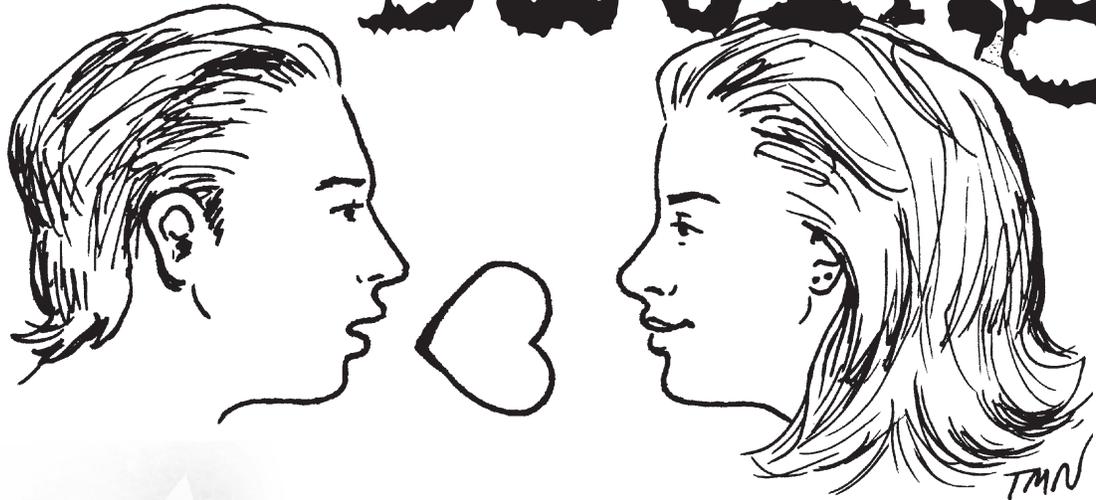


# Sex and Dating



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# attraction HAPPENS

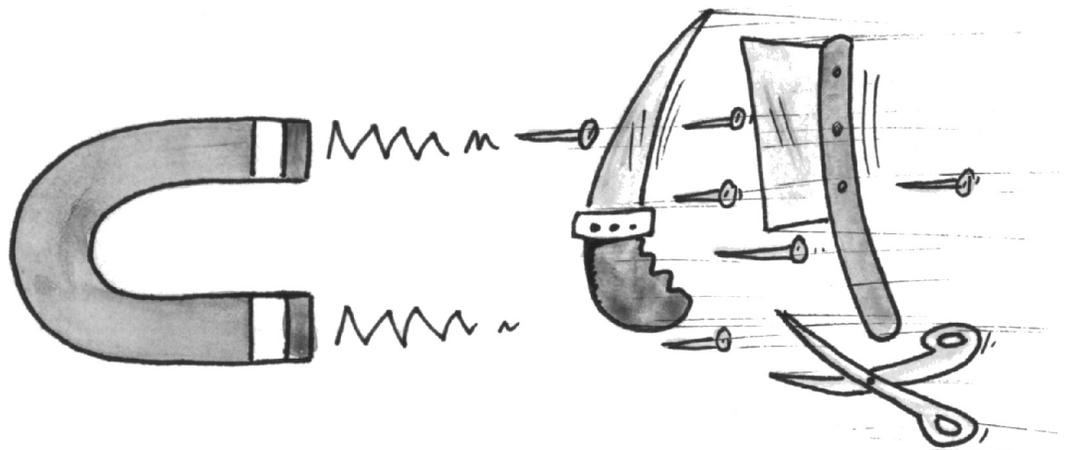
You were built to be attracted to the opposite sex. You were built with a need for love, intimacy, and a capacity for romance. You were created with sexual desire. The natural attraction between men and women does not automatically need to lead to romance or sexual intimacy. Sexual desire is not like the desire for food - you will not die if you refrain from sex.

Yield your sexuality to Christ. Allow Him to teach you to restrain your desires into loving and selfless channels. If you let them loose into selfishness and obsession, they become your master. *Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. Romans 6:12-13*

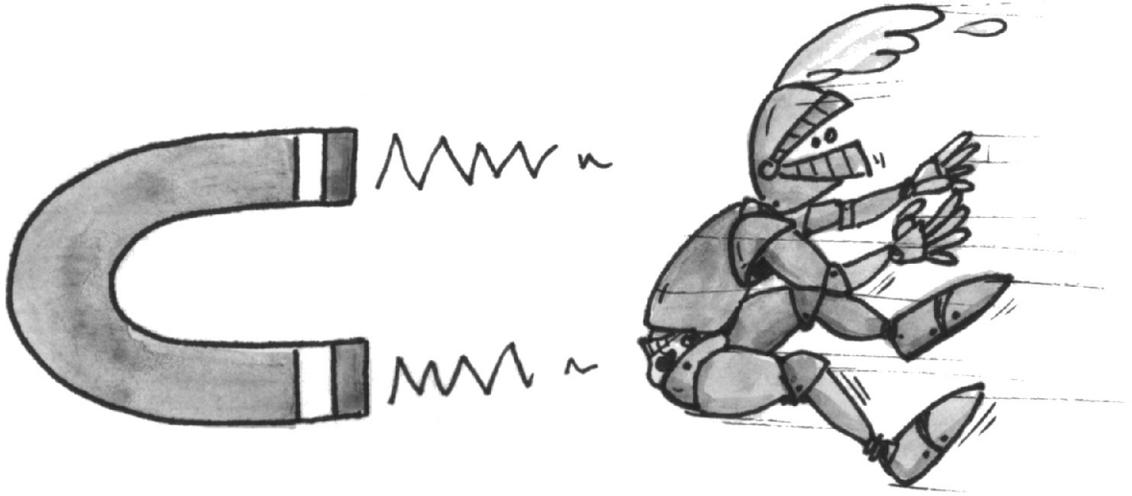
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Sometimes sex is substituted for your need for love and relational intimacy. You need God, you need male/female friendship, you need to be hugged, you need to feel worthwhile, you need to feel attractive to someone. Christian brothers and sisters need to meet these needs for one another in non-sexual, non-romantic ways. Be true friends. Be together in small groups: in each others' homes, having fun on the weekends, learning to understand the mystery of the other gender, and taking care of each other in unselfish service. *Be devoted to one another in brotherly love. Honor one another above yourselves. Romans 12:10*

Attraction happens. You will always meet physically, intellectually, relationally attractive and intriguing people. You may assume that since you are attracted to someone, it automatically means you should pursue a romantic relationship with him/her. However, attraction has no moral boundaries. You can be attracted to people that would be inappropriate to date (if he/she is married, for instance) or destructive for you to date.



Or you can be attracted to someone that would be, in character and devotion to God, a good choice for a relationship.



Although attraction has no moral boundaries, what you do with the attraction is a moral issue.

Satan may use an attraction to tempt you to fantasize inappropriately. In these situations, you have a moral choice to make. Accept the fact that someone is attractive. Then drop it. Don't hesitate for an instant on the threshold of thinking about anything physical. Don't hesitate for an instant on the threshold of an inappropriate emotional intimacy, enjoyment, or attachment. Appreciate the person's attractiveness and leave it there.

If you are attracted to someone, and if you feel free before the Lord to pursue a relationship with him/her, you have moral choices as well. Jesus can teach you how to have a pure relationship mentally and physically with someone you care about. This section will address these issues.

# INTENTION FOR SEX

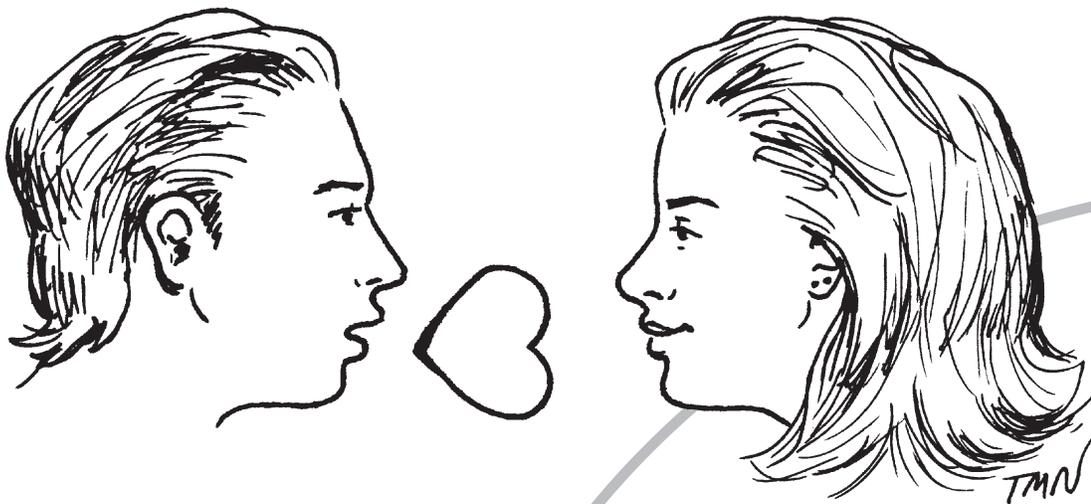
God's

•→ **Read Genesis 1:26-28 and 2:18-25.**

What was God's plan for sex and marriage?

God's plan and intention was an inseparable union between one man and one woman, without shame. People were created by God to desire physical and sexual intimacy with someone they love.

Marriage is God's provision for children to be born and sexual needs to be satisfied. In the midst of these practical considerations, God created people with the capacity to mutually enjoy the pleasures of married love as Song of Solomon in the Bible unabashedly describes.



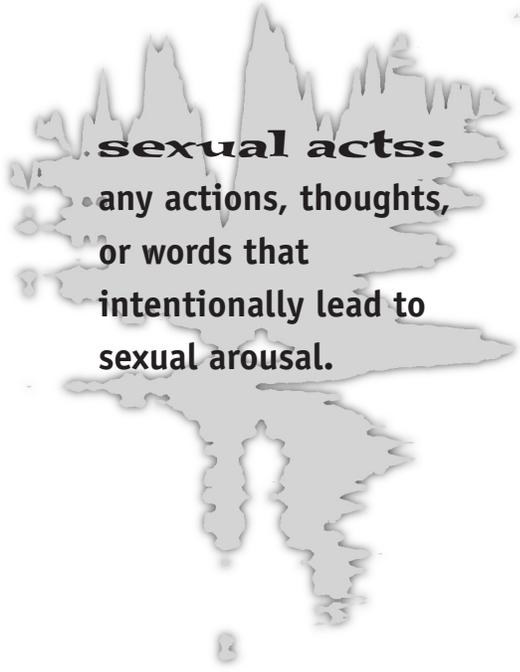
# what sex MEANS TO GOD

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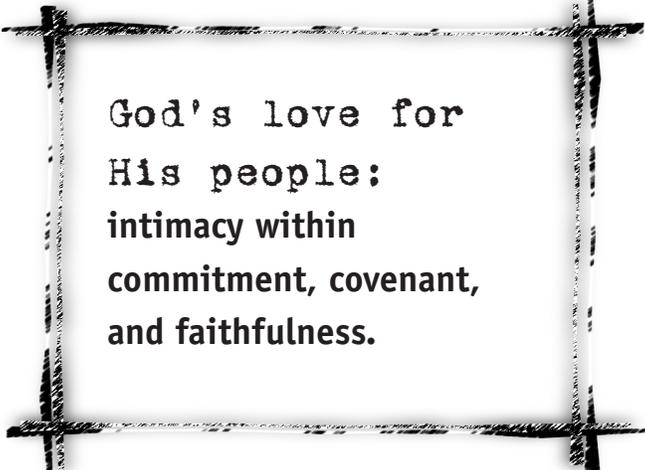
Sex within marriage has an even broader context of meaning on two levels. Sex is intended to affirm and express the intimate bonding, unity, and commitment of the married couple. In addition, sex in marriage is intended to reflect the mystery of the intimate and committed relationship between our faithful God and His people. *“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery – but I am talking about Christ and the church. Ephesians 5:31-32*

Therefore, when sexual acts are committed outside of marriage, there is a profound violation of God’s relational nature: intimacy within commitment and faithfulness. Wherever sex is promoted or participated in outside of marriage, the oneness God longs for with people is mocked and profaned. This is the overarching reason you are to abstain from sexual acts outside of marriage.

