

Purity Part 7
Guidelines
1 Cor 15:33

There is a large portion of our population who are single
Young people, adults who never married, and those who are single because of divorce or death
Each group has its own unique views on the idea of Purity based on culture, experience, and Biblical understanding

The young – unprecedented combination of leisure time, money, social media and transportation
Add all of that to the lack of parental involvement and the gap between puberty and marriage
Mix that in with media's saturation with sex and its portrayal of premarital sex as normal
The result is overwhelming temptation to single people, both young and old

Clearly if they are to live righteously, single Christians must use wise strategies

The Bible warns against man made rules involving a "harsh treatment of the body" but lacking "value in restraining sensual indulgence" (Col 2:20-23)

Guidelines are valuable if and only if they are biblical and wise

Some think guidelines can be inherently legalistic
The book of Proverbs calls us to live wisely, exercising God-honoring **common sense**
We are told to be like soldiers, athletes, and farmers
(2 Tim 2:3-6)
Each is a discipline to proven standards
God calls us to exercise self-control, fruit of the spirit (Gal 5:22-23)

Sooooooo – How Far Should Singles Go?

God made Sex drives

When those drives are stimulated, they move toward climax – it's a simple fact of biology
So guess what caressing each other in sexually stimulating ways is leading to
Foreplay is designed by God to culminate in sexual intercourse
So since intercourse is forbidden outside of marriage – so is foreplay
Since sexual intercourse before marriage is wrong, it is also wrong to engage in activity that propels your mind and body toward it
That means the lines must be drawn before either person becomes sexually stimulated
Fondling – and anything else that results in a turn on – is forbidden

Once you let your body cross the line, it will neither know nor care about your Christian convictions

Men get there faster than women
A woman often thinks an extend kiss and hugs are fine, but guys is stimulated and wants to push for more.....
You need to make sure you draw the line far enough back that neither of you cross it
If one of you is stimulated by physical touch then both of you need to back off
If you don't your choosing to stay in a boat that is heading toward a waterfall
If you continue to engage in sexual foreplay don't come crying to me when you fall into sexual intercourse
It will be a natural predictable result of the choices you have made
****If you want a different outcome, make different choices!!!!!!

Choose Friends Wisely (1 Cor 15:33)

Don't be misled – "*Bad company corrupts good character*"

Its our nature to be influenced by our surroundings

Godly atmosphere with godly people – influenced toward godliness
Ungodly atmosphere with ungodly people – influenced toward ungodliness
(Pr 13:20)

We will become like people we spend time with

God speaks of "lovers of pleasure rather than lovers of God"
And He warns us "Have nothing to do with them" (2 Tim 3:4-5)

Dating Is An Option..... Not A Necessity

Much sexual temptation is created by our social custom of coupling and isolating young people

In the Bible young people could only spend time together when adults were present
As a young person you can enjoy time together without putting yourself in temptation

If you choose to date, which I don't recommend, here are some guidelines

Christians date only Christians – 2 Cor 6:14

Christ is with you all evening - wherever you go and whatever you do
Your date is your brother or sister in Christ, not your lover – 1 Tim 5:1-2
Go out in groups – not alone
Focus on talk, not on touch – conversation not contact
AVOID fast moving relationships or instant intimacy
Plan the entire time together in advance, with no gaps
AVOID setups – never be alone: on the couch, in a car, late at night, in a house or bedroom
Be accountable to someone about your purity
God is watching – Jer 16:17
Write our your standards and enforce them yourself – never depend on someone else
Don't do anything with your date you wouldn't want someone else doing with your future spouse
Beware of the “moral wear down” of long dating relationships and long engagements –
1 Cor 7:8-9

Guidelines for Couples and Parents

Too many marriages have been destroyed when casual relationships at work, school, and even church, turn into infatuation

When you talk to people it should be about the good things of your spouse and kids
Be careful what you think and what you say with your eyes and body language
Even if your not struggling, you never know what the other person is thinking

Tell yourself “this could be an attraction that threatens all I hold dear

You don't need to be paranoid – but you do need to be alert
Cut through Satan's smoke screen before the smoke is so thick you choke on it
Run from the lie before it gets it's claws in your throat
We need an early detection system to spot danger, why?
Because a relationship can be inappropriate long before it becomes sexual

Cultivate And Guard Your Marriage

All adultery begins with deception – and most deception begins with innocent secrets (He/She doesn't need to know this)

How do I cultivate my marriage?

