

## Pursuing Purity

### -Lesson 2: Emotional Purity-

Reminder: God designed us to live in a holistic pursuit of purity, which touches all parts of our lives, not just our physical bodies. We want to look at our call to purity as so much more, we want to look at it as a call to Holiness. Holiness is when something is set apart as distinct and devoted to the Lord. The Lord's vision for purity is to protect our hearts, minds, bodies and more than anything to guard and strengthen our relationship with Him. Mark 12:30 calls believers to love the Lord with all their heart, soul, mind and strength. We don't pursue purity or holiness because we "have to" but we pursue it because in the freedom of purity we find the fullness and joy of life that God created us for.

In this lesson we will look at what it means to walk in emotional purity. Whether or not you are a "feeler", we all experience emotions and have a desire to connect with one another emotionally. Sharing our hearts, dreams, fears, desire, and struggles with one another makes us feel connected and cared for, but sometimes we can share too much and develop unhealthy connections with friends or significant others.

Has there ever been a time where you shared too much and it ended up hurting you?

What is emotional purity?

- Leader tip: Emotional purity simply means to not become emotionally attached with the opposite sex, friends, strangers on social media, and others.

When hard things happen who is the first person you run to?

- Leader tip: The point of emotional purity is that the Lord is the first person we should be taking our hurts and struggles to. You can still share with others, but when you expect others to support you emotionally and fix the hard things in life is when our emotional boundaries begin to be crossed.

Read 1 Corinthians 6:17

1. How does this verse connect to emotional purity?
  - a. Our hearts are meant to be united first and foremost to the Lord.
2. What are you giving your heart to that isn't the Lord?
  - a. Potential activity: have your students take a minute and write out all of the things that their hearts are invested in.
3. What is taking up the biggest percentage of your heart right now? Why does that have such a big piece of your heart?
4. How does it affect your life to have your heart invested in something that isn't the Lord?
  - a. Does this bring anxiety? Stress? Fear? Desire for control?

Read Proverbs 4:23

5. What do you think it means to “guard your heart”?
  - a. Leader tip: it’s not about developing a hard heart and shutting people out, but rather protecting what is within – protecting a gentle spirit, protecting our peace, protecting our relationship with the Lord.
6. Be really honest, what is flowing out of your heart right now and what does that tell you about where your heart is invested?
  - a. Great opportunity to get real. Whatever your students are struggling with, sin wise, is flowing out of their hearts, so challenge them and dig deep.
7. Why now do you think that the Lord calls us to walk in emotional purity? What could His call to emotional purity be protecting us from?
  - a. The Lord is saying give your heart to me, let me protect you, let me be there for you.
8. What is the biggest struggle when you think about choosing to walk in emotional purity? Why is it so difficult to guard your heart?
9. What would it look like to walk in emotional purity with your boyfriend/girlfriend? What about in your friendships?
10. How does walking in emotional purity bring us freedom?

Conclusion: Because we are human we are 100% going to give our hearts to things other than the Lord, but the joyful news is that His grace is sufficient in our weakness. Read Psalm 34:18. There is grace and redemption for the areas we’ve fallen short of holiness. What is one practical way you can choose emotional purity this week?