As a Christian, you are betrothed to Christ. You are going to be His Bride. Even now, you are one with Christ in your spirit as married people are one flesh. What you do with your body means something to Christ. Your choice to protect your virginity, or your redeemed virginity, is a reflection of your understanding that you are devoted to and one with Christ.



**sexual acts:**  
• any actions, thoughts,  
or words that  
intentionally lead to  
sexual arousal.



**God's love for  
His people:  
intimacy within  
commitment, covenant,  
and faithfulness.**

*The body is ...meant for the Lord, and the Lord for the body. Do you not know that your bodies are members of Christ himself?... But he who unites himself with the Lord is one with him in spirit. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?... 1 Corinthians 6:13, 15, 17, 19 Notice the parallels to human marriage: The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. 1 Corinthians 7:4*



**What you do with your  
body means  
something to Christ.**

*I (God) will betroth you to me forever; I will betroth you in righteousness and justice, in love and compassion. I will betroth you in faithfulness, and you will acknowledge the LORD. Hosea 2:19-20*

In the light of these passages, why do sexual acts outside of marriage affect God so deeply?

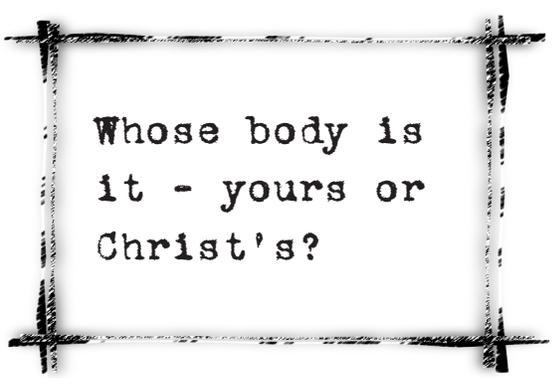
It's almost like having an affair or cheating on Christ.

◆◆ **Read 1 Corinthians 6:13-20.**

How does this passage describe the spiritual realities about your body (verses 13, 15, 19)?

According to verse 15, since your body is joined to Christ, when you engage in sexual acts outside of marriage, what is the spiritual reality?

Why is it such a big deal to God when you sin against your body?



Whose body is  
it - yours or  
Christ's?

To whom does your body belong? By what rights?

How does this passage say you can honor God with your body?

What specific actions do you need to take to avoid sexual immorality?



*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. Romans 12:1* In the battle to refrain from sexual immorality, offer your body to Jesus and receive His strength to overcome. Throw yourself on His mercy and grace instead of your own resources.

---

**As a single Christian, hear Christ calling you to abstain from sexual acts and be devoted in heart and body to Him, letting Him satisfy your soul. When you are married, let the full expression of loving passion be a reflection of God's sacrificial, faithful, intimate commitment to His people.**

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**Sexuality is integrated into the whole person -- spiritual, emotional, and psychological. Casual, uninvolved sexual encounters are for those who have dis-integrated themselves. They are becoming oblivious to the wholeness of their personhood, oblivious to the significance of sex in the spiritual realm and in the relational realm. Those who devalue sex, devalue themselves.**

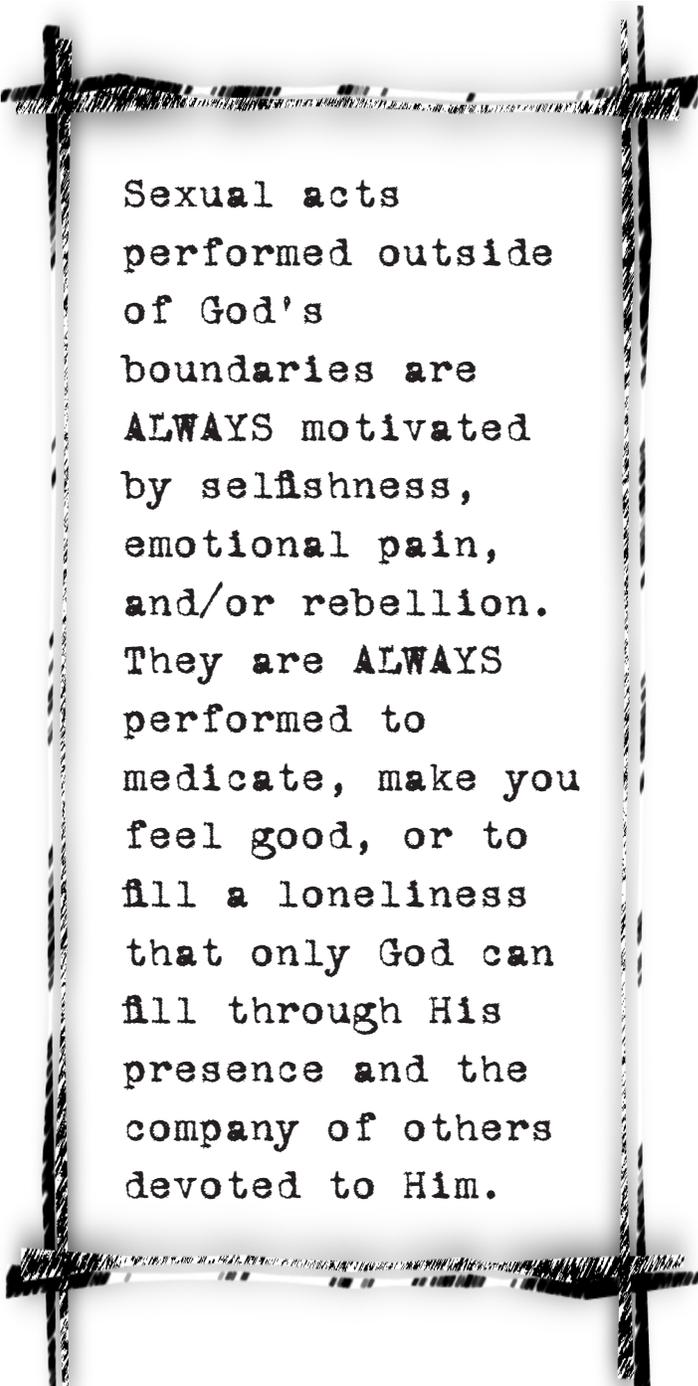


# BOUNDARIES

The problem with boundaries in relationships is that they sound great on paper but are powerless by themselves to keep you from needless pain and sin. The real issue is not that you need to think through your boundaries. The real issue is thinking through what you really want – what is the real motive of your heart? Do you want to obey Jesus and act purely in your relationships? Or, do you want sexual experiences before marriage? Many times, you will want both. You will battle. Which choice wins is determined by what you have decided in your heart that you ultimately want in your life.

If you want to obey Jesus whatever the cost, you have chosen to have a pure heart. When the temptation comes to satisfy your desires outside of God's boundaries, do the three actions found in 2 Timothy 2:22 *Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.*

**1. Call out to God for help** ...along with those who call on the Lord out of a pure heart (a heart that wants to obey Jesus). If you try to overcome by yourself without leaning on God's power, you will lose.



Sexual acts performed outside of God's boundaries are ALWAYS motivated by selfishness, emotional pain, and/or rebellion. They are ALWAYS performed to medicate, make you feel good, or to fill a loneliness that only God can fill through His presence and the company of others devoted to Him.

**2. Run.** *Flee the evil desires of youth, ...* (Good desires become evil in the wrong time and place.) Don't stand there in the situation and try to fight. *Flee from sexual immorality. 1 Corinthians 6:18* Do whatever it takes to keep from sinning.

◆➔ **Read Genesis 39:6-12.**

What was Joseph's immediate response to Potiphar's wife's seduction?



**3. Replace the sexual desires with other activities:**

*...pursue righteousness, faith, love and peace...*

For example, when you are tempted to fantasize about your boyfriend, call out to Jesus and call a friend so that they both can help you win the battle. Write a letter, read a non-romantic book, go for a run. 1. You called out to God for help. 2. You ran away, doing whatever it took by calling a friend. 3. You pursued a righteous activity. One choice of obedience at a time makes you true to what you really want deep in your heart.



**Having a pure heart  
means that you obey  
Jesus step by step.**

The battles to obey  
Jesus and have pure

relationships will not go away. You either fight the battles, leaning on God's ability to win, or you give in and become another casualty. If you choose to obey Jesus, His power and grace to win the battles is available to you. Ask for it. He sees that you want to obey Him so He delights in your way. Even if you stumble, He will pick you up and help you take your next steps. *If the LORD delights in a man's way, he makes his steps firm; though he stumble, he will not fall, for the LORD upholds him with his hand. Psalm 37:23-24* (More about if you stumble, or break the boundaries, is discussed later.)

