



## **20 Week - Purity Bible Study**



## **Leaders Guide for Purity Bible Study**

Our culture is in trouble. The pornography industry has saturated all forms of entertainment and communications. So much porn is being made and consumed that it is the number one form of entertainment in America. Christians are looking at and consuming porn at the same rates as non-believers. This ought not to be. This offends our Holy God, the creator and designer of our sexuality. It destroys the dignity of men and women, reducing them mere objects of lust. It opens the door for enslavement to sexual sin. It moves our culture away from the worship of God and toward the worship of the same idols that ancient Israel fell prey to. It opens the door for demonic involvement and the further erosion of the very foundations of our culture.

This small bible study is designed to be web based, downloadable and copied. Most of the verses are already printed out within each study. The questions and the discussion sessions are designed to foster vulnerable sharing. You, as the leader, must 'set the pace' for sharing and for vulnerability. The group will only share as deeply and openly as you, the leader shares.

Here are some additional thoughts as you lead through this study. There are twenty lessons. They are designed for a study lasting for about an hour.

Open each study with prayer and worship. Have the group sing a song that most know.

Pass out the study sheets, and have someone read the opening paragraphs.

Then, go around the group, asking each person to read one of the passages of Scripture. If someone knows a related passage that is not in the study, encourage them to read that one also.

Take 5 minutes during the study and have everyone work on memorizing the verse for that week. This is KEY for the study. Each week that you come back, take an additional 5 minutes and have the participants review previous verses by saying them out loud.

After the time of Scripture memory, move onto the discussion questions.

At some point in the study, ask each person to share how his or her 'warfare' went the previous week. Create an atmosphere of open sharing and confessing. If someone confesses a failure, ask others in the group if they too 'fell' in that area. Then, have a time of prayer. Review James 5:16 "Confess your sins to one another and pray for one another that you may be healed. The prayer of a righteous man has great power in its effect."

After the study, close in prayer, worship and thanksgiving.

# 1. Purity and the Holiness GOD

The HOLINESS of God is the foundation and basis of all matters relating to sexual purity. More than any other adjective used to describe God, the word HOLY is used more than love, wrath, justice, grace, omniscience, omnipotence, etc.

Look at the following verses on the Holiness of God.

Isa 6:3 And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory."

Lev 11:44, 45 I am the LORD your God; consecrate yourselves and be holy, because I am holy. Do not make yourselves unclean by any creature that moves about on the ground. I am the Lord who brought you up out of Egypt to be your God; therefore be holy, because I am holy.

Psa 11:4 The LORD is in his holy temple; the LORD is on his heavenly throne. He observes the sons of men; his eyes examine them.

Psalms 77:13 your ways, O God, are holy. What god is so great as our God?

Psalms 99:5, 9 Exalt the Lord our God and worship at his footstool; he is HOLY. Exalt the Lord our God and worship at his holy mountain, for the Lord our God is holy.

Psalms 103:1 Praise the Lord, O my soul; all my inmost being, praise his HOLY name.

1 Pet 1:15,16 But just as he who called you is holy, so be holy in all you do; for it is written; "Be holy, because I am holy."

**MEMORIZE:** Isa 6:3

## VERSE STUDY FORM

Pick one of the verses on the opposite page and complete the verse study form.

1. Verse Reference \_\_\_\_\_

2. What does the verse say?  
(Paraphrase—Rewrite the verse in your own words.)

---

---

---

---

3. Please define these two key words.

Key Word: HOLY \_\_\_\_\_

---

---

Key Word: Exalt \_\_\_\_\_

---

---

4. How can I apply the truth of this verse to my life today?

---

---

---

**DISCUSSION: What 'God is HOLY' mean? What are the implications of God's holiness?**

## 2. Holy God wants a Holy People

Our Holy God wants a Holy people to follow and worship him.

Look at the following verses on the Holiness of the people of God.

Exo 19:5,6 Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, you will be for me a kingdom of priests and a holy nation. These are the words you are to speak to the Israelites.

Lev 11:44, 45 I am the LORD your God; consecrate yourselves and be holy, because I am holy. Do not make yourselves unclean by any creature that moves about on the ground. I am the Lord who brought you up out of Egypt to be your God; therefore be holy, because I am holy.

