

## Teen Topics Sexual Purity (Part 3)

In order to be sexually pure, it takes an intentional effort on our part. In our study today, let's consider some practical ideas for remaining pure in a world of temptation.

### **Following God's Guidelines for Sex**

Sexual purity begins with a desire to honor God by viewing sex as He views it and by following His guidelines for it. Scripture emphasizes the importance of standing out in the world by handling our bodies in a way that honors the Lord, especially in regards to sex (read I Thess. 4:3-8!). Successfully following God's guidelines for sex takes more than just a desire to be pure; it takes a genuine commitment to purity!

### **A Plan for Success**

A commitment to purity does not eliminate temptation. So to be successful in your pursuit of purity, consider these tips:

- > Be honest with God about your struggles. Talk it over with God, He knows what you are going through. A devotional time is essential for meaningful moments with God and for keeping your focus on Him. (Col. 2:6-15)
- > Set personal standards. Guard what you think about and what you look at. Use caution in what you wear and who you date. Restrict internet use and who you talk to online. (Job 31:1; Rom. 12:1-2)
- > Avoid temptation at all costs. Never be alone with someone of the opposite sex. Eliminate temptation as much as possible. (Eph. 4:22)
- > Confide in a friend. Find someone of the same gender as you who is spiritually mature to be an accountability partner. (James 5:16; Eccl. 4:9-10)
- > Determine to be pure. Purity is a choice. Make the choice to be a leader in this area, not a follower. (Gal. 5:16)

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