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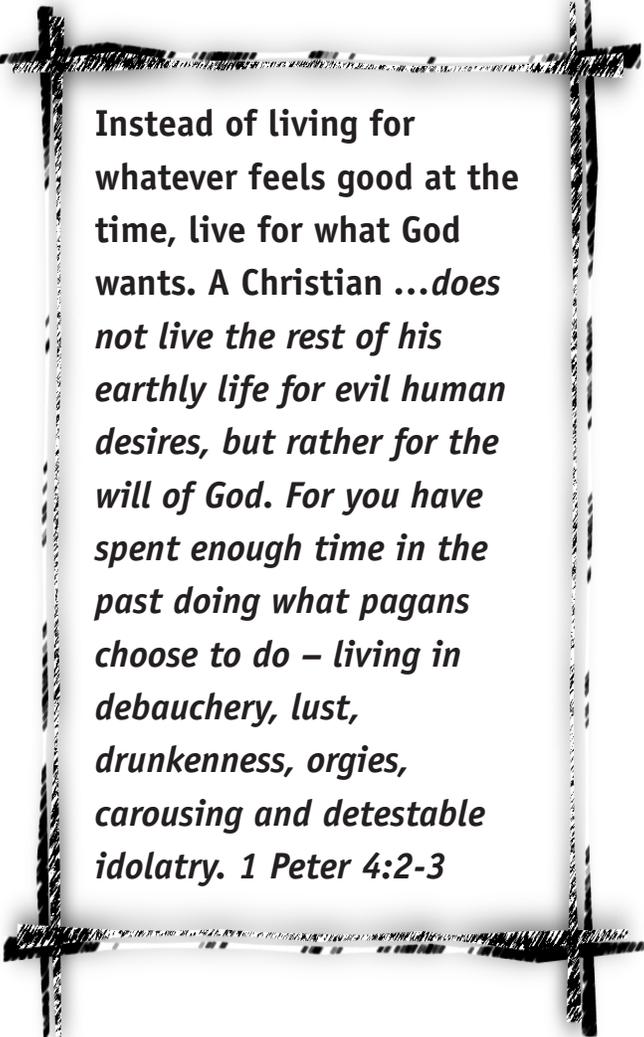
Make these thoughts into a prayer:

*Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10 Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers .... Psalm 141:4 Lord, show me the boundaries you want me to have in order to stay pure in my relationships. I will lean on Your grace and strength to keep them. Keep my heart pure; I want to obey you no matter what it takes.*

---

## Directions for Establishing Heart Boundaries, Body Boundaries, and Brain Boundaries (Clark, pp. 86-88)

- **Predecide on your boundaries.** That means decide before you find yourself in situations where you need to apply or defend your boundaries. Predecide now.
- **Set your face like flint to stick to your boundaries.** Lean hard on the Lord. He will help you. *Because the Sovereign LORD helps me, I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame. Isaiah 50:7*
- **Write down your boundaries.**
- **Be accountable to someone who wants to live righteously.** Show him/her your boundary list, and have him/her ask you pointed, specific questions. Be willing to be completely honest and listen to his/her counsel.



*Instead of living for whatever feels good at the time, live for what God wants. A Christian ...does not live the rest of his earthly life for evil human desires, but rather for the will of God. For you have spent enough time in the past doing what pagans choose to do – living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. 1 Peter 4:2-3*

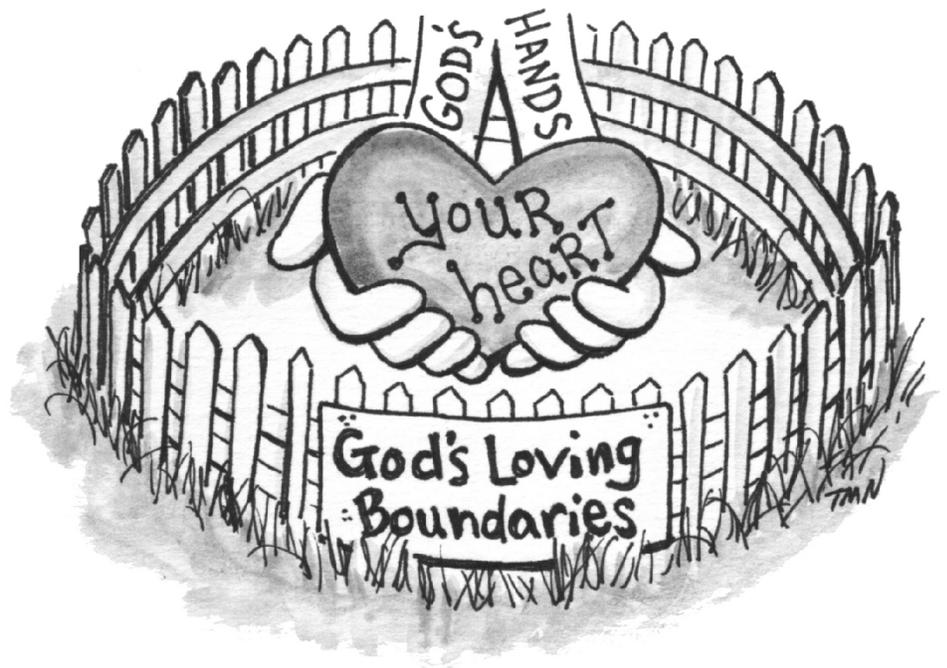
- **Communicate your boundaries.** Make sure your date knows your limits. Tell him/her by your words and actions. Be firm. Don't worry about hurting his/her feelings. Worry instead about sacrificing your conscience for the selfish desires of your date. Is it worth it?

## Heart Boundaries

Your heart is the center and deepest part of your being. When you give your heart to someone, you give yourself. When you let someone into your heart and soul, you've become intimate. You can share almost all of yourself without ever holding hands.

Because your heart is the central aspect of your life, God says to, *Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23* Therefore, emotional (heart) boundaries are so important.

First of all, give God your heart. *Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." Matthew 22:37* Let God fill all the empty places in your heart with His love so you are not so susceptible to taking any kind of love offered to you. *Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you. Isaiah 54:10* Ask God to keep your heart, to hold onto it. As you develop a relationship with someone, keep checking with Jesus as to how much to give your heart.





Take time now to give God your heart. Ask Him to keep it.

- **In your conversations with the opposite gender, steer clear of topics such as marriage, sex, deepest secrets, and sin (save confessions for accountability partners)** (Clark, p. 88). Instead, talk about topics that help you get to know each other such as interests, hobbies, favorite books, experiences and adventures, and areas of personal growth.
- **Don't make, or accept, thoughtless, shallow commitments.** These become "I'm yours -- unless I change my mind."
- **Pay attention to God's gentle "hitch" holding you back from giving your whole heart in commitment.** Even if your hesitations are difficult to articulate, listen to God and yourself. If you give yourself away to the wrong person, it is a long, pain-filled road getting your heart back. *In the paths of the wicked lie thorns and snares, but he who guards his soul stays far from them. Proverbs 22:5 Save your heart for the one that is God's best.*

*Yet if you devote your heart to him and stretch out your hands to him, if you put away the sin that is in your hand and allow no evil to dwell in your tent, then you will lift up your face without shame; you will stand firm and without fear. You will surely forget your trouble, recalling it only as waters gone by. Life will be brighter than noonday, and darkness will become like morning. You will be secure, because there is hope; you will look about you and take your rest in safety. Job 11:13-18*

- **If you are becoming dependent on him/her, or if you don't know who you would be without him/her, you are in an unhealthy relationship.** Jesus is the only one that can be the center of your life if you are to remain emotionally healthy. Even when you find the person who is God's best for you, your identity focus will still be on Jesus.



**Take time now to write down heart boundaries. Write down the actions you will take to maintain your boundaries.**

## Body Boundaries

### What Are Your Body Boundaries?

What does holding hands mean to you? Would you do this on the first date? If not, how long before you would?

What does a kiss mean to you? Would you kiss on your first date? If not, how long would you date someone before you kissed him/her?

What other physical expressions are acceptable for you to do on a date?

What kinds of physical expressions would be acceptable for you to do after you've been dating someone for

3 months?

6 months?

More than 1 year?

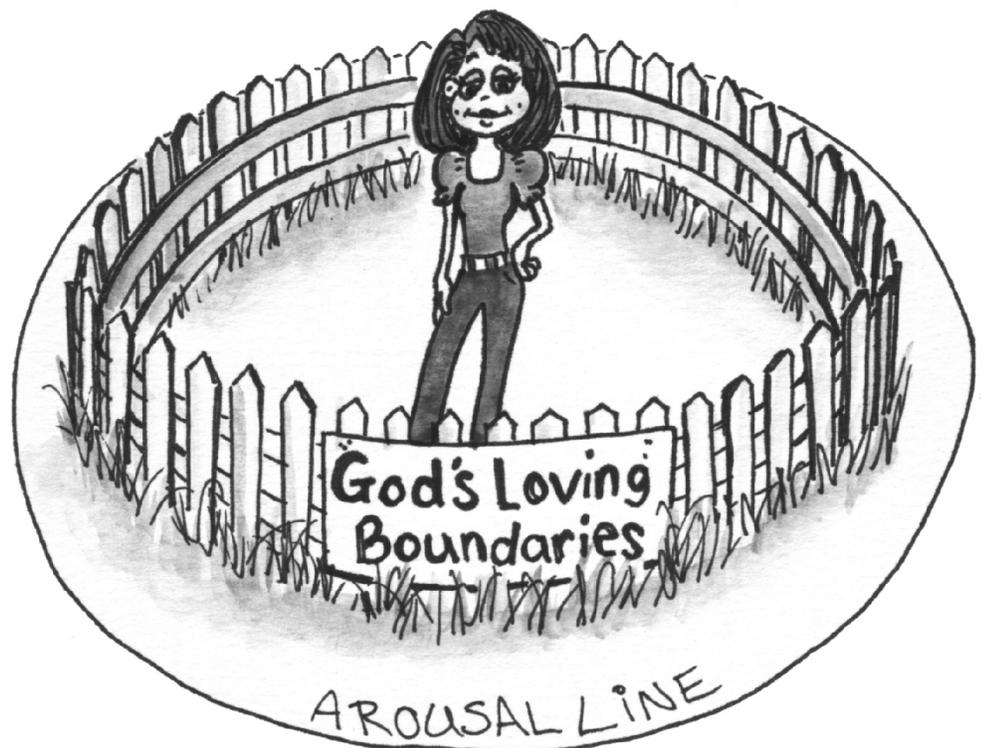
What kinds of physical expressions are acceptable for you after you've discussed getting married or have become engaged?

Under what circumstances would you have sexual intercourse before marriage?

### How Far Should I Go?

Actually, that is not the question to ask. The question to ask is, "How pure can I be?" Purity is to be the goal in your relationships. (Clark, p. 100) *Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the pure in heart, for they will see God. Matthew 5:6, 8*

How do you know if you are being pure? You are aware of what arouses you sexually and you stay as far back from that line as possible. (Clark, p. 105) Sexual acts are any actions, thoughts, or words that intentionally lead to sexual arousal. Know what arouses you and refrain from those acts until you are married. Stay pure by staying away from what arouses you sexually.



*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*

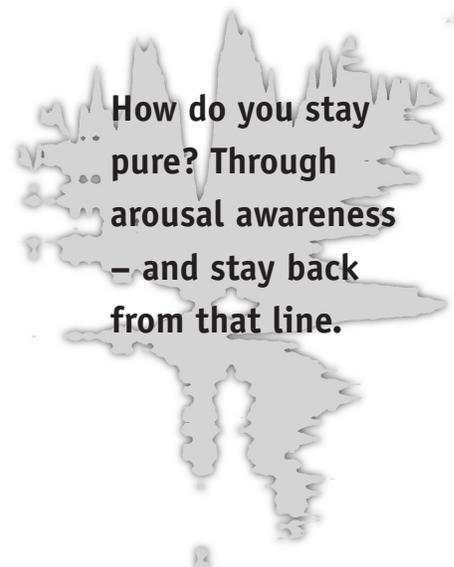
What would *not even a hint of sexual immorality, or any kind of impurity* look like for you?