1 Peter 1:15,16 but just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.”

1 Thes 4:4,7 That each of you should learn to control his own body in a way that is holy and honorable, For God did not call us to be impure, but to live a holy life.

1 Peter 2:9 But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.

Eph 5:8-10 For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light

consists of all goodness, righteousness and truth) and find out what pleases the Lord.

**MEMORIZE:** 1 Peter 1: 15,16

### **VERSE STUDY FORM**

Pick one of the verses on the opposite page and complete the verse study form.

1. The command ‘be holy’ seems nebulous. What does this mean to you?

1. Pick a key word and define it.

Key Word: \_\_\_\_\_

---

3. Select of these verses and paraphrase it. (Rewrite the verse in your own words.)

---

---

4. How can I apply the truth of this verse to my life today?

---

---

**Discussion: What do HOLY people do? What do HOLY people NOT do? Who defines Holy/ unholy living?**

### **3. Holy God Defines unHOLY SEX**

Our Holy God wants a Holy people to follow and worship him. He clearly defines UNHOLY sexual practices and the consequences for disobedience.

Please read through the entire chapters of Lev 18-20, and note what God prohibits. For more study, look at: Prov 2,5,6 & 7

Lev 18:3, 6 You must not do as they do in Egypt, where you used to live, and you must not do as they do in the land of Canaan, where I am bring you. Do not follow their practice...No one is to approach any close relative to have sexual relations. I am the Lord...

Lev 18:22 Do not lie with a man as one lies with a woman; that is detestable

Lev 18:23 Do not have sexual relations with an animal and defile yourself with it. A woman must not present herself to an animal to have sexual relations with it; that is a perversion.

Lev 18:24-28 Do not defile yourselves in any of these ways, because this is how the nations that I am going to drive out before you became defiled.... For all these things were done by the people who lived in the land before you...

Exo 20:14 Thou shalt not commit adultery

Eph 5:3 But fornication, and all uncleanness, or covetousness, let it not even be named among you as becometh saints;

Mat 5:28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart

Prov 23:27-28 For a prostitute is a deep pit and a wayward wife is a narrow well. Like a bandit she lies in wait, and multiplies the unfaithful among men.

**MEMORIZE:** Eph 5:3

**Questions:**

1. Define the following words:

Fornication \_\_\_\_\_

Incest \_\_\_\_\_

Adultery \_\_\_\_\_

Bestiality \_\_\_\_\_

Homosexuality \_\_\_\_\_

2. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

\_\_\_\_\_  
\_\_\_\_\_

3. How can I apply the truth of this verse to my life today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Discussion: Why does God go into so much specific detail in defining unHOLY sex?**

## 4. God Defines HOLY SEX

God, our creator and designer, formed our sex organs, creating nerve endings so that sex would be enjoyable. Sex is SO GOOD and God wants us to enjoy it without shame, guilt and disease. God also defines the timing for sex and the person to have sex with.

Read the following passages. Note God's directions about sexual pleasure, both the timing and who should be your partner.

Gen 2:20ff But for Adam no suitable helper was found. So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man... For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. Gen 1:31 God saw all that he had made, and it was very good...

Prov 5:15-19 Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be captivated by her love.

1 Cor 7:2-5 But since there is so much immorality, each man should have his own wife, and each woman her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

Prov 18:22 He who finds a wife finds what is good and receives favor from the Lord.

Heb 13:4 'Let marriage be held in honor among all and let the marriage bed be undefiled, for God will judge the immoral and the adulterer.'

SOS 2:7; 3:5...Do not arouse or awaken love until it so desires

**MEMORIZE: Prov 18:22**

### **Questions:**

1. What is God's attitude and feelings toward sex?
2. What is the 'right time' to awaken sexual passion?
3. How does God say about 'shacking up' or 'living together' or 'friends with benefits'?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

5. How can I apply the truth of this verse to my life today?

---

---

---

**Discussion: What should be a man's attitude toward sex in marriage? Why is it the Godly thing to 'wait' for sex until marriage?**

## 5. The War against Your Soul

Once we repent and give our lives to Jesus, He declares us to be holy, spotless and blameless. Yet, we still live in the shell of our bodies, our flesh. The quest to grow into what we will ultimately be for all eternity is a war. We are opposed by three formidable foes. Yet, we are commanded to fight for our own holiness.

