

“WINNING THE PURITY WAR”: Guarding My Mind Against Sexual Impurity

Sexual sin begins in the mind. This session presents the principles for protecting, provisioning and purifying our minds as a clear line of defense against sexual sin.

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Proverbs 4:23 “Watch over your heart with all diligence, for from it flow the springs of life.”

I. Protecting My Mind

1. Protecting my mind from anything that distorts my understanding of God's design for my sexuality.

Mark 7:21-23 “From within, out of the heart, come evil thoughts, adulteries, fornications, lewdness”

2. List the garbage that is polluting your life (Make a mental or even written list):

II. Provisioning My Mind

1. Feeding my mind with what God says about immorality.

Psalm 119:9-11. "How can a young man cleanse his way? By taking heed according to your word. With my whole heart I have sought you.....Your word I have hidden in my heart that I might not sin against you."

2. Write out two key verses concerning how God feels about immorality.

III. Purifying My Mind

1. Purifying my mind by meditating on what God says about Himself and His creation.

Romans 12:2 "Don't be conformed to this world, but be transformed by the renewing of your mind."

Philippians 4:8 "Whatever things are true, noble, just, pure, meditate on these things and the God of peace will be with you."

2. List some of the attributes of God and how this truth might affect my sexuality?
Example: God is all-knowing and therefore he understands my struggles.

D. Preparing My Mind

1. Visualizing in my mind the devastating results of immorality — If I were caught in the act of sexual immorality I could expect the following impact in my life: