

Teen Topics 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 regard to sex (read [1 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 wisdom in who you date and how you present yourself. Restrict internet use and who you talk to online. ([Job 31:1](#); [Rom. 12:1-2](#))
- > Avoid temptation at all costs. Be honest with yourself and acknowledge your own weaknesses. Do what is necessary to eliminate temptation as much as possible. ([Eph. 4:22](#))
- > Confide in a friend. Get help and support from an accountability partner. Look for partner of the same gender who is spiritually mature. ([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](#))