Read the following passages. Note God’s warnings and instructions concerning the nature of the battle.

Read Rev 12. Vs 7 says, “Then the dragon was enraged at the woman and went off to make war against the rest of her offspring—those who keep God’s commands and hold fast their testimony about Jesus.

1 Peter 5:8 Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

1 John 2:15,16 Do not love the world or the things in the world. If you love the world, love for the Father is not in you. For all that is in the world, the lust of the flesh, the lust of the eyes and the pride of life; is not from the Father but is from the world.

Gal 5:16-19 So I say, live by the Holy Spirit’s power. Then you will not do what your sinful nature wants you to do. The sinful nature does not want what the Spirit delights in. And the Spirit does not want what the sinful nature delights in. The two are at war with each other. That’s what makes you do what you don’t want to do. But if you are led by the Spirit; you are not under the authority of the law.

1 Peter 2:11 Beloved, I beseech you, to abstain from the passions of the flesh that wage war against your souls.

### Memorize 1 Peter 2:11

### Questions:

1. What are your three primary enemies in your quest for purity?
2. Which of these three are you most aware of and how are your engaging the enemy of your soul?
3. Which of these three do you consider to be the most dangerous and why?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)  

---

---
5. How can I apply the truth of this verse to my life today?  

---

---

---

**Discussion: How do these three enemies of our souls work together to defeat us? What are some of the tactics of that the enemies use against us?**

## 6. Spiritual Weaponry in the Battle for Purity

God knows that we are in a war and He does not leave his holy people weaponless. He arms us ‘to the teeth’ if we follow his example and instruction.

You cannot and will not win the battle for purity and holiness unless you memorize Scriptures. It takes less than a second to go from seeing temptation to lusting in the heart. We **MUST** have weapons constantly ‘at the ready’, available within a second to counter temptations.

Read the following passages. Note carefully the power of the weaponry.

2 Cor 10:3-4 For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

Jer 23:29 “Is not my word like fire”, declares the Lord, “and like a hammer that breaks the rock in pieces?”

Heb 4:12 For the Word of God is living and active, Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart

Psa 119:9-11 How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

Prov 7:1-3 My son, keep my words and store up my commands within you. Keep my commands and you will live; guard my teachings as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart.

**MEMORIZE:** Psa 119:9-11

### Questions:

1. Read Matt 4:1-11. Four times it states, “It is written...” Who says this phrase, what are the circumstances and what was the intent each time it is said?
2. Do you think that Jesus had these verses already memorized before he was tempted or not?
3. How do you actually use a memorized verse when tempted?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

5. How can I apply the truth of this verse to my life today?

---

---

---

**Discussion: What is the best way to memorize Scripture? How do you keep it once you have memorized it?**



## 7. Grace and Purity

Grace is both the ‘desire to obey God’ and the ‘strength or energy to obey’. The grace of God is indispensable in the battle for purity.

You cannot and will not win the battle for purity and holiness unless you appropriate and learn to draw upon the grace of Jesus.

Read the following passages. Note carefully the role GRACE plays in our pursuit of Holiness.

Tit 2:11-12 For the grace of God that brings salvation has appeared to all men. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.

2 Tim 2:1 You then, my son, be strong in the grace that is in Christ Jesus

John 1:14,16,17 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth. From the fullness of his grace we have all receive one blessing after another. For the law was given through Moses; grace and truth came through Jesus Christ.

1 Cor 15:10 But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me.

Eph 2:8,9 For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast.

Heb 4:16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Phil 2:13 (Amp) (Not in your own strength) for it is God Who is all the while effectually at work in you (energizing and creating in you the power and desire), both to will and to work for His good pleasure and satisfaction and delight.

**MEMORIZE:** Titus 2:11,12

### **Questions:**

1. What is the difference between grace and mercy?
2. From these verses, define a good, working definition for grace?
3. How do you get more grace?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

- 
- 
5. How can I apply the truth of this verse to my life today?
- 
- 

**Discussion: How can we give grace to those around us? How would you teach grace to a new believer? What is the connection between grace and purity?**

## 8. Self-Purification

There are clear action steps, or steps of obedience that God outlines for us to get and to stay pure. These ‘steps’ are our responsibility. God gives us the grace, or energy to obey his commands and promptings; we have to grab hold of this grace and obey.

