

**Life of Purity**

# Abstract

- The youth of our churches can be seen facing many challenges, challenges against purity in general through inappropriate behavior including, drinking, smoking, social media posts, dating, destroying their health and perhaps ruining a pure image.

# Abstract

- This presentation attempts to explore the problem of maintaining spiritual integrity and purity by maintaining the image of God, the solutions and some resources for helping keep our image pure.

# Purity



# Purity-The Image of God

- What is the Image of God?
  - ‘I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.’ Acts 13:22 (1)
  - Be ye therefore perfect, even as your Father which is in heaven is perfect. Matt 5:48 (1)
  - But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. Gal. 5:22-23 (1)
  - PURITY

# Definition

- 1. the condition or quality of being [pure](#); freedom from anything that debases, contaminates, pollutes, etc.: the purity of drinking water.
- 2. freedom from any admixture or modifying addition.
- 3. ceremonial or ritual cleanness.
- 4. freedom from guilt or evil; innocence.
- 5. physical chastity; virginity.

# Purity

## “Blessed are the Pure in Heart”

- What is Purity
  - Freedom from contamination
  - Freedom from immorality
  - Freedom from adulteration
  - Freedom from sin or guilt
  - To be Morally Clean, without blemish (2)
  - Incapable of being tainted

# Purity from what?

- Purity from sin
- Purity from thoughts and dreams
- Purity of the mind
- Purity from pride
- Purity of heart from knowing sin
- ***“For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. 1 John 2:16 (1).***

# Verses

- Blessed are the pure in heart for they shall see God. Matt 5:8
- No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. I Cor: 10:13
- For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God I Thess 4:3-5
- Turn my eyes from looking at worthless things; and give me life in your ways. Psalm 119:37

# How to keep from developing Impure Behaviors

- 1) Develop a Vibrant Relationship with God
- 2) Pursue Godliness with all your being
- 3) Appropriate attire
- 4) Appropriate physical touch
- 5) First line of Defense-EYES
- 6) Second line of Defense-Mind
- 7) Third line of Defense-Heart
- 7) Set Appropriate Boundaries
- 8) Be PRUDENT-Not everyone has pure motives!

# The Glory of Purity

- It is the will of God for us.
- **“For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor”  
(1 Thessalonians 4:3-4)**
- It brings us close to the angelical life in heaven.
- The 144,000 who were not defiled with women who were the only ones who were able to learn the song of heaven.
- It gives youth power and success.
- Samson.
- Joseph.

# Importance of Purity

**Pursue peace with all people, and holiness, without which no one will see the Lord.**

**(Hebrews 12:14)**

# Importance of Purity

- **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**

**(Ephesians 5:3)**

# The Diamond



# Purity of the body

- Do you not know that your bodies are members of Christ? ...
- Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?
- For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. (1 Corinthians 6: 12-20)

# Holiness of The Body

## My Body ....

- 1. Is created in His likeness and His image.**
- 2. Was shared by The Lord when He took flesh.**
- 3. Is a member of Christ's body.**
- 4. Is a temple of the holy spirit.**
- 5. Interacts with God through the sacraments.**
- 6. Is bought by the precious blood of God.**
- 7. Is not my own but belongs to God.**
- 8. Needs to glorify God during lifetime.**
- 9. Needs to be given back to God at the end glorified.**
- 0. Needs to qualify for the eternal heavenly life with God.**

# **How do I live in purity in a sexualized society?**

- 1. Receive the Grace of God.**
- 2. Remove myself from sin. (Concept of Escaping)**
- 3. Renew my mind. (Sanctify my senses)**
- 4. Revise myself.**
- 5. Repent and confess.**
- 6. Repeated Communion.**
- 7. Rehearse the word of God.**
- 8. Remain a Disciple.**
- 9. Remember my weakness. (Humility)**
- 0. Represent God. (Service)**

