

## Pursuing Purity

### -Lesson 5: Physical 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 the area of purity that we typically think of when we think about purity – physical. This will be equally simple and difficult to walk through because it is on the one hand, the most tangible form of purity, but on the other hand carries with it the most shame and struggle for many of our students.

Leader tip: this lesson may be hard for a number of your students, make sure that you enter into this lesson with prayer and constantly remind your students of the grace, healing and restoration that the Lord gives us despite our mistakes. Our sin is inevitable, but God's grace and loving kindness is greater than any "mistake" we could ever make.

1. What is physical purity?
2. Why do you think that God would command us to walk in physical purity?
3. What are some of the consequences of physical impurity that the Lord is trying to protect us from when He calls us to purity?

Read Philippians 4:8-9 and Luke 11:34-35

1. How do these scriptures apply to physical purity?
2. How would a pure heart and mind affect physical purity?
3. What are the benefits of fixing our hearts and minds on things of the Lord?
4. What are the biggest hurdles standing in the way of fixing your mind on good things of the Lord?

Read 1 Corinthians 6:15-20

1. What is culture telling you about sex outside of marriage?
2. What are your friends, classmates, parents, teachers, etc. telling you about sex outside of marriage?

3. What does this scripture tell us about sex outside of marriage?
  
4. What does it mean, that your body is a temple?
  - a. Leader tip: this is a sweet opportunity to talk about how our bodies literally become the dwelling place of the Holy Spirit, so it's not just about not doing drugs or not having sex, but that our bodies literally become a sacred place and therefore we are called to care for and not defile them. This includes every part of us – heart, mind, body and soul. It's holistic.
  
5. How should your boyfriend/girlfriend relationships look based on this scripture?
  - a. Leader tip: boundaries are difficult, we don't want this to be a question of legalism, but again, about pursuing holiness and understanding that the Lord gives the parameters He does because He loves us and desires us for Himself.

Read Psalm 119:9-11

1. How do we truly pursue a life of purity?
  
2. Are there things/relationships in your life right now that are keeping you from pursuing purity?
  
3. How can this group help you pursue a purity?
  - a. Ex. Accountability, discipleship, prayer, etc.

Closing: Read 1 John 1:9 and Lamentations 3:22-23 – we all make mistakes in purity, we all fall short, but the promise is that when we repent he is faithful and just to forgive. We are not called to shame, we are called to freedom. Next week we will have a full lesson on restoration and healing, but don't miss this opportunity to close out the lesson with a reminder of grace and forgiveness. Spend time in prayer as a group. The perfect love of Christ wipes the slate clean and allows us to begin anew, there is no limit on His love.