You cannot and will not win the battle for purity and holiness unless through grace, you purify yourself of fleshly, ignoble things.

Read the following passages. Note carefully the role self-purification plays in the battle for holiness.

2 Cor 7:1 Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

2 Tim 2:20-22 In a large house there are articles not only of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work.

Col 3:5-7 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these the wrath of God is coming. You used to walk in these ways, in the life you once lived.

Heb 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race that is marked out for us.

Acts 19:18-20 Many of those who believed now came and openly confessed their evil deeds. A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand

drachmas. In this way the word of the Lord spread widely and grew in power.

**MEMORIZE:** 2 Cor 7:1

### **Questions:**

1. Why did the new believers in the Acts passage burn their sorcery scrolls?
2. Why does God want us to take ‘self-purification steps’?
3. What are the consequences if we don’t get rid of our porn or access to porn?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

5. How can I apply the truth of this verse to my life today?

---

---

---

**Discussion: How do we help a weaker or younger brother to separate from his porn or other idols? Once we get rid of our porn/idols, how can we keep clean?**

## 9. The Promises of God and Purity

God is a Promise Giver and a Promise Keeper. God's promises are through out all the Scriptures. It is only the man of faith that will claim these promises and start to reap the benefits. Knowing and believing key promises from God are foundational in the quest to get pure and to stay pure.

You cannot and will not win the battle for purity and holiness unless through faith, you start claiming and believing the promises of God.

Read the following promises. Note carefully the role promises play in the battle for purity.

2 Cor 7:1 Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

2 Peter 1:3,4 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

2 Cor 1:20 For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.

Psa 12:6 (Amp) The words and promises of the Lord are pure words, like silver refined in an earthen furnace, purified seven times over.

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**MEMORIZE:** 2 Peter 1:3, 4

### Questions:

1. What is the significance of the promises of God in purity?
2. Which promises of God have you claimed and that are important to you in your battle for purity?
3. What is the connection between faith, the promises of God and protection against demonic attack?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

5. How can I apply the truth of this verse to my life today?

---

---

---

**Discussion: How can we know if a promise written thousands of years ago in the Bible is still applicable for us today? If you meet the conditions of a promise of God, how can you KNOW that God will 'do His part'? Read out loud 2 Peter 1:3,4. Break it down phrase by phrase and discuss each section.**

## 10. The FLEE Principle

God provides clear instructions and examples from Scripture for us to follow to get and to stay sexually pure.

The famous Country Western Song “The Gambler” has a verse that speaks Biblical truth. ”You’ve got to know when to hold ‘em, know when to fold ‘em, know when to walk away, and know when to RUN...” When under temptation, you must know when to RUN.

You cannot and will not win the battle for purity and holiness unless you consistently wear Godly track shoes to FLEE or to RUN away from temptation.

1 Cor 6:18-20 Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body.

2 Tim 2:22 Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

Gen 39:6ff ...now Joseph was well built and handsome, and after a while his master’s wife took notice of Joseph and said, “Come to bed with me!” But he refused. “With me in charge,” he told her, “my master does not concern himself with anything in the house; everything he owns he has entrusted to my care. No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing an sin against God?” And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her. One day he went into the house to attend to his duties, and none of the household servants was inside. She caught him by his cloak and said, “Come to bed with me!” But he left his cloak in her hand and ran out of the house....

If you have time, read Gen 39, the story of Joseph and Potiphar’s wife, note the consequences that Joseph paid in his quest to stay pure.

**MEMORIZE:** 1 Cor 6:18-20

### **Questions:**

1. Do you think is cowardly to run away from temptation?
2. If you have ever run away from temptation, please describe it to your study group.
3. Other than someone aggressively pursuing you for sex, how or when else can you apply the ‘FLEE PRINCIPLE?’
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

5. How can I apply the truth of this verse to my life today?

---

---

---

**Discussion: Have you ever been ridiculed or rejected for taking a stand for moral purity? If so, please discuss it.**

## 11. Resist the Devil

When we put our faith and trust in Jesus, He transferred us from the kingdom of darkness to the kingdom of light. Satan then declared war on us and became our sworn enemy.

Jesus, our Great Shepherd, knows this and has given us powerful weapons to overcome the attacks of the evil one. He modeled the approach that we are to take when encountering the devil and his organization.