Watch for red flags of discontentment
Watch for real diminishing sexual relationship
Talk openly - work through it, even if its painful
Be sensitive to your spouse's sexual needs – remember marriage involves a sexual responsibility
(1 Cor 7:5) – “do not deprive one another”

Communicate honestly about this – don't harbor resentment
Decide as a couple how often is often for you as a couple
Never trust spontaneity for romance....

Date your spouse – schedule it

Be fiercely loyal to your spouse

Don't share marriage problems with someone of the opposite sex

Pray for each other

Take care of your physical body – nothing wrong with being attractive to your mate as you can

Be modest in public – and sexy with your spouse in private – NEVER the opposite!!!

Work hard to bring your spouse into your world

Talk about work, struggles, disappointments

Listen to one another

Don't live two separate lives

That is the first step to an affair with someone who understands “your world”

Christian marriages face the same heartaches, struggles, and frustrations as other marriages

But we have a supernatural resource to deal with them

Our marriages can become plagued with resentment, boredom, and hurt

Satan can use that to add excitement about a “new person”

The answer is never a new person, but a fresh appreciation of the old person

Rekindle Attraction To Your Mate

If you prayed for a month that God would make your spouse the most attractive person in the world to you

I guarantee they wont change – but you will

Starve your eyes for only your spouse

When your sex drive is activated lock it on your spouse

You can cultivate your appetites

***What we focus on shapes our desires**

By denying bad appetites and meditating on the right things, including being “captivated” by your spouse’s love (Pr 5:19) – you can train yourself to desire what is right

Treasure what is right

Your spouse’s qualities aren’t the results of airbrushing, camera angles, cosmetic surgery, and starvation diets

They won’t fade like those things do

Limit your eyes to your mate...

Sometimes marriage problems need outside help – Get help NOW

This church has offered so much preventative maintenance – please take advantage of it
Save to go to marriage enrichment weekends.....

Be Honest With Your Mate

Ask yourself this question, “If my spouse confesses a weakness do I instantly feel sorry for myself and get defensive?”

If so it’s no wonder your spouse isn’t honest with you

If you would create an atmosphere where your spouse can be honest, with accountability, your relationship would be so much deeper

***Lust thrives in secrecy**

Nothing defuses it like exposure

You are only as sick as your deepest secret

Honest communication with my wife has made us allies not enemies

I am not going to lie and tell you there isn’t pain in honesty

But what I can tell you is that because we are adults our honesty has allowed us to grow

(James 5:16) – Your spouse might be unaware of your sin, that doesn’t mean they aren’t affected by it

If you don’t confess it you cheat them twice

First in the sin itself

Second by not allowing them to forgive you of it

What can you do for your spouse?

Be grateful – not naïve

Too many spouses are ignorant of their spouse’s battles

Don’t act superior when your spouse struggles in an area you don’t

They need you as a friend and ally not as an enemy and adversary

Raising Pure Children

Sometimes children may fail to listen to us but rarely do they fail to imitate us

The greatest legacy we can give our children is to show them a loving, affectionate, and pure marriage

Train children in choice and consequence, wisdom and foolishness

Teach them to love righteousness and hate sin (Pr 97:10)

Teach them self control – the ability to say no in other areas will flow over into sexual purity

Parents should have gracious but firm control of their kids’ relationships and media habits

Avoid double standards

If it’s not ok for children it shouldn’t be ok for adults

Protect your children

Men help your wives and daughters understand why clothing is important

Ladies please, when we say a piece of clothing is inappropriate – we are being mean – we know what we are talking about!

Your Child’s Sex Education

Every child receives sex education – the only questions are:

1. When
2. Where
3. From Whom

Parents should be their children’s ultimate sex educator

If you don’t know all the facts don’t be embarrassed – find them out together from the right sources

Talk about sex not just biology, but in the context of value, responsibility and marriage

Know your child – what they are ready for and what they are not

Answer all their questions honestly- in an age appropriate way

Tell your kids as much as they need to know now – not less, not more

Don’t put it off – your child’s welfare is at stake

Don't have your first talk about sex with your 15 year old pregnant daughter

Be positive – talk about the goodness of sex inside of marriage

Don't be ashamed to talk about what God wasn't ashamed to create

If someone else is teaching your children about sex, it is your job to find out what is being said

Teach and model modesty in your home – where else are your children going to learn it?