What is your mental or physical boundary line that would keep you away from arousal?

What will you do in order to keep yourself and the other person within those pure boundaries?

What brings you too close to wanting to cross the boundary you've set?

Will you stop when you come to your boundary? How -- what is your plan?



**How do you stay  
pure? Through  
arousal awareness  
– and stay back  
from that line.**

## Whose Boundary Wins?

Your boundaries may be different than others'. You may not be able to hug a particular girl because the chemistry between you sends you over the arousal line. She may be able to stay pure (not aroused) and hug you. Whose boundary do you respect?

➤ **Read Romans 14:13-15, 21.** This passage, actually the entire chapter, is Paul's instructions on how to handle disputable matters without resorting to legalism but rather maintaining the law of love. The issue in question was food that was considered unclean to Jewish Christians but was considered fine to eat by the Gentile Christians. You can apply this principle to body boundaries.

In light of this Scripture, whose boundary wins in the "hugging" example?

How would you apply these instructions to the issue of purity in your dating relationships?

Do you limit your physical boundaries to those of the other person in order to help him/her be pure?

Do you dress in a way that honors others' boundaries and helps others be pure in thought and actions? *It is better not to eat meat or drink wine or **to do anything else** that will cause your brother to fall. Romans 14:21* (emphasis mine)

In your words, actions, and dress, help each other keep from falling by not pushing each other's boundaries. Make it easy for each other to stay pure in heart and actions.

Run away from someone who pushes your boundaries. He/she has declared war on your boundary like an invading army. Your heart and your future with God are not safe with him/her. He/She is more devoted to meeting his/her own needs and desires than in keeping your conscience clear. All sexual acts outside of marriage are motivated by selfishness.



Choose someone to date who wants to help you live righteously and be true to your conscience, beliefs, and boundaries. Trust is built upon how someone controls his/her sexuality. If someone obeys Jesus when he/she is single, he/she can control him/herself when married. Besides, you can trust him/her to strengthen you in other areas of your life where you want to be true to Jesus.

**If a dating partner does not abide by the boundaries of the other, he/she has forfeited the privilege of receiving loyalty and affection.**

## Don't Defraud Anyone

➡ **Read 1 Thessalonians 4:3-7.**

What are you to learn how to do?

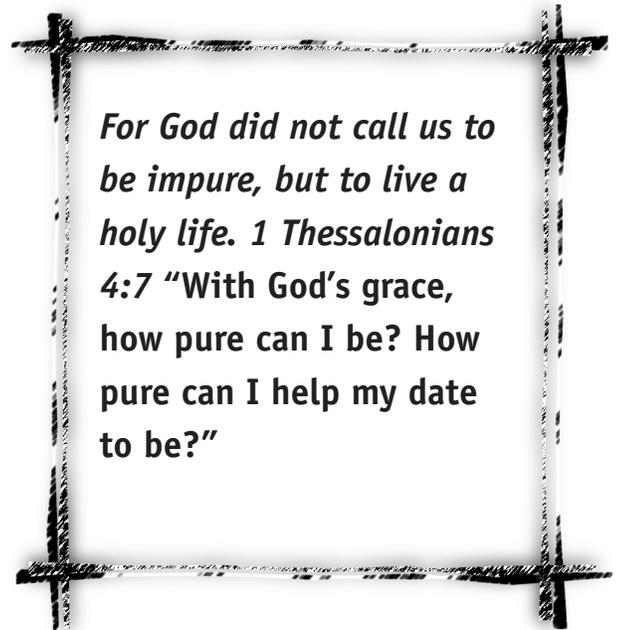
If you obey Jesus in every small decision, He will teach you how to use your body in holiness and honor rather than lust. You may hear His gentle "No" or feel His "hitch" when you are about to call someone, go to an online chat room, or linger at her apartment after the video. Obey Jesus in those small decisions – that is what holy and pure living looks like.

How can you obey verse 6 on a date or in a dating relationship?

You will wrong, take advantage of, or defraud your brother/sister in Christ if you perform any sexual act with them. In other words, you defraud him/her if you arouse him/her sexually in a way that cannot be satisfied righteously (you are not married to him/her). *You know the commandments: 'Do not murder, do not commit adultery, do not steal, do not give false testimony, **do not defraud**, honor your father and mother.'* Mark 10:19 (emphasis mine)

... *'Love your neighbor as yourself.'* Matthew 22:39 Ask yourself, "Would I want someone to do this to me? Flirt with me? Pressure me physically? Push my body boundaries? Promise more physically or emotionally than should be given or accepted? Ask more emotional intimacy than the relationship warrants? Break my heart?" (Clark, p. 34)

Don't emotionally manipulate anyone. Don't use your personality, sexuality, position, or another's weakness to gain an improper advantage. Conversely, don't put up with it for a second from anyone. Say, "Stop it!"



## Don't Add to the Suffering

Do your part to reduce the suffering caused by sex outside God's loving boundaries.

### Don't create another fatherless child –

- Raised by daycare workers who earn the same wage as a restaurant dishwasher;
- Poorly trained by daycare workers in basic relational and life skills;
- Away from a parent's love all day – no one loves her child like a parent;
- Seeing Mother only early in the morning and in time for supper;
- Getting Mother's love after the world has wrung her dry;
- With the empty place: Who is my daddy? Why did he leave me? Does he, or did he ever, love me? Did he love my mommy? Why did he leave her? How will I become a good father without someone to show me the way? How can I keep from making the same choices with men that my mother made?

### Don't create or become another single mother –

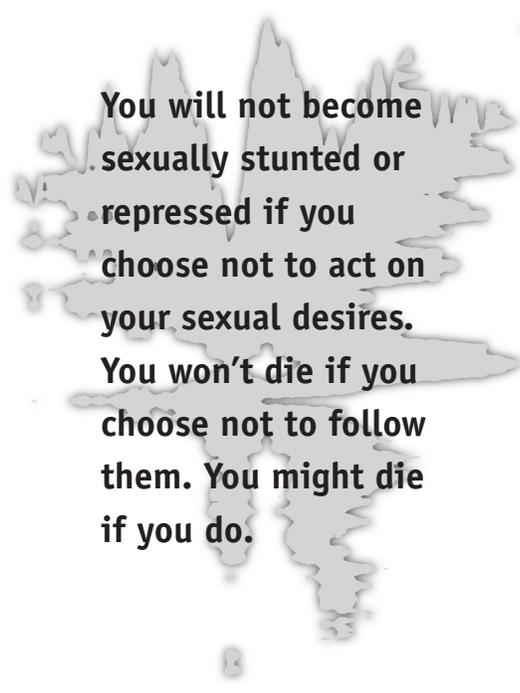
- Struggling to finish her degree;
- Quitting school to raise the child;
- Working at a low-wage, dead-end job to raise the child;
- Giving grandparents another child to raise;
- Experiencing financial limitations on her dreams and the child's.

**Don't put yourself or someone else in the agonizing position of deciding on adoption.**

**Don't marry less than God's best because of a pregnancy.**

**Don't add to the number of babies killed in the womb.**

**Don't add to the disintegration of the traditional family with a mother, father, and well-parented children.**



**You will not become sexually stunted or repressed if you choose not to act on your sexual desires. You won't die if you choose not to follow them. You might die if you do.**

**Don't add to the rejection in the world.**  
**Don't add to the bonding and tearing apart of hearts and bodies, over and over.**  
**Don't add to the fear of commitment and true intimacy within trust.**  
**Don't add to the death and suffering of the preventable spread of disease.**  
**Don't add to the number of sexually abused children because you never learned to restrain your desires.**



Don't let your passions, urges, and instincts make your decisions.  
One night can last a lifetime.



**Take time now to write down your body boundaries.**  
**Write down the actions you will take to maintain your boundaries.**

## **Brain Boundaries**

If you think about something long enough, you will probably do it.  
Your body will tend to follow your mind. If you entertain sexual fantasies about your boy/girlfriend, you will probably follow through on some of those fantasies.

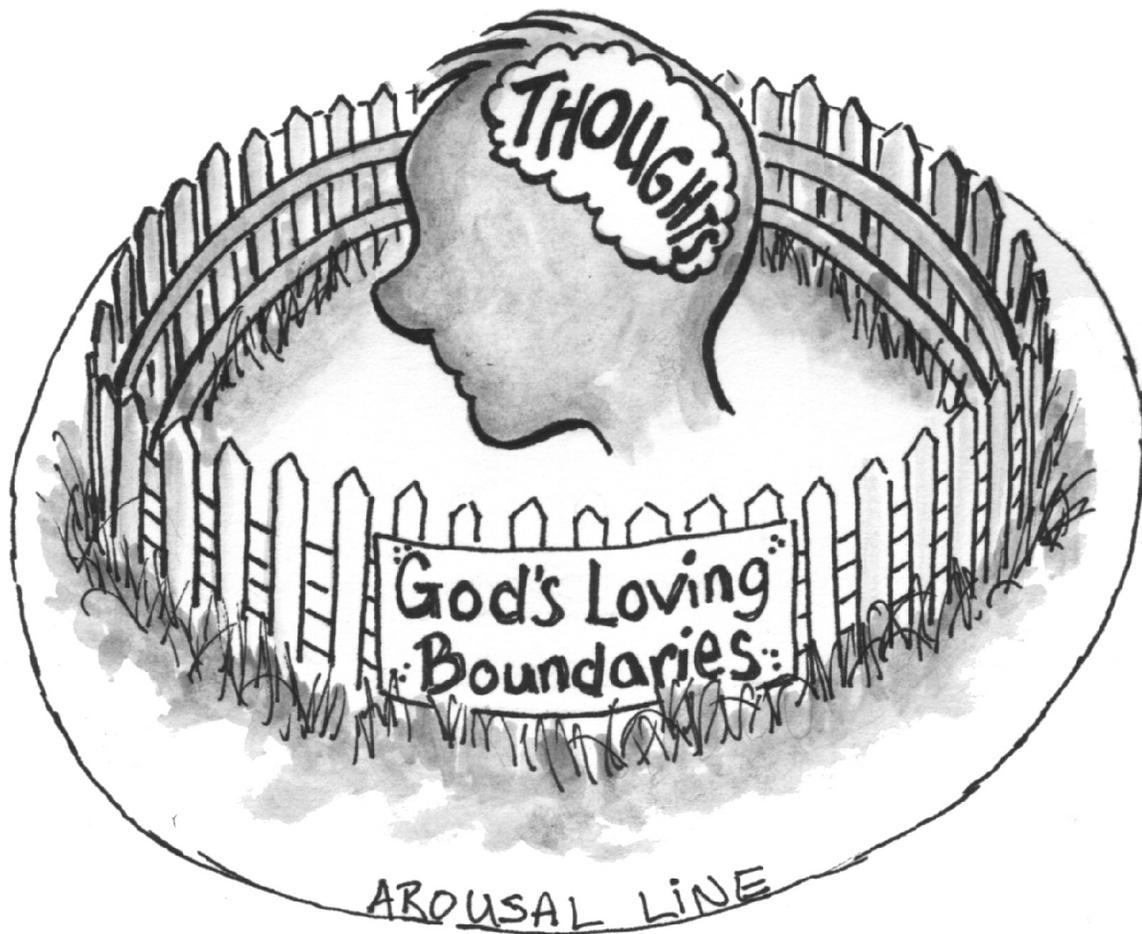
◆ Read **Matthew 5:27-30**.