You cannot and will not win the battle for purity and holiness unless you learn how to recognize demonic attack, AND learn how to apply the principles of spiritual resistance. Read and study the following verses.

James 4:7,8 Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

1 Peter 5:8, Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

1 John 2:13-14 I write to you, fathers, because you have known him who is from the beginning. I write to you, young men, because you have overcome the evil one. I write to you, dear children, because you have known the Father. I write to you, fathers, because you have known him who is from the beginning, I write to you young men, because you are strong, and the word of God lives in you, and you have overcome the evil one.

Matt 4:1-11 Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son

of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’” Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the son of God,” he said, “throw yourself down, for it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” Again the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan? For it is written: ‘Worship the Lord your God, and serve him only.’” Luke 4:13 “Then the devil left him for a more opportune time...”

**MEMORIZE:** James 4:7,8

### **Questions:**

1. What did Jesus specifically do every time that Satan tempted him? Is this tactic applicable for us today?
2. When are ‘opportune times’ for Satan to attack?
3. Last week, the ‘Flee Principle’ was studied. Would this principle work against Satan? Why or why not?
4. What are the differences between a spiritual ‘child’ and a spiritual ‘young man’?

**Discussion: Have you ever be aware of satanic attack? Please describe it. How was this different from an attack from your own fleshly lusts, or from the world?**

## 12. Resist the Devil (part 2)

We have a sworn spiritual enemy, Satan, who has devoured, and destroyed many followers of Jesus. He is wily and skilled in what he does. The better we know our enemy, the better armed and able we will be to successfully resist his attacks.

From the following verses, list some of the schemes and tactics that he uses against those desiring to walk in obedience and holiness.

2 Cor 2:11 ‘so that no advantage would be taken of us by Satan, for we are not ignorant of his schemes.’

2 Cor 11:14 And no wonder, for Satan himself masquerades as an angel of light.

John 10:10a The thief comes only to steal and kill and destroy...

John 8:44 You belong to your father, the devil, and you want to carry out your father’s desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

1 Thes 3:5 For this reason, when I could stand it no longer, I sent Timothy to find out about your faith. I was afraid that in some way the tempter might have tempted you and our efforts might have been useless.

Rev 12:10b ...For the accuser of our brothers, who accuses them before our God day and night, has been hurled down.

Rev 12:9 And the great dragon was thrown down, the serpent of old who is called the devil and Satan, who deceives the whole world...

Eph 6:11f-12 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers,

against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

1 Peter 5:8 Be sober, be watchful. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

**MEMORIZE:** 1 Peter 5:8

Luke 4:13 says, “the devil left until a more opportune time.” I have found this acrostic helpful in discerning WHEN demonic attacks might occur.

**S:** stressed. When I am under a lot of stress, I’m vulnerable

**T:** Tired. When I am overly tired, I am vulnerable

**A:** Alone. Satan seldom if ever attacks when I am WITH a brother

**B:** Bored or bombed (under the influence of booze or drugs)

**S:** Spiritual High; after a spiritually significant event

### **Questions:**

1. What tactics or roles does Satan take on to attack us?
2. How do these tactics work together?
3. What other tactics are you aware of that are not listed in these verses?
4. How can I apply the truth of this verse to my life today?

---

---

---

**Discussion: How has Satan used some of these tactics against you? When are your vulnerable times?**

## **13. Reckon: Dead to Sin**

When we put our faith and trust in the Lord Jesus Christ to save us, amazing transformations took place. We were redeemed or purchased back by God. We were forgiven. We were made new and made spiritually alive. We were transferred out of the kingdom of darkness and placed into the kingdom of light.

One critical truth to know and understand is that we became united with Christ in his death and we will be united with Him in his resurrection. As we walk in the truth of this verse, sin has no power of over. This is an amazing truth that is key to both knowing and understanding in winning the battle for purity.

Gal 2:20 I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Col 3:3,4 For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

Rom 6:1-11 What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We died to sin; how can we live in it any longer? Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been freed from sin. Now if we died with Christ, we believe that we will also live with him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God. In the same way, count yourselves dead to sin but alive

to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of our body to him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace.

