

Milestone Four:

Purity for Life Girl's Edition

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Ministry Department: Student Ministry

Target Audience: Junior High Parents (8th Grade)

Class Description: The Goal of this class is to take a holistic approach to purity in all of life according to Scripture and to prepare families to celebrate the Purity for Life Milestone together. We want to encourage parents to continue the conversation with their kids about purity and sex and to be equipped to hold a *Purity for Life Ceremony* tailored to their family. We will provide some talking points, goals, and a few resources to get you started.

Time Requirement: 2 Hours

Training Support Required: Classroom with screen and white board

Handouts:

Purity for Life Milestone for Girls Handout
Affirmations in Christ

Resources:

Parenting by Paul David Tripp

You Have What it Takes by John Eldredge

Every Young Man's Battle by Steven Arterburn and Fred Stoeker

Not Even a Hint by Joshua Harris

Freedom and Stronghold Cycle on Kingsland Resource Portal

Milestone Four is divided into 3 major sections with 5 main topics.

Introduction

Main Topics

- Defining Purity and Why Purity
- What God, Jesus, and Scripture say about sex and marriage
- Perversions of Biblical Sex
- Different Areas of Purity
- Stronghold and Freedom Cycle

Conclusion

- The Power of Confession
- Talking to Your Parents
- Assurance of Grace

Introduction

Introduce instructors and pray for the class.

Welcome to Milestone Four – Purity for Life!

Students, our hope and prayer for you today is that you would desire to walk in biblical purity and that you would walk in freedom for the rest of your life. We pray that this milestone would allow you to be able to seek the wisdom of and have conversations with your parents about purity.

Defining Purity and Why Purity

Defining Purity

Purity for a Christ follower is keeping our hearts, minds and bodies holy, without moral blemish or stain for the purposes of God.

Matthew 5:8 "Blessed are the pure at heart for they will see God."

The way we understand purity affects:

- The way we see God
- The way we see ourselves
- The way we see others

Why Purity?

The reason we desire purity is so that we may walk with God closely and see Him clearly. Our sin distances us from God, so living in rebellion does not allow us to have the fullness of relationship with Him. Purity is much more than just physical, it is holistic.

What God, Jesus, and Scripture say about sex and marriage

God's Design for Sex and Marriage:

In order to understand sexual purity, we must first understand what God's design for sex is. To do that we need to start in the beginning to when God was creating the earth. From here we will see the confines of what a marriage relationship is, and how God designed sex.

Genesis 2:23-25

- Man is called to leave his father and mother
- Man and woman are called to cleave to one another. This word cleave means to adhere closely and loyally together. In our words, it literally means to glue together.
- When two come together, they become one.

Genesis 1:28

- God also commanded to man and woman to be fruitful and multiply. This was given to Adam and Eve in the context of their marriage relationship. So, we can take from this that sex is a good thing, which is designed for the marriage relationship.

What does Jesus say?

One of the greatest lies that is spread, is that Jesus never talked about what a marriage relationship is to be. In actuality, Jesus spoke on marriage and was quite clear in what marriage is.

Mark 10:6-10

- Marriage is between a male and female.
- Man is called to leave his father and mother to be with his wife.
- They are united together, very similar to the idea of cleaving to one another.
- They become one flesh. Becoming one-flesh points to the tight bond, it also can point to the idea of the coming together that happens through sex.
- It is also a lifetime commitment.

What else does Scripture say?

Song of Solomon is a whole book written with the idea that sex is for the confines of marriage and that it is an intimate and beautiful thing. The book walks through courtship, marriage, the wedding night, and after.

Do not arouse or awaken love until it so desires.

Song of Solomon 2:7; 3:5; 8:4

Other Scripture points to the fact the sex is meant for enjoyment in the context of marriage.

Proverbs 5:15-21, 1 Corinthians 7:1-7

In addition, we also see that the Bible also speaks to what we are to do with our purity and sexual desires prior to a marriage relationship.

1 Corinthians 6:12-20 Your body is a temple of the Holy Spirit, and we are to flee from sexual immorality.

Matthew 5:27-30 If we even look at a woman lustfully, we have committed adultery in our hearts.

1 Thessalonians 4:3-5 God desires that we would be sanctified and that we would not walk in sexual sin.

Again, God cares about every part of our life. Our purity is not just about sex, but instead every area of our life. This means: our speech, our thoughts, the music we listen to, the movies we watch, what we do/post on social media, and the friends we spend time with.