# 1. Receive the Grace of God

- Purity is given by the grace of God
- “So I say to you, **ask**, and it will be given to you; **seek**, and you will find; **knock**, and it will be opened to you. (Luke 11: 8-10)
- Prayer is a key for purity.
- “**This kind does not go out except by prayer and fasting.**” (Matthew 17:21)

## 2. Remove myself from sin. (Concept of Escaping)

- Joseph.
- Lot and his wife.
- David.
- I should flee from sin, like I flee from a snake!!
- Sin will leave a scar, that persists for a long time.
- I should flee from reminders of sin (People, Places things)
- **3 rules from one verse in Lot's story (Genesis 19: 17)**
  - 1. "Escape for your life!"**
  - 2. "Do not look behind you nor stay anywhere in the plain."**
  - 3. "Escape to the mountains, lest you be destroyed."**

### 3. Renew my mind (Sanctify my senses)

- The treasure of the heart:

**“A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil.” (Luke 6: 45)**

**The pathway of behavior:**

**Senses**  **Mind (Heart)**  **Deeds (Behavior)**

**“But each one is tempted when he is drawn away by his own desires and enticed. <sup>15</sup> Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.”**

# Renew my mind – Contd.

## (Sanctify the senses)

- To transform a sinful behavior to a holy one I need to renew my mind (my heart) (my treasure).
- *“Be transformed by the renewing of your mind.” (Romans 12:2).*
- And .. How do I get to the mind?

Remember the pathway of behavior:

Senses  Mind (Heart)  Body (Behavior)

By

## (Sanctifying my senses)

# Sanctify my eyes

- “The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when *your eye* is bad, your body also *is* full of darkness.” (Luke 11: 34)
- “If your eye causes you to sin, pluck it out and cast *it* from you. It is better for you to enter into life with one eye, rather than having two eyes, to be cast into hell fire.” (Matthew 18: 9)

# **Sanctify my ears**

**“But whoever listens to me  
will dwell safely, and will  
be secure, without fear of  
evil.” (Proverbs 1: 34)**

# Sanctify my tongue

**“And the tongue *is* a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body” (James 3:6)**

# Sanctify my touch

**“If your hand or foot causes you to sin, cut it off and cast *it* from you. It is better for you to enter into life lame or maimed, rather than having two hands or two feet, to be cast into the everlasting fire.” (Matthew 18: 8)**

## 4. Revise myself

- *" See then that you walk circumspectly, not as unwise but as wise, redeeming the time, because the days are evil."* (Ephesians 5: 15-17)
- **For if we would judge ourselves, we would not be judged (1 Corinthians 11:31)**

# 5. Repentance and confession

- Repentance *DELETES* my sins.
- **“Your iniquity is taken away, And your sin purged.” (Isiah 6:7)**
- **“I will not remember your sins.” (Isaiah 43:24 )**  
**“Come now, and let us reason together,” Says the LORD, “**  
**Though your sins are like scarlet, They shall be as white as**  
**snow; Though they are red like crimson, They shall be as**  
**wool. (Isaiah 1:17-19)**
- **So, I should never give up fighting but should remember the following examples of repentance:**
- **The sinful woman heard her forgiveness when repented.**
- **The Samaritan woman was helped by the lord to repent and confess and returned home a new woman.**
- **The woman that was caught in the act of sin.**
- **The tax- collector beating his chest and saying “God be merciful to me a sinner” went down justified.**

# 5. Repentance and confession Contd.

- The church loves and adopts “the life of repentance”.
- We practice daily repentance in the litany of compline prayer.
- We practice ongoing renewal in church rites (Psalm 29)
- Continued repentance changes us from glory to glory (2Cor3:18)
- Repentance and confession are a deadly weapon against satan.
- **Do not rejoice over me, my enemy; When I fall, I will arise; When I sit in darkness, The Lord will be a light to me. ( Micah 7:8)**
- The great St. Paul teaches us saying: **Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you. Nevertheless, to the degree that we have already attained, let us walk by the same rule, let us be of the same mind. (Philippians 3:13-16)**