**MEMORIZE:** Rom 6:11 or Gal 2:20

### **Questions:**

1. What does it mean to be crucified with Christ?
2. How does Christ's death on the cross, and our being united with him, free us from the power and dominion of sin?

**Practical Suggestion.** Memorize the Roman 6 passage. When you start to struggle with temptation, first, identify the temptation. Put the name of the 'sin', i.e lust, adultery, or masturbation in place of the word sin. Then quote the passage with the new word. "What then, shall I continue to 'lust' that grace may abound... do this through out the entire passage. Next, picture Christ hanging on the cross. Picture in your mind, you hanging on the cross next to Jesus. Now picture that everywhere Christ is bleeding, you are bleeding. Now picture Christ, right after He said, "Father, into thy hands I commit my spirit." Then he died. He is still hanging there. Now picture yourself, you have just died... This is how I 'reckon' or 'count' myself as dead with Christ. When I think through this process and this passage; my lustful desires go away and I am no longer under the power of sin and lust.

**Discussion:** How do you apply Rom 6 to your life?

## 14. Pure EYES

If only we could control our eyes... One of the key components of getting pure and staying pure is controlling the gaze of our eyes. The Scriptures have a lot to say about our eyes.

Look at the following verses. Ask the Holy Spirit to teach your how to control your eyes.

Mat 6:22,23 The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

Prov 27:20 Death and Destruction are never satisfied, and neither are the eyes of man.

Prov 4:23-28 Above all else, guard your heart, for it is the wellspring of life. Put away perversity from your mouth; keep corrupt talk far from your lips. Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.

Psa 101:2,3 I will be careful to lead a blameless life—when will you come to me? I will walk in my house with blameless heart. I will not set before my eyes no vile thing.

Job 31:1 I made a covenant with my eyes not to look lustfully at a girl

Psa 119:37 Turn my eyes away from worthless things; preserve my life according to your word.

1 John 2:15,16 Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world—the cravings of sinful man, the lust of his

eyes and the boasting of what he has and does—comes not from the Father but from the world.

**MEMORIZE:** Job 31:1

### **Questions:**

1. What steps have you taken to ‘control your eyes’?
2. In an honest attempt to control their eyes, a number of people have put filters on their computers, phones, and TV sets. Do you think these things work? Do you have filters? If so, which filters do you use.
3. What does ‘vile’ mean?
4. What does Job mean when he says, “I have made a covenant with my eyes”? Have you made a similar covenant? Why or why not?
5. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

6. How can I apply the truth of this verse to my life today?

---

---

---



## 15. Purity and Buddies

God does NOT want you to fight the battle or purity alone. We NEED each other for mutual encouragement and accountability.

You will never be able to fight, and win the battle for sexual purity in isolation. We must cultivate deep, vulnerable, honest and open relationships with others. Failure to do so will leave you isolated and ripe for defeat.

Heb 10:24,25 and let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together as some are in the habit of doing but let us encourage one another—and all the more as you see the Day approaching.

2 Tim 2:22 Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of the pure heart.

Ecc 4:9,10,12 two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Heb 3:13 but encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

James 5:16 therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective

Matt 18:19-20 Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.

Prov 27:5-6 Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses.

**MEMORIZE:** Ecc 4:9,10,12

### **Questions:**

1. What does it mean to be vulnerable, open and honest with another brother?
2. What does true 'accountability' look like?
3. When is the last time a brother 'rebuked' you? Please describe it the situation. What would a person look like who never receives reproof?
4. Pick one of the verses and answer: What does the verse say? (Paraphrase—Rewrite the verse in your own words.)

---

---

5. How can I apply the truth of these verses to my life today?

---

---

---

**DISCUSSION:** How do you create an environment of trusting, open relationships; where sharing intimate failures and successes are freely shared?

## 16. Refuge and Purity

Everyone seeks and needs an emotional refuge from the pressures and trials of life. Some look to ‘drown their sorrows’ in booze. Others turn to drugs. Still others seek to escape through the rush of adrenaline. Based on statistics, the #1 form of entertainment and escape in America is using pornography.

The Scriptures clearly teach that God wants to be our refuge. You will never be able to win the battle for sexual purity unless you learn how to make God your total refuge.

Look at the following verses and think about refuge.

2 Sam 22:31 As for God, his way is perfect; the word of the Lord is flawless. He is a shield for all who take refuge in him.