Do you need to repent of fantasizing about a man/woman?

Verses 29-30 are not to be taken literally. However, why would Christ use such strong imagery – what do you think is the point He's making?

*I made a covenant  
with my eyes not to  
look lustfully at a  
girl. Job 31:1*

Christ is describing what your response is to be to temptation and sin. What radical actions do you need to take (confession to someone trustworthy, accountability, and so on)?



◆▶ **Read Romans 13:13-14.**

What are you not to think about (list in verse 13)? (Debauchery means excessive indulgence in sensual pleasures.)

What you think about is the direction your actions will soon take you.

What are you putting into your mind that makes it easier to think about your sexual desires? What books, movies, words of songs, pornography, conversations are making you long for physical intimacy? Be specific.

The *desires of the sinful nature* are truly desires. If you desire to obey Jesus (you want a pure heart), you will battle the very real desires for selfish, self-indulgent experiences. The battleground is in your mind.

However, sometimes trying NOT to think about something makes it a target difficult to miss; it's like trying NOT to think about a pink elephant. There are a couple of strategies to win the battle.

One strategy is to... *take captive every thought to make it obedient to Christ. 2 Corinthians 10:5.* Tie up the thought with ropes and chains and march it straight to Jesus. (Clark p.148) Do not toy with it for a second; do not give it a "second thought."

A second strategy is to turn from the thought and replace it with something else. What does Romans 13:14 say is the replacement?

What would it look like to "clothe yourself with the Lord Jesus Christ"? With what actions and thoughts will you replace impure thoughts?

What will those changes look like in your choices of activities, new hobbies, movies, books, music, and conversations? Be specific.

What will you do when you walk by the magazine rack, or are invited to a questionable movie, or find yourself in another situation that will bring you close to breaking your boundaries?

During your time of being single, you are sexually fasting. If you were fasting food, you would make it much harder on yourself if you kept opening the refrigerator or going to a restaurant filled with the aroma of cooking. In the same way, continuing to read, watch, do, talk about, and think about things that keep your sexual desires awakened increases your torment. Avoid stimulation whenever possible. Flee. Let your sexual desires sleep while you are fasting. Don't keep waking them up.



## Pornography

Pornography is any sexually oriented material intended primarily to arouse the reader, viewer, or listener. You will not be able to conduct your relationships in purity with men/women if you use pornography. You will train your mind to view people as objects to satisfy your lust rather than people created in God's image, someone's daughter or son, brother or sister, or future wife or husband. Your sexual experience and expectations will become based on the illusions created by the magic of photography and someone's fantasies. Soon, pornography will be your master and will drive you to greater lengths to find satisfaction.

You are NOT the only one your actions are affecting. Every relationship you have is being compromised. Your marriage bed will be defiled by lust instead of love. Your wife/husband will experience the impossible and humiliating task of trying to compete with the perfection and performance you have trained yourself to expect.

### Is masturbation wrong?

The Bible is silent on the subject of masturbation. Christians are divided in their convictions.

Ask yourself these questions to determine if masturbation is contributing to sexual bondage.

Do you employ masturbation as the physical release for your sexual fantasies? Do you masturbate while looking at pictures visually or mentally. This is mental adultery and is wrong.

Can you stop masturbating if you want to? If you cannot, masturbation may be an idol to which you are sacrificing self-control and freedom. Idols must be removed. Looking at this another way, masturbation has become your master. You are to be mastered by Christ alone.

Do you sense Jesus' conviction when you masturbate? If you sense Him telling you to stop, that is enough. You need to obey.



**Take time now to write down your brain boundaries and actions you will take to maintain them.**

## If You Break the Boundaries

➔ Read John 8:2-11.

Both you and the woman in this story have broken God's boundaries. Describe the feelings you and she may have in common (before Jesus begins to speak to the group).

In what ways, if any, are you like the Pharisees in what you say to yourself about your sins?

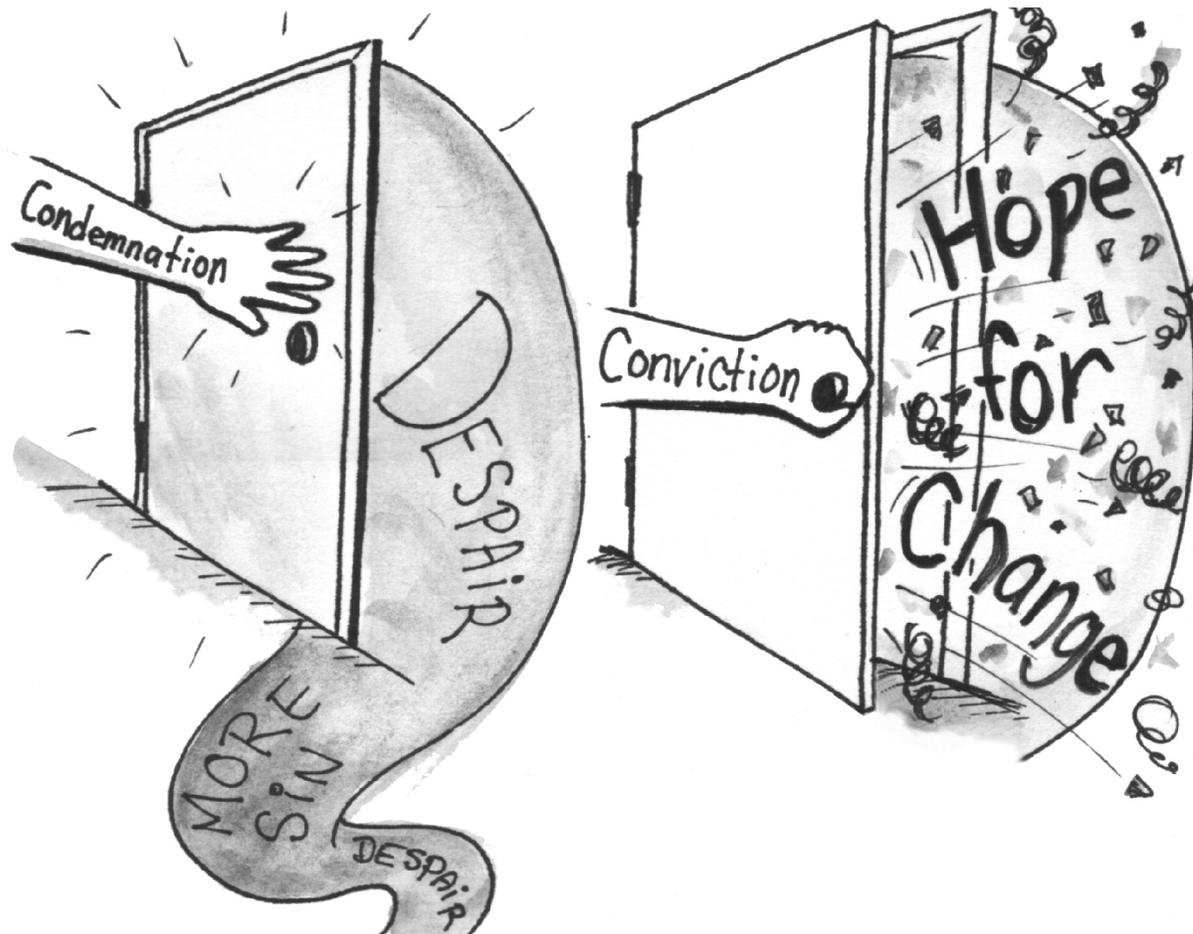


All sins are equally evil in God's sight. But some sins, such as sexual sin, have more far-reaching and destructive implications: broken hearts, disease, abortion, sexually abused children, crippled marriages from extramarital affairs, and unresolved guilt.

Shame, condemnation, remorse, guilt, and regret often accompany sexual sin and the life-altering consequences. These feelings can torment you into a downward spiral of despair and more sin – "I'll never change. I might as well give up and give in again." Or "I've already gone this far – already sealed my fate as a sinner -- I might as well keep going." Or "I can never forgive myself for what I've done." Condemnation locks you **in** to the spiral and locks you **out** of hope for change.

What, specifically, did Jesus say to the woman in John 8? What does He say to you?

Did Jesus acknowledge the fact that she had sinned? Of course He did. But, His **convicting acknowledgement** of her sin flung open the door that the Pharisee's **condemning acknowledgement** had locked shut – she could change! *“Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”* Condemnation brings despair. Conviction brings hope for change.



## Repent

Break the power of shame and condemnation. Bring whatever you have done into the light by confessing it to someone you trust. Have him/her pray for you as you ask God's forgiveness and cleansing. Because of Christ's blood payment for your sins, your virginity is redeemed. Confession and repentance break the power of shame; walking in the light destroys the power condemnation has when you stay in the darkness.

## Break the Bond

1 Corinthians 6:16 says that in sexual intercourse *"The two will become one flesh."* For each person you had sex with, ask God's forgiveness. Then, in the name of Jesus, break the bond that was created. Break any vows you made to them outside of God's laws. If it was a deeper relationship, tell God, "I give back all \_\_\_\_\_ gave me and I take back all that I gave to \_\_\_\_\_ emotionally, spiritually and physically."

Ask God to show you anything in your possession that is tied to these relationships that He wants you to get rid of.

## Change by Walking in the Light

Now, you, like the woman, must *leave your life of sin*. Work through the **Overcoming Sin** section of this notebook with a mentor or friend who loves righteousness.

What you see ...



Never assume for a minute that you can overcome temptation or control your sexual desires alone. You will deceive yourself and lose the battle. (God said to Cain) *"If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."*  
Genesis 4:7

Sin and temptation are mastered by walking openly, in the light, with other pure-hearted believers. Rely on God's powerful grace and strength working within you, not on your own good intentions. *His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.* 2 Peter 1:3

What you get.



# DATING

## What is Your Definition of a Date?

How do you define a date?

How is dating different than any other friendship?

What kinds of activities take place when you date?

## Plan a Date for Purity

According to the dictionary, a date is simply a planned appointment to meet socially. Plan your dates. Plan where you will go and what you will do. Plan the time boundaries. A date with unplanned destination, activity, and time expectations leaves plenty of room for unplanned compromises of your integrity.

Plan the time so that you get to know each other better – conversations, hobbies, interests, walks. Plan so that you have fun. Plan for purity. Plan in such a way that it is easier to keep from compromising – plan to end the date before the late-night temptations, plan to stay away from the romantic drive out in the country (with plenty of room in the back seat). Plan.



## Whom Would You Date?

What kind of people would you date?

Would you go out with anyone who asks you out?

