



# THE BEAUTY OF SEXUAL PURITY

Steve Holdaway, LifeSpring Church, 10.01.17

**BIG IDEA:** God's design for sexuality is holy and beautiful. When we turn away from his plan, we invite pain and brokenness.

## **1 Thessalonians 4:3-8 NIV**

3 It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control his own body in a way that is holy and honorable, 5 not in passionate lust like the heathen, who do not know God; 6 and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. 7 For God did not call us to be impure, but to live a holy life. 8 Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.

### **Four exhortations about sexual purity:**

#### **BE HOLY.**

**You cannot be both set apart and sexually immoral. (3)**

#### **BE IN CONTROL.**

**You can learn to control your body. (4-5)**

#### **BE RESPONSIBLE.**

**You will hurt the one that you use for immorality. (6)**

*You are not just touching a body. You're touching a soul.*

#### **BE WARNED.**

**You cannot escape the consequences of immorality. (6-8)**

Counterfeit forms of sexual expression:

- Lust deceives.
- Fornication degrades.
- Adultery destroys.

Hebrews 13:4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.



## LIFEGROUP LEADER'S GUIDE LESSON 4: THE BEAUTY OF SEXUAL PURITY

Date of Sermon: 10.01.17

**DISCUSSION STARTER:** Ask LG members to describe a TV show or commercial that misrepresents God's design for sexual purity. Give time for several answers.

Ask group members to describe how our American culture has become hyper-sexualized.

### READ SUNDAY'S SERMON TEXT:

#### 1 Thessalonians 4:3-8 NIV

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### Discuss as a group how this passage instructs us to:

**Be holy. (3)**

**Be in control. (4-5)**

**Be responsible. (6)**

**Be warned. (6-8)**

### READ AND DISCUSS THE IMPLICATIONS OF THE FOLLOWING BIBLICAL TEXTS:

#### 1 Cor. 6:18-20

18 Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body.

#### Ephesians 5:3-4

3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

#### 1 Corinthians 5:9-11

9 I have written you in my letter not to associate with sexually immoral people—10 not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world.

11 But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat.

## **BREAK UP THE GROUP INTO TWO GROUPS: MALE AND FEMALE FOR DISCUSSION.**

What are the main pressures today facing your gender in the area of sexuality?

Why are the “lust of the flesh, lust of the eyes, and the pride of life” (1 John 2:16) so powerful today?

Why is sexual immorality actually idolatry? (The Prophets of the O.T. equated the two.)

Proverbs 4:23 tells us, “Above all else guard your heart, it is the wellspring of life.” How is sexual immorality really an issue of an unhealthy heart? How is sexual immorality an identity issue?

Sex is not simply a physical act. That’s why there are so many repercussions. It can hurt a person for the rest of their lives. How is it true that when you “touch a body you are touching a soul?”

How does this apply to pornography? Why is pornography so damaging?

As time allows, review briefly the following:

## **STEPS TO OVERCOMING HABITUAL SINS:**

### **Stage One: Prevention**

#### **1) Fear God.**

*Prov 19:23 The fear of the LORD leads to life: Then one rests content..*

*Ps 86:11 Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may fear your name.*

*Genesis 22:12 "Do not lay a hand on the boy," he said. "Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son."*

#### **2) Fall Increasingly in Love with the Lord.**

- A sin problem is a love problem.

*Deuteronomy 6:4-5 Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength.*

*Colossians 3:5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.*

#### **3) Fill Your Life with God’s Word and God’s People.**

*Psalms 119:11 I have hidden your word in my heart that I might not sin against you.*

## Stage Two: Resisting

### 4) Flee from the Temptation whenever Possible.

*1 Corinthians 6:18 Flee from sexual immorality.*

- Context: Sexual sins in the church
- Flee: Get rid of cable; internet filter; don't go to video stores, don't go to bookstores, don't go out to eat business lunches alone with people of the opposite sex, get up from the situation and physically move, teens: don't shut yourself up in your room...