Psa 7:1 O Lord my God, I take refuge in you; save and deliver me from all who pursue me

Psa 16:1 Keep me safe, O God, for in you I take refuge

Psa 25:20 Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

Psa 34:8 Taste and see that the Lord is good; blessed is the man who takes refuge in him.

Psa 46:1 God is our refuge and strength, an ever-present help in trouble

Psa 109 (selected verses) O God, whom I praise, do not remain silent, for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues...they attack me without cause...they repay me evil for good...hatred for my friendship...Appoint an evil man to oppose him; let an accuser stand at his right hand. When he is tried, let him be found guilty, and may his prayers condemn him. May his days be few; may another

take his place of leadership. May his children be fatherless and his wife a widow. May his children be wandering beggars; may they be driven from their ruined homes. May a creditor seize all he has; may strangers plunder the fruits of his labor. May no one extend kindness to him or take pity on his fatherless children. May his descendants be cut off, their names blotted out from the next generation. May the iniquity of his fathers be remembered before the Lord...may their sins always remain before the Lord, that he may cut off the memory of them from the earth...he loved to pronounce a curse—may it come on him...May this be the Lord’s payment to my accusers, to those who speak evil of me.

**MEMORIZE:** Psa 62:8

### **Questions:**

1. What does the word “refuge” mean to you?
2. Psa 109 expresses David’s complaint and prayer recommendations to God. Is praying like this today OK?
3. As a follower of Jesus, how are we to handle our negative emotions, fears and anxieties?
4. How can I apply the truth of these verses to my life today?

---

---

---

**DISCUSSION:** Most people that I know have ‘constipated prayer lives’, unable to pour out their emotions before God. How can you cultivate the type of prayer life that King David had with the Father? How is viewing/ using porn a refuge for some? How can a person shift or change their worldly refuges to make God their refuge?

## 17. Masturbation

The old saying goes like this: 98% of men masturbate and the other 2% are liars. Since masturbation is not mentioned specifically in the Bible, many think that it's OK to indulge yourself. Are the Scriptures really silent on this subject? Or, are there closely related principles and teachings that speak to this subject.

Please look at the following Scriptures and ask the Holy Spirit to teach you if these apply to this area of sexuality.

Luke 9:23 Then he said to them all: If anyone would come after me, he must deny himself and take up his cross daily and follow me.

2 Cor 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Psa 19:14 May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer

Psa 62:8 Trust in the Lord at all times O people, pour out your hearts before him. God is a refuge for us.

Gal 5:22, 23 The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

Titus 3:3-5 Likewise, teach the older women... to train the younger women to be self-controlled and pure... Similarly, encourage the young men to be self-controlled

Rom 8:13 but if by the Spirit, you put to death the deeds of the body, you will live.

1 Pet 1:15,16 But just as he who called you is holy, so be holy in all you do; for it is written; 'Be holy, because I am holy.'

1 Cor 6:12 "Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything..." The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

**MEMORIZE:** Luke 9:23

### **Questions:**

1. How old were you, and how did you learn about masturbation?
2. Did you parents or guardians ever give you instructions/ warnings/ encouragements in this area?
3. Do you think it sinful to masturbate? Why or why not?
4. If you or your spouse are deployed for 7 months, is it OK to mutually masturbate when on computer video cameras, as long as you are thinking about your partner? What principles from Scripture, if any, apply?
5. How can I apply the truth of these verses to my life today?

---

---

---

**DISCUSSION:** How can you tell if masturbation is 'mastering' you? How does or do you think masturbation might affect marital sexual relations?

## 18. Shame and Guilt

Every person striving to get pure and to stay pure must deal with the shame and guilt of their wrong doings.

The dictionary defines shame as “the painful feeling arising from the consciousness of something dishonorable, improper, ridiculous, etc.” In the booklet ‘the Issue of Shame...’ (Ennis, Ennis and Rinehart), “Shame is an emotional state in which a person feels fundamentally flawed—flawed at the core... Shame says, “I am bad, I am worthless. I deserve to be punished. I do not deserve to be loved. The problem is not what I’ve done. The problem is *who I am.*”

Guilt is “the fact of having committed an offense, crime, violation or wrong...” Guilt is breaking the law; guilt says, “I’ve done something wrong.”