Would you date anyone who is attractive?

What qualities of character and personality attract you?

Would you date a Christian?

A non-Christian?

Someone from a different race or culture?

How often do you pray about what you will do on your date?

How often do you pray for the person you are dating?

Do you **need** to date someone? How long do you go between breaking-up and beginning to date someone else?

How important to you is your parents' approval of the person you are dating? What if they do not approve?

How important to you is your Christian friends' opinion of the person you are, or are considering, dating? What if they do not approve?

Would you like to become more like the person you are dating now, or are considering dating? Spiritually? In attitude? In character and personal habits? In the way he/she is with people?

## Some Good Advice on Whom to Date

### Is He/She a Christian?

Going out with a non-Christian is never an option for a believer -- not even for one casual date. If you're trying to change, help, or save a non-Christian, associate with him/her in a group of Christians -- never go on even one date. Never. No exceptions. Too many compromised destinies, too many conversions to the world's ways of living, too many children raised in homes without a unified spiritual commitment, too many who settled for less than God's best. Don't do it. *Do not set foot on the path of the wicked or walk in the way of evil men. Avoid it, do not travel on it; turn from it and go on your way. Proverbs 4:14-15* "Wicked" or "evil" people are those who reject Christ's rule in their lives -- no matter how nice they are.

➡ **Read 2 Corinthians 6:14-17.**

*Yoked together* describes relationships including intimate friendships, dating, and marriage.

What arguments does Paul use to build his case against linking up with an unbeliever?

The Scripture speaks clearly about marrying only a Christian believer. *A woman is bound to her husband as long as he lives. But if her husband dies, she is free to marry anyone she wishes, but he must belong to the Lord.* 1 Corinthians 7:39 (emphasis mine)

*Do not intermarry with them (people who worship other gods). Do not give your daughters to their sons or take their daughters for your sons, for they will turn your sons away from following me to serve other gods, and the Lord's anger will burn against you and will quickly destroy you.* Deuteronomy 7:3-4

Not everyone who calls him/herself a Christian is one. The Bible describes a Christian as someone who shows by his/her words and actions that he/she is wholeheartedly living for Christ. *And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.* 2 Corinthians 5:15

## Is He/She Keeping Pace?

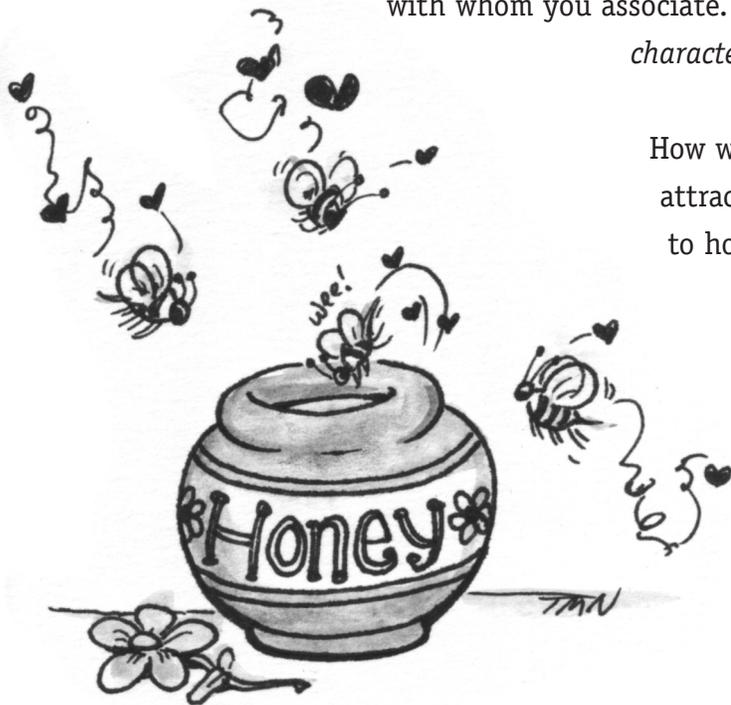
In considering whom to date, Jeremy Clark in *I Gave Dating a Chance* uses the analogy of running a race. You are running your course with Jesus and some good friends and you notice that someone is running the race at your same pace and in the same direction. This doesn't mean you will marry him/her. But, it means he/she is growing as a Christian like you are and has a similar personal maturity level. *He who walks with the wise grows wise, but a companion of fools suffers harm.* Proverbs 13:20 *I am a friend to all who fear you, to all who follow your precepts.* Psalm 119:63



## Who are His/Her Friends?

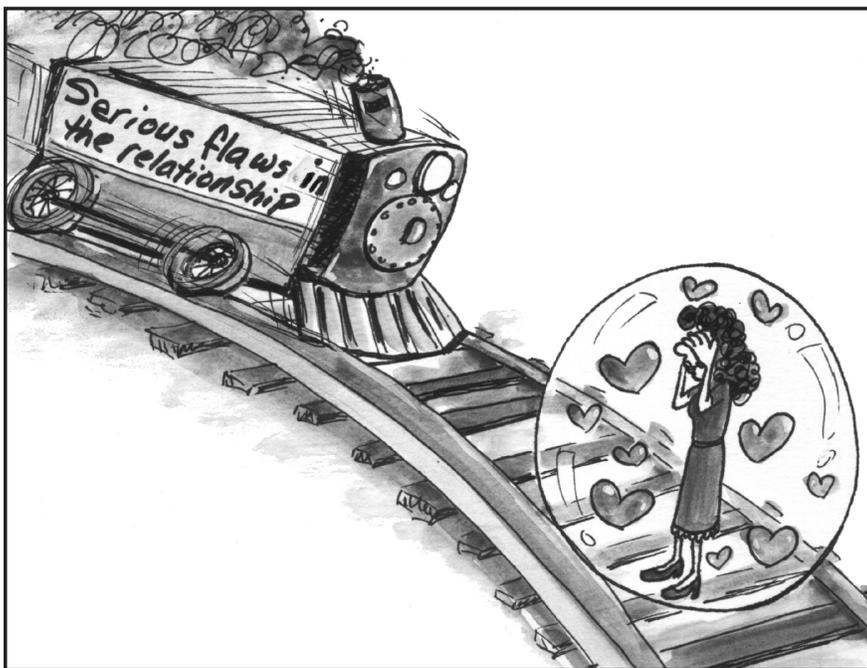
The friends that someone attracts speaks volumes about his/her character and goals in life – what kind of person he/she wants to become. Besides, you tend to become like the people with whom you associate. *Do not be misled: "Bad company corrupts good character." 1 Corinthians 15:33*

How would you describe the kind of friends he/she attracts? Are they like bees or flies? Bees are attracted to honey. Flies are attracted to garbage.



# I'm in love! how do I keep MY FEET ON THE GROUND

Being in love is a powerful, intoxicating experience. It can minimize the other person's faults and exaggerate his/her perfections. You may fear that if you look too closely at what he/she is really like, reality might pop your magic in-love bubble. Well, reality might pop the bubble – especially if reality is an oncoming train. Your little in-love bubble will never be able to protect you from that future disaster.



If, however, in the midst of being in love, you choose to look honestly at the other person, you may discover more and more reasons to love him/her deeply. A relationship that can withstand honest scrutiny, the test of time, and the test of sexual restraint can develop into a love that lasts a lifetime.

...This feels so  
...right, it must  
be right, right?

...Love is blind –  
but only if you  
let it be. That  
would be a big  
mistake.

Enjoy the fast ride of being in love, and take some advice:

- Hold on to your heart and keep from giving it away too soon.
- Keep words of promise or commitment from being spoken.
- Maintain your physical boundaries like a guard dog.
- Keep your eyes wide open to see character flaws or goal differences that would cause a wreck.
- Be willing to end or adjust the relationship when it is clearly not heading toward marriage.
- If you need to catch your breath, step off the ride. Take a break from any contact with each other for a few days. After you get your breath back, you can pace yourself a little better.



## I'm in Love Checklist

Here are some questions to help you evaluate the relationship.

✓ **What attracts you to this person? List the qualities.**

✓ **What character flaws or troubling personal habits do you see in him/her? Are you ignoring**

the flaws? Are you accepting them? Should you accept them or are they ones that signal a future wreck in the relationship? Do you wish he/she would change them? What if he/she never does?



- ✓ **What effect does this romance have on you?** Are you consumed by him/her? Does whatever is happening in the relationship affect your mood, sending you into emotional highs and lows?
  
- ✓ **Does the relationship exclude your other friends or are they welcome to join the two of you sometimes?** Do you still spend time with your other friends?
  
- ✓ **Are you physically involved?** If so, how involved are you -- what are you doing?
  
- ✓ **What does distance or periods of separation do to the relationship?**
  
- ✓ **How do quarrels affect the relationship?** Are quarrels becoming more frequent and damaging? About what issues do you quarrel? Do you each try to work out the disagreement or does one of you want to ignore the issue?
  
- ✓ **Are either of you jealous? Possessive? Distrusting?**
  
- ✓ **Which questions below best describe your motives as shown by how you treat the other person?**
  - \_\_\_ "What's in this for me? How can I get my needs met?"
  - \_\_\_ "How can I encourage you in areas that are important to you? What choices are in your best interest?"

✓ Which questions below best describe his/her motives as shown by how he/she treats you?

\_\_\_ "What's in this for me? How can I get my needs met?"

\_\_\_ "How can I encourage you in areas that are important to you? What choices are in your best interest?"

*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Philippians 2:3-4*

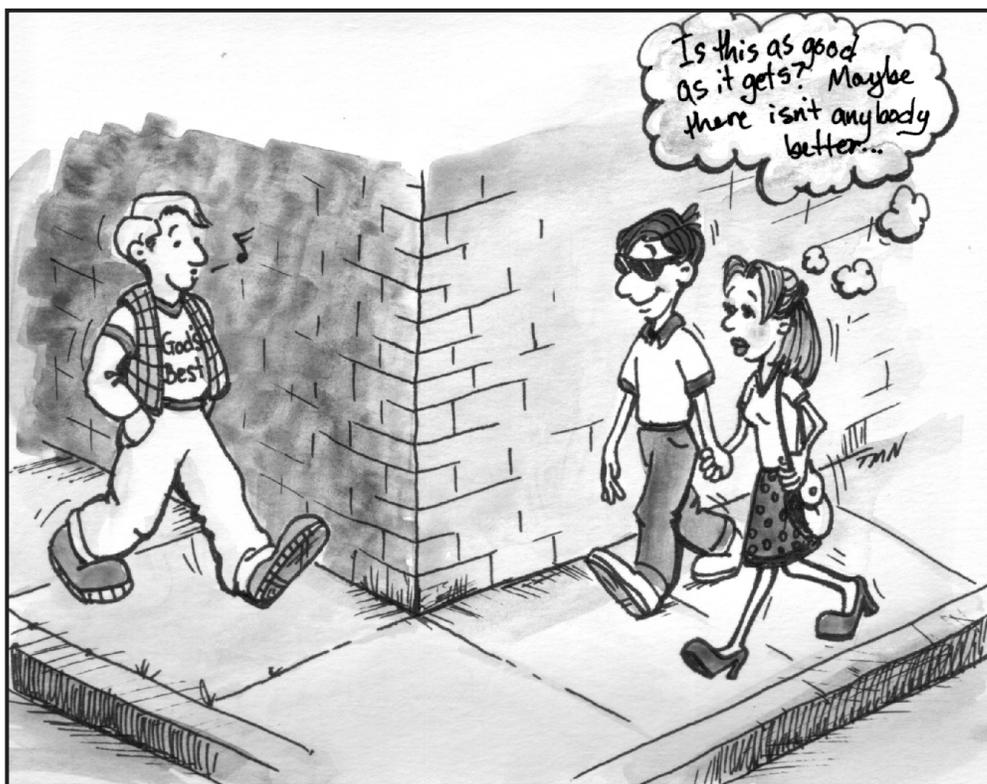


# the next level - finding out IF THIS IS THE ONE

If you have known and/or dated someone for a time, and you think he/she MAY BE a potential marriage partner someday, you are taking the relationship to the next level. Now, the relationship differs from casual dating in intensity and purpose. The purpose is to move toward marriage.