Perversions of Biblical Sex

Premarital Sex

A marriage relationship is not solely built on sex. So the idea of having sex before marriage, is putting sex as one the primary purposes of marriage. The reality is that sex is a gift to be enjoyed within the confines of marriage.

Adultery

God desires for us to be men of only one woman. Since sex brings about such oneness in a relationship, adultery and sexual relations with other women even before marriage will affect your marriage and distance us from God.

Homosexuality

God has also clearly defined marriage as a relationship between a man and a woman. To do otherwise is in direct disobedience to God. When facing those desires, it is important to surrender them to God. We all have sinful desires, but our role as believers is not to give in to them and instead give them to Jesus.

Pornography

Jesus said even looking at a woman lustfully is committing adultery in your heart. Pornography is the exact opposite of what God designed in a sexual relationship. Pornography takes away from the intimacy, objectifies women, feeds the idea that sex is only about self-pleasure, and in a sense unifies you with another person.

Masturbation

Masturbation objectifies the idea of sex being about self-pleasure. Also continues into what Jesus said about looking at a woman lustfully, you commit adultery in your heart.

Different Areas of Purity

Physical Purity

The biggest lie in our society and one that Satan “the father of lies” has capitalized on is this: Sex is purely physical.

1 Corinthians 6:18

Flee sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

Protecting her physical emotions, knowing that your lines and her lines are different.

Emotional Purity

Proverbs 4:23 “Above all else, guard your heart, for it is the wellspring of life.”

The heart is the source of life. Don’t just give your heart away.

Just as we guard our eyes to maintain sexual integrity, we also guard our hearts to remain emotional integrity.

Again, God cares about **every** part of our life. Our purity is not just about sex, but instead every are of our life. This means:

- Our speech
- Our thoughts
- The music we listen to.
- The movies we watch.
- What we do/post on social media.
- The friends we spend time with.

Modesty

Ask yourself the questions...

- Why am I wearing this?
- Will this point my brothers and sisters in Christ towards purity?

Mental Purity

Matthew 5:27-30

- Jesus is after your heart.

Psalm 119:9

- How can a young man keep his way pure? By living according to your word.

Psalm 101:3

- "I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me."

If Satan can have your attention for five seconds then he's got your mind for five minutes. – TW Hunt, The Mind of Christ

Stronghold and Freedom Cycle

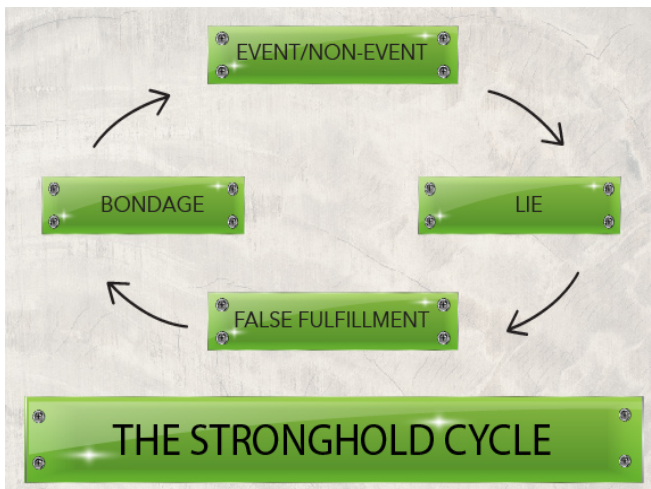
Spiritual Purity

Spiritual purity is the foundation for mental, emotional and physical purity. When we understand our position in Christ, it changes the way we see God, ourselves, and others.

Our identity determines our behavior.

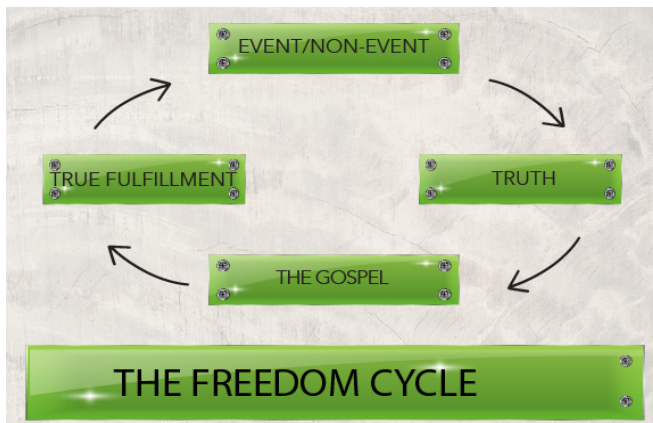
You need to know God is in the business of restoring what was/is impure to something that is pure, through Jesus' shed blood on the cross.