Look at the following verses regarding shame and guilt.

Gen 2:25; 3:6,7,21 The man and his wife were both naked, and they felt no shame... When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves...The Lord God made garments of skin for Adam and his wife and clothed them.

1 Pet 2:9,10 But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

Rom 8:1 There is therefore now no condemnation for those who are in Christ Jesus.

Psa 32:3-5 When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord” and you forgave the guilt of my sin.

Eph 5:8 For you were once darkness, but now you are light in the Lord. Live as children of light.

1 John 3:1,1 How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! ...Dear friends, now we are children of God...

1 John 1:9 If we confess our sins, He is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.

**MEMORIZE:** Psa 32:3-5

### **Questions:**

1. Describe a time when you felt shame, and when you felt guilt. How are they connected?
2. What is the solution for shame?
3. How are we to deal with guilt?
4. How can I apply the truth of these verses to my life today?

---

**FURTHER STUDY:** Look up shame in a concordance. Note the connection between shame and nakedness.

## **18. Shame and Guilt**

**Discussion:** Many Christian sociologists feel that our culture has shifted from a guilt-based culture to a shame-based culture? What do you think this means? If this is true, what has culturally changed?

## 19. The Mind: Our Primary Sex Organ

The primary battleground for sexual purity is the brain. What do we think about? What do we feed our minds, and how do we control our thoughts and the ideas that seemingly pop out of nowhere?

Scriptures have a lot to say about our minds. If through the Holy Spirit we control our thoughts, then we would control our sex drives and sexual impulses. We cannot and will not win the battle for sexual purity unless we control our minds.

Rom 8:5-8 ‘Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God. It does not submit to God’s law, nor can it do so. Those controlled by the sinful nature cannot please God.’

Col 3:1-2 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.

Eph 4:22-24 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Rom 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

2 Cor 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Psa 119:97 Oh, how I love your law! I meditate on it all day long.

John 13:2 (Amp) So (it was) during supper, Satan having already put the thought of betraying Jesus in the heart of Judas Iscariot, Simon’s son,

Josh 1:8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Prov 24:9 The devising of folly is sin...

Prov 15:26 The Lord detests the thoughts of the wicked, but those of the pure are pleasing to him.

**MEMORIZE:** Col 3:1-2

### **Questions:**

1. Where do thoughts come from?
2. How do we ‘take every thought captive’ to make it obedient to God?
3. How can our minds be transformed or renewed?
4. What is the difference between transcendental meditation and Biblical meditation? What does meditation mean and how do you do it?
5. How can I apply the truth of these verses to my life today?

---

---

---

## **19. The Mind: Our Primary Sex Organ**

**DISCUSSION:** How do we recognize which thoughts are from Satan? From the Holy Spirit? From our own flesh? From others?

## 20. HOPE in the Battle

The quest for purity is laden with failure. You try and fail, get up and fall again, and again. It can seem so hard, if not impossible to get control of thoughts and habits that may have seemingly entrenched themselves deep within your soul. The enemy whispers lie after lie in your ears to ‘quit’ or to ‘give up’, or ‘its only a matter of time until you fall again’, etc.

We will not and cannot advance in this quest for purity unless we cling to the promises of HOPE that the Lord gives to us. We must hold fast to the goal as we move toward our ultimate destiny: eternal purity and holiness before our Holy God.

Prov 24:16 for though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity.

Jude 24 But to him that is able to keep you from falling and to present you before his glorious presence without fault and with great joy—

2 Thes 3:3 But the Lord is faithful, and he will strengthen and protect you from the evil one

Eph 1:4,5 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him in love.

Psa 3:5 I lie down and sleep; I wake again because the Lord sustains me.

Lam 3:22,23 Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

Psa 42:5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Phil 3:12-14 Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

**MEMORIZE:** Jude 24

### **Questions:**

1. What gives you hope after failure?
2. How can you give hope to another brother who has stumbled and wants to give up?
3. How can our hope increase?
4. Pick out on of these verses and paraphrase it, re-write it in your own words.  
\_\_\_\_\_  
\_\_\_\_\_
5. How can I apply the truth of these verses to my life today?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DISCUSSION:** If you have ever wanted to ‘give up’ and quit the battle, please discuss it with your buddies. What happened that got you to the point of surrender? What turned you back?