## 6. Repeated Communion

- God knows we won't be able to be holy by ourselves.
- So, he gave us his holy body and holy blood to unite with him and concur with him through him.
- **“I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing”**

# 7. Rehearse the Word of God.

- The word of God is described in the bible as “*fire*”, “*water*” and “*a hammer*” that purifies, cleanses and straightens out the heart.
- “You are already clean because of the word which I have spoken to you.” (john 15: 3)
- In Psalm 119, Prophet David’s contemplation about the word of God, he states:
  - <sup>9</sup> How can a young man cleanse his way?  
By taking heed according to Your word.
  - <sup>10</sup> With my whole heart I have sought You;  
Oh, let me not wander from Your commandments!
  - <sup>11</sup> Your word I have hidden in my heart,  
That I might not sin against You.

# Rehearse the Word of God- Contd.

(Psalm 119 - Contd.)

<sup>105</sup> Your word *is* a lamp to my feet  
And a light to my path.

<sup>106</sup> I have sworn and confirmed  
That I will keep Your righteous judgments.

<sup>107</sup> I am afflicted very much;  
Revive me, O LORD, according to Your word.

<sup>108</sup> Accept, I pray, the freewill offerings of my mouth, O LORD,  
And teach me Your judgments.

<sup>109</sup> My life *is* continually in my hand,  
Yet I do not forget Your law.

<sup>110</sup> The wicked have laid a snare for me,  
Yet I have not strayed from Your precepts.

<sup>111</sup> Your testimonies I have taken as a heritage forever,  
For they *are* the rejoicing of my heart.

<sup>112</sup> I have inclined my heart to perform Your statutes  
Forever, to the very end

# 8. Remain a Disciple

- Discipleship is very important in our church.
- The most clever of us is the one who keeps himself a student rather than a teacher.
- Discipleship is not only on lectures or people but also on situations, nature, and almost everything.
- For us to have this ability to receive messages from God we need to train our senses to hear Him.
- **“Those who by reason of use have their senses exercised to discern” (Hebrews 5:14)**
- Some of us are able to hear but don't learn anything.
- **"Today, if you will hear His voice, Do not harden your hearts “ (Hebrews 3:15)**

## 9. Remember my weakness. (Humility)

- Humility and purity are friends.
- Arrogance and pride invite lust and defilement.
- The more we humble ourselves before Him the more we get the grace of purity.
- If we always remember our weakness and ask Him to cover us, help us, guard us from falling then we have better chances of staying pure.
- The moment we are puffed up and start to judge others and feel confident in our power we fall.
- **Before destruction the heart of a man is haughty,  
And before honor is humility. (Proverbs 18:12)**

# 10. Represent God. (Service)

- The Samaritan woman changed from a sinful woman to an evangelist.
- The twelve steps program in treatment of addiction ends with serving other addicts.
- Service gets us out of the circle of self, that leads to self serving sins.
- Psychologists describe a process called “sublimation” that means turning a condensed form of energy into a higher level of energy.
- Spiritually, this is best demonstrated by monks and pure youth who sublimate their sexual energy into prayer, praising, working and SERVING!!!

# Value of sexuality outside of marriage!!

- Sex hormones have numerous effects on the brain throughout the lifespan, as early as during gestation. (Brain Organization)
- These hormones affect areas of the brain that are not primarily involved in reproduction.
- In the womb, sex hormones stamp the human brain with a male/female gender that dictates the child – gender thinking and behavior.

# Value of sexuality outside of marriage!! (Contd.)

- At puberty, (activation) of these hormones start a process of physical, mental and social developments that prepares the adolescent for independent adult life.
- Some of the psychological changes are:
  1. Ability for abstract thinking.
  2. Ability to express feelings through talking.
  3. A stronger sense of right and wrong.
  4. Developing a sense of identity.
  5. Developing the courage and risk taking behavior.