What if I blew it?



If we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness. 1 John 1:9

- Call it sin
- Call it forgiven
- Call on God to change you



God is in the business of restoring what was/is impure to something that is pure, through Jesus' shed blood on the cross. 2 Cor. 5:21

Conclusion

The Power of Confession

- Steve Gallagher- "If you want to stay stuck in your sin, confess it only to God. If you want to overcome it, confess it to someone else.
- Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16
- Satan desires for our sins to stay hidden in the darkness. He wants us to live in guilt in shame. The beauty of confession is that sin is brought to light, and it no longer holds power over us. What was once hidden is now exposed, and God may heal our hurts and wounds.

Talking to Your Parents

For some of you in this room, the next step for you is to confess the sin that you might be stuck in. Your parents are going through this milestone with you because they desire to see you walk in freedom from the power of sin and to walk in purity so that you may walk with God more closely. Confession of sin is a beautiful thing, because it brings about freedom in your life. There is no better day than today to confess and to have open conversations with your parents. They love you deeply!

Assurance of grace

Students please know that you are loved by God and right with God through in faith in the finished work of Jesus. Your sins and mistakes do not define you and you can approach the throne of grace in great confidence.

Hebrews 4:14-16

Affirmations in Christ

*I refuse the lie that I am **rejected, unloved, dirty or shameful** because **IN CHRIST***

I am completely accepted. God says:

- **John 1:12** I am God's child.
- **John 15:9** I am loved by God as certainly as Jesus is loved by God.
- **John 15:15** I am Christ's friend.
- **Romans 5:1** I have been justified.
- **1 Corinthians 6:17** I am united with the Lord and I am one spirit with Him.
- **1 Corinthians 6:19,20** I have been bought with a price, I belong to God.
- **1 Corinthians 12: 27** I am a member of Christ's Body.
- **Ephesians 1:1** I am a saint, a holy one.
- **Ephesians 1:5** I have been adopted as God's child.
- **Ephesians 2:18** I have direct access to God through the Holy Spirit.
- **Colossians 1:14** I have been redeemed and forgiven of all my sins.
- **Colossians 2:10** I am complete in Christ.

*I refuse the lie that I am **guilty, unprotected, alone or abandoned** because **IN CHRIST***

I am totally secure. God says:

- **Romans 8:1,2** I am free forever from condemnation.
- **Romans 8:28** I am assured that all things work together for good.
- **Romans 8:31-34** I am free from any condemning charges against me.
- **Romans 8:35-39** I cannot be separated from the love of God.
- **2 Corinthians 1:21,22** I have been established, anointed and sealed by God.
- **Philippians 1:6** I am confident that the good work God has begun in me will be perfected.
- **Philippians 3:20** I am a citizen of heaven.
- **Colossians 3:3** I am hidden with Christ in God.
- **2 Timothy 1:7** I have not been given a spirit of fear, but of power, love and a sound mind.
- **Hebrews 4:16** I can find grace and mercy to help me in time of need.
- **1 John 5:18** I am born of God and the evil one cannot touch me.

*I refuse the lie that I am **worthless, lacking, helpless or hopeless** because **IN CHRIST***

I am deeply significant. God says:

- **Matthew 5:13,14** I am the salt of the earth and the light of the world.
- **John 15:1,5** I am a branch of the true vine, Jesus, a channel of His life.
- **John 15:16** I have been chosen and appointed by God to bear fruit.
- **Acts 1:8** I am a personal, Spirit-empowered witness of Christ.
- **1 Corinthians 3:16** I am a temple of God.
- **2 Corinthians 5:17-21** I am a minister of reconciliation for God.
- **2 Corinthians 6:1** I am God's co-worker.
- **Ephesians 2:6** I am seated with Christ in the heavenly realm.
- **Ephesians 2:10** I am God's workmanship, created for good works.
- **Ephesians 3:12** I may approach God with freedom and confidence.