so in a corporate

prayer time. This can be with parents/accountability partners present, allowing time for the families to pray alone together. It can also be an intimate time with just the ladies who attended the class. Prayer for each other should be encouraged, and would probably allow some friendships to blossom. This might be a good time to present each lady with a small gift of love. I again suggest something of a spiritual nature that would strengthen their walk: journals, pocket Bibles, devotional books, even Christian CDs, keeping within your fundraising budget.

A Night Out

This evening would require either fundraising or funds obtained from the parents. Choose a semiformal restaurant and inform the girls/ladies to dress in semiformal attire. Call the restaurant ahead of time and speak with a manager. Confirm a reservation for your group, but order the same dish for all the girls/ladies ahead of time, so that the finances can be determined beforehand. Arrive early at the restaurant with two roses for each lady: a yellow rose, symbolic for Jesus as her best friend; and a red one, symbolic for Jesus as her husband and only true love. Attach a pretty ribbon with a scripture of your choice printed on a dainty piece of paper, and carefully tie it around the roses. Greet the ladies at the entrance or at the table with the roses, and begin the evening with a prayer of *thanksgiving*.

Purity Banquet

This event would be the most complex, but an absolute blessing. The idea is to host an elegant dinner in which a five-course meal would be served. This is their dates with Jesus! The time put into this would be longer than the other events, but, all in all, a labor of love.

This event usually costs around twenty dollars per lady, which includes food and decorations. Again, fundraisers are helpful, or you can ask a ministry to support it, like the Marriage Ministry, Singles' Ministry, even the Women's Ministry at your local church. (Please speak with your pastor before presenting these ministries with your cause.) Choose a home to host the banquet on an evening when being outside is enjoyable. (This can also be done indoors.) Create and send out a formal-looking invitation two weeks in advance. Have some idea of the place and time at the beginning

of the class. You can make this invitation on the computer, or buy some fancy paper and envelopes and write them by hand. The ladies will love to receive this in the mail, so be sure to get their home addresses before the fifth class. Have a table somewhere in the backyard. It can be on the patio or even the grass. Decorate the table with candles, nice china, and Hershey Kisses. You can get as creative as you please in this area, including love notes from Jesus on each plate, with scriptures written inside about how much He loves us, or you could place a small gift on each chair, and maybe even a special sticker under one of the chairs, and whoever chooses that seat receives the gift. There are so many things you could do to beautify the table. Some will cost you money and others can be lovely handmade gifts. You can go to your local dollar store for so many of the items: napkins, tablecloths, candles, and even cheap china settings and wine glasses for the sparkling cider. You can even purchase your homework winners' gifts there. A Costco or Sam's Club is a wonderful place to purchase food in quantity. I also suggest getting volunteers to help in the kitchen and with the serving. In times past, we have had the youth pastors and leaders help. Having them all dress uniformly will bring some more formality to it.

Your menu might read something like this:

Appetizers and Starters

- * Chunks of cheese and grapes at arrival

- * Spring salad with a raspberry vinaigrette

- * Sherbet (to cleanse the palate)

Main Course

- * Chicken breast, green beans in an Italian seasoning, and a warm roll

Dessert

- * A surprise delicacy!

Get as creative as you like with this menu. It is simply a guideline to help you. Make sure you don't forget refreshments—water and sparkling cider usually does the trick.

Your material list may look something like this:

- * Silverware
- * China settings: large plates, saucer plates, and bowls
- * Tablecloth
- * Napkins
- * Candles
- * Water pitcher
- * Glasses: wine or champagne glasses and water glasses
- * A small dish for sherbet
- * Food

Make sure to write your own list for things that are not listed here and be ready, because the event comes up quickly. You may want to start planning this event when you begin the class.

May the Lord bless your event, whatever it might be. May He bless the work of your hands as you sacrifice your time and effort to encourage those that are younger

in the Lord to serve the Living God through purity and abstaining from sexual sin. May He grant to you the ability to teach and communicate His Word, and may His word not return void to Him (Isaiah 55:11).

Scripture boxes—I have used this idea as the gift I give to the ladies/girls at the graduation. I print out some of the key verses used in the study and place them in boxes (a box for each lady). Then in their times of temptation or discouragement, they can retrieve a verse, be refreshed in the word, and remember why they have made the commitment to remain pure.

Resources on Purity

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.