In my opinion, God does not usually have only one person chosen for you to marry and it is your job to find that needle in a haystack. Rather, there are several people with whom you could be content and serve God together. However, within each of those potential marriage partners are sterling qualities of character and spiritual devotion that define them as "God's best." Do not settle for less than God's best. If at any time in a relationship you begin to realize that there are issues of character or devotion to God that cause you to compromise your own spiritual goals and callings, step back and evaluate your situation carefully. He/she may not be God's best for you.

These times of evaluation can be painful because you can't see around the corner in life. You can't



tell if the relationship you have now is as good as it's going to get and you should settle for the character and spiritual flaws, or if God's best is really somewhere in the world. Slow down the relationship and take time to see if the issues that trouble you can be resolved. Remember that there are a lot worse things than being single.



## Serious Relationship Checklist

Here are some questions to help you evaluate if you and your partner are ready to move to the next level of a serious relationship heading for marriage. In addition, now is a good time to go through the Compatibility for Marriage Checklist in this section.

- ✓ **Are you content in your relationship with Jesus or are you going deeper in your dating relationship to try to fill up something that is missing?**
  
- ✓ **Are you solid and mature in your relationship with Jesus so that you can love someone else unselfishly, with his/her best interests at heart?**
  
- ✓ **What is your motivation for a more serious relationship?** Are you motivated primarily to have your needs and wants satisfied? Is it your boy/girlfriend motivated primarily to have his/her needs and wants satisfied? Or are you motivated by common goals and by fulfilling God's purposes together?
  
- ✓ **Have you set physical and emotional boundaries that maintain purity, written them down, and are consistently abiding by them?** Is your boy/girlfriend helping you to keep them?

- ✓ **What do your parents, church leaders, and friends say about your readiness for a serious relationship with this person?** Are you listening to their hesitations, if any?
  
- ✓ **Do you feel any hint of a “hitch” in your heart indicating that God might not want you to take the relationship to a more serious level?** Are you listening to Him or ignoring Him? When in doubt, don't.
  
- ✓ **Do you have the time and energy right now that a serious relationship will require?**
  
- ✓ **Can you accept this person the way he/she is right now?** Or, are there areas or issues in his/her life you wish would change? If so, what are those issues? Could you contentedly live the rest of your life with this person if these things never change?
  
- ✓ **Do you enjoy his/her friends?** Do you appreciate the influence that his/her friends have on this person?
  
- ✓ **How does he/she treat his/her parents?** How do you treat yours? *“Honor your father and your mother, as the LORD your God has commanded you, so that you may live long and that it may go well with you in the land the LORD your God is giving you.” Deuteronomy 5:16* If someone treats his/her parents with respect and dignity, even when he/she doesn't agree with them, it is a good indication that he/she will treat you that way in a marriage.

✓ **Does this person handle frustration and anger in healthy ways?** Do you? When the two of you disagree, how do you resolve it?

✓ **Would you like to become more like this person?** Spiritually? In attitude? In character and personal habits? In the way he/she is with people? You will tend to become more like the person you date seriously and, especially, the person you marry.

## How Would You Break Up with Someone?

What kinds of things might influence you to end a relationship?

How would you communicate your decision to your dating partner?

If your dating partner said that God told them that they needed to break up with you, how would you respond? Would you have to hear the same thing from God? What other factors would influence you?

After breaking up, would you try to maintain a friendship with this person? How would you do that?



## How to Break Up Like a Christian

Chances are that you will date and break up several times before you find someone that God leads you to marry. Therefore, conduct your dating relationships in such a way that, if the relationship needs to be redefined – you need to break up – a minimum of damage is done.

Damage control begins at the beginning – build the relationship on a foundation that can withstand redefinition.

- Be friends now and, hopefully, always. Talk about and do what you would do with any (non-romantic) friend.
- Do not become physically involved.
- Keep appropriate emotional boundaries.
- Hold the relationship with an open hand. Pay close attention to and obey God's signals – either a hitch in your heart to hold back or a peaceful sense that you can go on with the relationship as it is.
- Keep seeking God's will and be completely willing to obey Him. Don't settle for less than God's best.

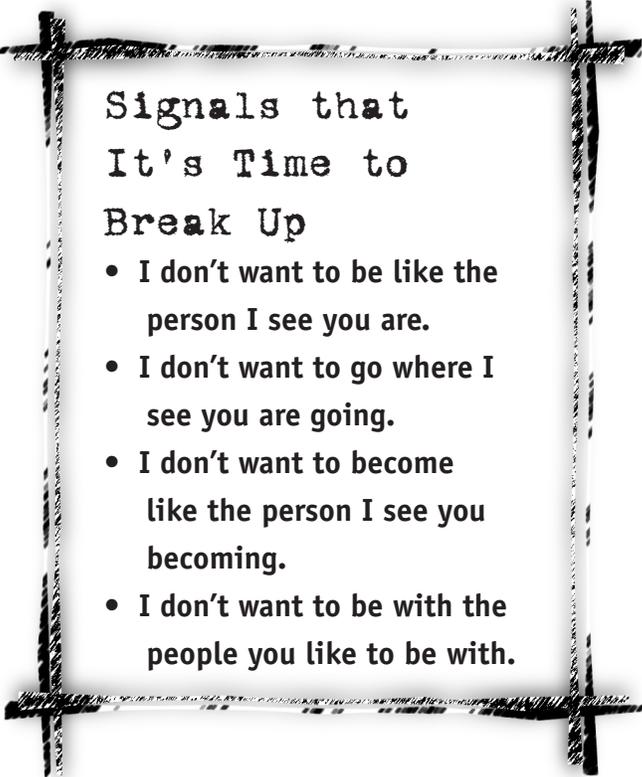


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If at ANY point in the relationship you feel that this person is not someone you would be willing or able to marry, break up and no longer continue a dating relationship.

- Don't postpone the inevitable because you don't want to hurt him/her. You're being cowardly and will actually inflict more pain. Don't hang on to the relationship because you enjoy the attention or the feelings – that's selfish.
- Be honest. Be straight to the point. Don't make excuses. *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. Ephesians 4:25*
- Don't say, "I just want to be friends." Instead, say that you need to "break off the dating relationship." This leaves no room for confusion or false hopes.
- Don't blame.
- Be kind. Treat him/her as you would any brother/sister. In a group, greet him/her, don't flirt, and even though you are distancing yourself emotionally, don't be cold.
- Be considerate if he/she is processing pain, but be firm in your stand. Steer him/her toward someone else who can comfort.
- Forgive and take some time to heal.
- Don't speak negatively about him/her to others (unless a warning is warranted).

Work through the part called **Letting Go of the Right to Marriage** in the **Cross** section of the notebook.



### Signals that It's Time to Break Up

- I don't want to be like the person I see you are.
- I don't want to go where I see you are going.
- I don't want to become like the person I see you becoming.
- I don't want to be with the people you like to be with.

# why do I keep repeating A DESTRUCTIVE PATTERN?

- Are you attracted to people that need fixing or rescuing?
- Do you **need** to be in love with someone? Are you uncomfortable or agitated when unattached?
- Have you tried unsuccessfully to stop a mental or physical sexual activity?
- Do you seem to end up in relationships that take a great deal of energy? Do they take the life out of you? Is the spiritual and emotional nurturing one-sided?
- Are you attracted to relationships that turn out to be destructive in some way or to some degree?

There may be other issues for you that point to a destructive pattern.

Have the courage to ask the necessary questions and trace the historical roots of patterns from which God wants to free you. The roots often involve family issues and/or broken sexual boundaries.

## Family Issues

Maybe you are subconsciously trying to complete an unhealthy relationship with one of your parents; you are attracted to someone with similar (negative) qualities because the relationship is somehow familiar – though destructive. Maybe you never bonded emotionally with one or both of your parents. Now, you feel driven to relationships (heterosexual or homosexual) that might somehow satisfy that empty place, though inappropriately or sinfully. There are other painful parent/child relational patterns that can result in dysfunctional romantic relationships. Ask God to help you recognize if these are issues to consider. Then, with a supportive friend or mentor, follow the steps to healing below.

## Broken Sexual Boundaries

You were born with a healthy sexual boundary around you that was meant to be kept intact until your wedding night. If that boundary was violated by your sins or sins perpetrated upon you, the weakness in that wall allows the entrance of all kinds of dysfunctional and destructive activities.

These boundary violations are NEVER **excuses** for sins and patterns that are difficult to quit. Don't blame others for your struggles; take responsibility for how you have chosen to respond to your life experiences. You are response-able. However, it is sometimes helpful to know that there are **reasons** for behavior that mystifies you and may make you feel hopeless and despairing.

You are not hopelessly doomed to sexual sin. *And that is what **some of you WERE**. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God. 1 Corinthians 6:11 (emphasis mine)*



What is it that **some of you WERE**? ... *the sexually immoral, idolaters, adulterers, male prostitutes, homosexual offenders, thieves, the greedy, drunkards, slanderers, swindlers. 1 Corinthians 6:9-10* You are not a hopeless case. You, like these listed in this Scripture, can be **washed, sanctified, and justified** IF you yield in obedience to the grace and power of Jesus changing you. The weakened or broken boundary wall can be repaired. The effects of dysfunctional family relations can be healed and become benign. How?

## Steps to Healing and Freedom - Cleaning Your Conscience

**Repent.** You can be forgiven by God for the things you've done. Repent for the first time you looked at pornography or participated in any other sexual act. Then, continue repenting of each act you can remember. To help you do this, work through the **Moral Inventory** section of the notebook and do the **Sexual Immorality** portion of the **Repentance Checklist**. You will be breaking off chains from your soul.

**Forgive.** You can forgive yourself with God's grace. You can, with God's strength, forgive others. To help you do this, work through the **Forgiving** section in the notebook.