### 5) Fight back with Scripture.

- Recognize that you're in a fight! Stop and consider the fact that Satan and his demons are attempting to bring you down. This isn't all you and your fleshly desires. You are under attack!
- The attack will pass. No army can keep up an attack indefinitely. An enemy may initiate an all-out offensive attack but, after time, must regroup and evaluate. This is so important. When you think, "How can I endure this powerful temptation?" remember that it will not last forever. Fight back, stand your ground, and picture yourself in your next activity—where this heavy temptation will seem like just a memory.
- Your weapon? Scripture

*Hebrews 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

### 6) Forecast how Sexual Sin will affect your Life.

*Ecclesiastes 9:12 Moreover, no man knows when his hour will come: As fish are caught in a cruel net, or birds are taken in a snare, so men are trapped by evil times that fall unexpectedly upon them.*

- Think it through. What will the results of your actions be for yourself, your spouse, your children, your friends, your parents, your church family, your job, your future spouse, your opportunities for God.

### For those who are sexually out of bounds:

- Agree with God about your sin and ask forgiveness and deliverance.
- Take immediate steps to block the behavior. Remove yourself from compromising situations.
- Be accountable to someone. The devil works in darkness. He is the master of shame.
- Support groups are available. (Overcomers in Christ, Men's Groups/Women's Groups, Christian Counseling and Support Groups)

# Sexual Purity Covenant

- **I will never open any program for sexual stimulation.**

1 Corinthians 6:13b (NLT)

*“Our bodies were not made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies.”*

2 Timothy 2:22 (NLT)

*“Run from anything that stimulates youthful lust. Follow anything that makes you want to do right. Pursue faith and love and peace, and enjoy the companionship of those who call on the Lord with pure hearts.”*

- **I will never purchase or download anything pornographic.**
- **I will not sit and watch television programs that are sexually stimulating.**

Ephesians 5:5 (NLT)

*“You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is really an idolater who worships the things of this world.”*

Psalms 101:3a (NLT)

*“I will refuse to look at anything vile and vulgar.”*

- **I will guard my eyes by abstaining and always avoiding stimulating material of any type.**
- **I will not watch sexually stimulating videos of any kind; regardless of rating. (PG, PG-13, R or X)**

Psalms 39:1a

*“I will guard my ways.”*

Matthew 6:22-23 (NLT)

*“Your eye is a lamp for your body. A pure eye lets sunshine into your soul. But an evil eye shuts out the light and plunges you into darkness. If the light you think you have is really darkness, how deep that darkness will be!”*

Job 31:1 (NLT)

*“I have made a covenant with my eyes not to look with lust upon a young woman.”*

- **I will not participate in computer chat rooms developing relationships with another person through the internet.**

Matthew 23:35-37 (NLT)

*“And I tell you this, that you must give an account on judgment day of every idle word you speak. The words you say now reflect your fate then; either you will be justified by them or you will be condemned.”*

- **I will not cultivate an emotionally intimate one-on-one relationship with anyone other than my spouse.**

Exodus 20:14, 17b (NLT)

*“Do not commit adultery. Do not covet your neighbor’s wife.”*

Proverbs 5:15-20 (NLT)

*“Drink water from your own well—share your love only with your wife. Why spill the water of your springs in public, having sex with just anyone? You should reserve it for yourselves. Don't share it with strangers. Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving doe, a graceful deer. Let her breasts satisfy you always. May you always be captivated by her love. Why be captivated, my son, with an immoral woman, or embrace the breasts of an adulterous woman?”*

- **I will not replace the risk of personal relationships with the impersonal safety of my computer. I will not retreat to it and out of life. I will limit my time to use the computer for recreational activities.**

Matthew 22:37-39 (NLT)

*“Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’”*

**NOTE:**

**Our first priorities are relationships! Not things. Working on our relationship with God and other people should take precedence over time on electronic devices.**

- **I will spend my constructive creative energy not with the television or in the unreality of virtual reality on the computer, but in the reality of the real world.**
- **I will never use the internet to satisfy my own selfish, self-centered desires wanting to stimulate my fleshly passions.**

Romans 13:14 (NLT)

*“Let the Lord Jesus Christ take control of you, and don’t think of ways to indulge your evil desires.”*

- **When doing research on the internet, I will work only to find the information needed and get off so there will be no idle surfing.”**
- **I will strictly limit my experimental time on my electronic devices and devote myself more to truth than to technique.**

John 8:32 (NLT)

*“You will know the truth, and the truth will set you free.”*

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I, \_\_\_\_\_ on this day, \_\_\_\_\_ 2017,

Pledge by God’s grace at work in me to fight to honor this vow before God and others.