

Pursuing Purity

-Lesson 1: Introduction-

Intro: When you think of the word “Purity” what first comes to your mind? How does the word purity make you feel?

So, what is purity? Our idea of purity can often get put into a box. We think that purity is simply abstaining from sex, or having strict physical boundaries in our dating relationships. The reality is though, that when we put purity into a box, we miss the heart behind true purity. True purity is when something is free from contamination and is wholly itself. What makes something pure gold? It is gold and only gold

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. The Lord makes it clear that He cares greatly about the health and integrity of every part of His creation, and that we are called to keep the Lord on the throne in all areas of our lives. This study will be exploring the fullness of our call to living a life a Holiness, and the graciousness of our Lord who brings freedom in the midst of struggle and temptation. We pray that this study brings you joy, draws you nearer to the Lord and open your eyes to the freedom that the Lord designed and intended for you.

Before we jump into different aspects of purity we need to explore the heart of purity and holiness. In this first lesson we will look at what it looks like to live a life that is set apart for the Lord and walk in holiness.

1. Based on the definition, what does it mean to you to live a life of Holiness?
2. Why is a life of Holiness so difficult to pursue?

Read Romans 12:1-2

1. Have someone in the group summarize this scripture, what is it really communicating to us?
2. What does it mean to give ourselves to the Lord as a “living and holy sacrifice”?

3. Why is giving ourselves as a sacrifice a “spiritual act of worship”? What does it look like to really live a life of worship?
 - a. Leader tip: this is a great opportunity to get your students thinking about how all of life is meant to be lived in worship to the Lord, therefore taking a test, playing basketball, hanging out with friends, etc. can all be acts of worship – but only when we are pursuing a life of holiness. Sin is not worshipful to the Lord.
4. How do we renew our minds and find transformation?
5. What are things that need to be removed from your life in order to have a renewed and transformed mind? What needs to be added?
 - a. Ex: remove shows that cause me to meditate on things that aren’t honoring to the Lord, add accountability.
6. When you think about finding the will of God, what crosses your mind? What confuses you about His will? What do you think His will is?
 - a. Leader tip: this is great chance to dig into what the will of God is, that He has a unique story for each of His children, but ultimately His will is for you to live a life devoted to Him and His glory, therefore anything you do/any choice you make can bring Him glory and align with His will.
7. How would your life look if you were pursuing holiness?
8. Sin always comes with consequences, what are some ways that the choices you are making are hurting you or others?
 - a. Ex. “I’m lying to my parents, therefore our relationship is strained” or “I’m not trusting the Lord and I’m trying to control my life, therefore I am living in constant anxiety and fear of failure”.

Conclusion: Have your students take some time to evaluate and ask themselves if they are really willing to submit their lives to the Lord and pursue holiness in all areas, specifically in the realm of purity. Then spend time in prayer asking that hearts would be softened and desire for holiness and purity be born during this study. Remind them that it’s only through the power of the Holy Spirit that we actually walk in holiness and purity, we can’t do it with the “mercies of God”.