

**HEALING THE PAST GOD'S WAY**  
**CHAPTER 16 TEACHING NOTES**  
**PURITY**

**MEMORY VERSE:**

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy  
of the calling to which you have been called,  
with all humility and gentleness, with patience, bearing with one another in love,  
eager to maintain the unity of the Spirit in the bond of peace.  
Ephesians 4:1 - 3

**RESOURCE HIGHLIGHTS:**

**MENTAL PURITY**

*Believing God for His Best* by William Thrasher

*Idols of the Heart* by Elyse Fitzpatrick

*The Purity Principle* by Randy Alcorn

**SEXUAL PURITY**

*I Kissed Dating Goodbye* by Joshua Harris

*Passion and Purity* by Elizabeth Elliot

*Trusting God for a Hope Deferred* by Carolyn McCulley

**PHYSICAL PURITY**

*Addictions: A Banquet in the Grave* by Edward T. Welch (P&R)

*Love to Eat/Hate to Eat* by Elyse Fitzpatrick (Harvest House)

*The Lord's Table* by Mike Cleveland (Focus)

**INTRODUCTION ON PURITY:**

**PROFANITY:** secular, not sacred; irreverent, blasphemous – apart from God

**PURITY:** not mixed with any other substances; free from evil or sin – reflecting God's image

**Purity is a big deal to God.** Throughout His Word, He goes to great lengths to talk about **how to live, how not to live**, and the purpose, **reason** for living a **holy** (separate) and **pure** (free from evil) life.

**PURITY** is a combination of purposefulness of my action and submission of my will to God's standard for my life.

On the other hand, discipline yourself for the purposes of godliness, for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come. . . let no one look down on your youthfulness, but rather in speech, conduct, love, faith and purity, show yourself an example of those who believe. 1 Timothy 4:7a – 8, 12

## **CHOOSE PURITY – CHOOSE NOW:**

Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed. The night is gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light. Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Romans 13:11 – 14

## **PURITY OF MY MIND: TAKE CAPTIVE EVERY THOUGHT**

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete. 2 Corinthians 10:5 & 6

How do we *take every thought captive*? (Use these questions to open up discussion)

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. Colossians 3:1 -3

List some *things above* on which we can set our minds:

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:2

What are some ways that you can *renew your mind*:

Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. Finally, brothers, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think on these things (let your mind dwell on these things, NASB) Philippians 4:4 - 8

How do I *dwell*?

## **PURITY OF MY BODY: A TOOL, A TEMPLE, A VESSEL – USE IT TO HONOR GOD**

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price; therefore glorify God in your body. 1 Corinthians 6:19 – 20

Seeing my life through God's eyes, what is *now* true of me?

### **PHYSICAL BODY:**

I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. Romans 12:1

I can worship God with my body. How do I do that? (Remind them that obedience is a manifestation of trust in who God is and gratitude for all He has done. You and I worship God not just with our mouths but with how we live our lives.)

All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything. Food is for the stomach, and the stomach is for food; but God will do away with both of them. Yet the body is not for immorality, but for the Lord; and the Lord is for the body. 1 Corinthians 6:12 – 13

Is anything *mastering* me?

### **SEXUAL BODY:**

Do you not know that your bodies are members of Christ? Shall I then take away the members of Christ and make them members of a harlot? May it never be! Or do you not know that the one who joins himself to a harlot is one body with her? For He says, "THE TWO WILL BECOME ONE FLESH". But the one who joins himself to the Lord is one spirit with Him. Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. 1 Corinthians 6:15 – 18

What consequence is there when I take my sexuality for granted and allow myself to be carried away by my lusts? (You may want to do a study through 1 Corinthians 6. Paul was taking the Corinthian Church to task for sexual immorality *within* the Church. It is important to remind those in your group that God is very serious about sexual purity because of the devastation that results from adopting the world's standards of purity.)

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; that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness. Therefore whoever disregards this disregards not man but God, who gives his Holy Spirit to you. 1 Thessalonians 4:3 – 8

Paul is comparing sexual immorality to spiritual ignorance and hostility to God. He notes that we all were once ignorant in our sinful lusts, but now that we know Jesus, we are without excuse when we sin sexually.

Do you live out the warning in these verses? Are you living above reproach?

**DAILY QUESTIONS TO ASK YOURSELF:**

Is anything *mastering* me?

How am I *choosing* to live?

What am I thinking about? Dwelling on? Influenced by?

\*Whenever I teach on purity, I make sure I do two things:

One, I confess an area of purity that God is working on in my life. Regardless of the length of your walk with Jesus nor the maturity of your life, there is always another layer of purity to conquer. There is no need to go into detail, but by confessing a need for purity in your life, God can use your life as a teachable moment of submission to God's standards for all our lives.

And two, I encourage the class to answer the questions posed after each Scripture reading. While you have to be careful to keep the group focused on answering the question at hand, it may be a great encouragement for them to hear how others in the group are responding in obedience to God's commands. And occasionally, I am surprised by an answer that is both creative and heartening.