
C. STRENGTHENING CHARACTER

*C.8: How do I go about building **purity** in my life? [1Thessalonians 4:1-8, Colossians 3:1-11]*

A STORY

The teacher stated, “the statistics show that 60-70% of men struggle with addictions to pornography.” Because of the internet and easy access to these temptations there is a great struggle for purity. Everywhere we turn today in our culture are attempts to exploit the sexual nature of the way we are created. There are attempts to stretch our values beyond the values of God’s creation beyond what is moral. When this occurs, we call it immorality. Both men and women are tempted daily to violate the morals of the Bible. In most cases this action results in sadness and broken relationships. Sexual addiction has become an epidemic. In coaching we want to encourage health in all areas such as physical, emotional, relational and spiritual. However sexual health must be also examined, and we need to be able to coach that into people’s lives.

I recently chatted with a young man and on the outside, he was vibrant and eager to serve the church but inside he was hidden, and his addiction was destroying him. He is now telling the truth about himself and sees light at the end of the tunnel. What scriptures can you use to help someone who is desiring purity in their life?

DIGGING INTO THE BIBLE

1 Thessalonians 4:1-8:

As for other matters, brothers and sisters, we instructed you how to live to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more. ² For you know what instructions we gave you by the authority of the Lord Jesus. 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 your own body in a way that is holy and honorable, ⁵ not in passionate lust like the pagans, who do not know God; ⁶ and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. ⁷ For God did not call us to be impure, but to live a holy life. ⁸ Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.

DISCUSSION AND DISCOVERY

1. What are the key items that impact you from this passage?
2. What does this passage teach about purity?
3. What has been your history of sexual purity and impurity?
4. How has it impacted your relationships?
5. What from this passage do you hear about your intended future in purity?

APPLICATION AND ACCOUNTABILITY

6. What are the obstacles that hinder you from reaching your goals of pure living?
7. How do you go about removing these obstacles?
8. What would be one step that you can take this week?
9. Who will be able to provide you with accountability?

MORE DIGGING INTO THE BIBLE

Another passage to look at is **Colossians 3:1-11**:

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory. ⁵ Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming. ⁷ You used to walk in these ways, in the life you once lived. ⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

DISCUSSION AND DISCOVERY

1. How will you set your heart and mind on things above?
2. What does it mean to “put to death? What areas do we need to cut?

APPLICATION AND ACCOUNTABILITY

3. How can you apply this verse in your life today?
4. What can we do to see purity in our lives over this next year?
5. Select one area that you will put to the blade?
6. How will you set your mind and heart on things above?
7. When will you get started on this?