**Receive emotional and spiritual healing from the love of your perfect Father.** *He heals the brokenhearted and binds up their wounds. Psalm 147:3* (See the **Forgiving** section.)

**Change your thinking.** You can walk with Jesus on the path of learning new ways of thinking – the renewal of your mind. To help you do this, work through the **Overcoming Sin** section of the notebook.

## Homosexuality - Some Resources

*Straight Answers: Exposing the Myths and Facts about Homosexuality* – front pocket

Lion Prayer - <http://members.aol.com/lionprayer>

International Healing Foundation - <http://www.gaytostraight.org>

National Association for Research and Therapy of Homosexuality - <http://www.narth.com>

EXODUS International - <http://www.exodusintl.org>

Regeneration Books - <http://www.exodusnorthamerica.org>

People Can Change - <http://www.peoplecanchange.com>

# compatibility for MARRIAGE CHECKLIST

"A Checklist on Marriage" by J. Richard Arndt, from *HIS Guide to Sex, Singleness & Marriage*, edited by C. Stephen Board, copyright 1977 by Inter-Varsity Christian Fellowship-USA. Used with permission. (My changes are marked with \*.)



Answer and discuss the following questions with your partner. Keep in mind that the goal is to discover what each other thinks and believes.

## Spiritual Compatibility

What religious convictions do you each have?

More specifically, are you both committed Christians?

Are you aware of Paul's "unequal yoke" command (not a suggestion) in 2 Corinthians 6:14?

Are you willing to give up your relationship if he/she really is not committed to putting the Lord first in everything?

What differences in spiritual maturity exist?

\*Are you willing and content to attend the same church together?

\*What are your individual callings from God?

\*What calling does God have for you as a couple together?

\*Has each one read the Bible passages regarding husband/father and wife/mother?

\*Have you come to an agreement as to how you will apply those passages in your marriage?

\*Have you learned to serve others as a single person?

\*Have you learned to be content as a single person?

\*Is divorce an option for you?

## Family Compatibility

- \*Do you want children? If so, how soon, how often, how many, which gender?
- \*What is your philosophy of child raising?
- \*Should birth-control be used? Which type? For how long?
- \*How do you get along with your future in-laws and their family friends? (You do not marry just the person, but the whole family.)
- \* What observations have you made about how your partner interacts with his/her own family members?
- \*Have you forgiven your own parents completely?
- \*What areas of pain or disappointment do you have toward your parents?
- \*Are you humbly listening to your parents advice?
- \*Do you believe you should ask for your partner's parents permission before proceeding with this marriage?
- \*Which family traditions do you enjoy?



## Lifestyle Compatibility

### Education and Vocation

What is each one's current educational level?

To what level of educational attainment do you each aspire?

What long-term vocational goals do you each have?

\*What sacrifices will each have to make in order to achieve these educational/vocational/professional goals?

### Money and Possessions

What are your attitudes toward money?

What minimum level of income will satisfy you? \*How much is enough?

How would you like to spend it?

What are your desires regarding car, home and neighborhood, clothes, expensive "toys" such as a boat, \*snowmobile, or motorcycle?

How would you want to spend unexpected extra money?

Is each willing to tithe a minimum of ten percent of your income, regardless of size and whatever emergencies arise?

Would you be willing to increase your tithe proportionately as your income increases?

How do you feel about setting up a budget and rather rigidly adhering to it?

How have you been taught to purchase major-cost items – with cash or on credit?

\*How will you use credit cards?

\*What is your philosophy about debt?

\*Describe your current debt situation.

\*Are you content with what you currently have?

## Time and Leisure

How do you normally spend your free time?

How would you want to spend free time individually and jointly once married?

How do you think vacations should be spent?

What amount of time should be spent in church?

\*How much time should be spent in community involvement?

\*Will you have a TV in your home? How much time should be spent watching it?

\*Identify your common interests, hobbies, recreational activities, etc.

## Conflict Resolution and Forgiveness

Have you had a really serious argument yet?

If so, did you resolve it to the satisfaction of both?

How do you usually communicate unhappiness or disagreement?

How do you normally resolve conflicts?

\*How do you resolve your anger? How do you express it?

Do you know how to forgive?

Have you learned how to receive forgiveness?

\*Are you hiding secrets from your partner?

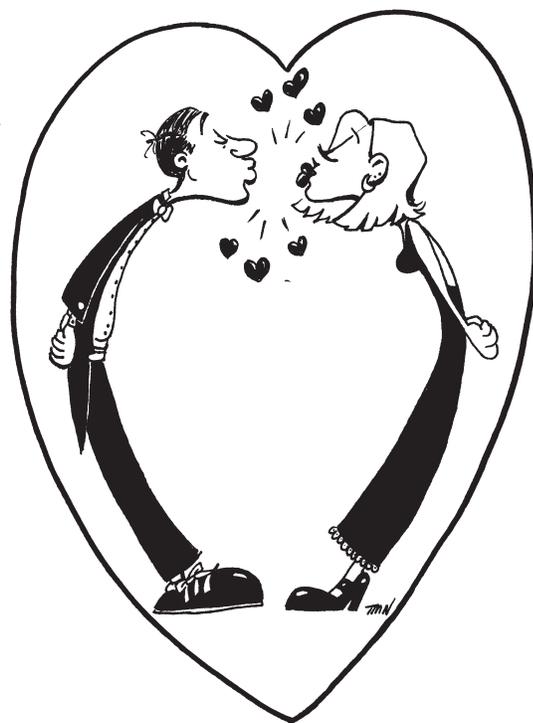
\*Are you willing to change for the good of the marriage?

\*Are you a good listener? Is your partner?

## The Past

Do you believe you should know everything about one another's past?

\*Have you concluded your own past by making things right with people, paying debts, and making apologies?



## Sexuality

What are your attitudes regarding sexuality?

What are your attitudes about physical aspects of sex?

\*What are your attitudes about fulfilling the sexual needs of your partner? Your own needs?

Can you converse together at length in private without having physical contact?

\*What are your attitudes toward pornography?

\*Is your current level of sexual intimacy in harmony with the Bible?

\*Is it within the boundaries of your partner's conscience? your own conscience?

\*Is your level of sexual intimacy wise for all Christians? Will it be a stumbling block to others?

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## ➔ General References

<b>Genesis 1:26-28 and 2:18-25</b>	God's intention for sex and marriage
<b>Genesis 4:7</b>	sin crouching at door to have you, you must master it
<b>Genesis 39:6-12</b>	Joseph runs from seduction
<b>Exodus 20:14</b>	You shall not commit adultery.
<b>Leviticus 18:22-23</b>	no bestiality, no homosexuality
<b>Deuteronomy 5:16</b>	honor your father and mother
<b>Deuteronomy 7:3-4</b>	do not intermarry with those who worship other gods
<b>Ezra 9:12</b>	do not marry, or seek treaty of friendship with people who serve other gods
<b>Job 11:13-18</b>	devote heart to Him, put away sin, no shame, stand firm without fear
<b>Job 31:1, 9-12</b>	not lust after girl, adultery leads to destruction
<b>Psalms 37:23-24</b>	Lord makes steps firm, if stumble will not fall, Lord upholds him
<b>Psalms 61:1-3</b>	call to God, a rock and refuge when heart is faint
<b>Psalms 62</b>	God is my rock, salvation, fortress, I won't be shaken, pour out heart, Lord is strong and loving
<b>Psalms 63:1-8</b>	body longs for You, soul satisfied, on my bed I remember You, soul clings to You
<b>Psalms 119:63</b>	I am friend to all who follow Your precepts
<b>Psalms 141:4</b>	Let my heart not be drawn to evil
<b>Psalms 147:3</b>	heals brokenhearted
<b>Proverbs 4:14-15</b>	don't set foot on path of the wicked or evil, avoid it
<b>Proverbs 4:23</b>	guard your heart, it is wellspring of life
<b>Proverbs 5:3-23</b>	cost of sexual immorality on body and finances, be satisfied with own wife, sin holds fast
<b>Proverbs 13:20</b>	if walk with wise will grow wise, companion of fools harmed
<b>Proverbs 22:5</b>	in paths of wicked are snares, if guard soul stays far from them
<b>Isaiah 50:7</b>	Lord helps me, set face like flint, not shamed
<b>Isaiah 54:10</b>	though mountains be shaken, My love for you is unfailing

<b>Isaiah 58:11</b>	LORD will guide you always; will satisfy your needs, be like a well-watered garden
<b>Jeremiah 3:6,12-14</b>	faithless Israel committed adultery with idols, repent, Lord will forgive
<b>Jeremiah 17:9</b>	heart deceitful, Who can understand it?
<b>Hosea 2:19-20</b>	God will betroth His people to himself in faithfulness forever
<b>Matthew 5:27-30</b>	looks at woman lustfully, committed adultery in heart, (analogy) gouge out eye if sin
<b>Matthew 15:18-20</b>	come from heart: evil thoughts, murder, adultery, sexual immorality, theft, slander
<b>Matthew 22:37</b>	love Lord your God with all heart, soul,...
<b>Matthew 22:39</b>	love neighbor as yourself
<b>Mark 10:19</b>	don't murder, commit adultery, lie, defraud
<b>John 8:3-11</b>	woman caught in adultery
<b>Romans 1:24-32</b>	no sexual immorality or homosexuality
<b>Romans 6:12-13</b>	don't offer your bodies to sin, offer bodies to God
<b>Romans 12:1</b>	offer bodies to God, act of worship
<b>Romans 12:10</b>	be devoted to and honor each other
<b>Romans 13:13-14</b>	don't live in sexual immorality, etc., or think about how to gratify desires of sinful nature
<b>Romans 14:13-15, 21</b>	how to handle disputable matters, don't make brother stumble
<b>1 Corinthians 5:1-5</b>	incest condemned
<b>1 Corinthians 6:9-11</b>	some of you were sexually immoral, homosexuals, thieves, drunkards, etc., washed
<b>1 Corinthians 6:13-20</b>	Flee sexual immorality, body is temple of the Holy Spirit, bought at price
<b>1 Corinthians 7:1-9</b>	good to stay single or to marry, fulfill sexual needs in marriage
<b>1 Corinthians 7:39</b>	must marry someone who belongs to the Lord
<b>1 Corinthians 8:9-13</b>	your freedom should not be stumbling block to others, sin against Christ
<b>1 Corinthians 15:33</b>	Bad company corrupts good character.
<b>2 Corinthians 5:15</b>	those who live should not live for themselves but for Christ
<b>2 Corinthians 6:14-17</b>	don't be yoked together with unbelievers
<b>2 Corinthians 10:5</b>	take every thought captive to obedience of Christ

<b>2 Corinthians 11:2-3</b>	promised to one husband -- Christ, don't be led astray from devotion to Him
<b>Ephesians 4:17-20</b> <b>Ephesians 4:22-25</b>	Gentiles hardened hearts, given selves over to sensuality, lust put off old self, deceitful desires, put on new self, holiness, speak truth
<b>Ephesians 5:3</b> <b>Ephesians 5:31-32</b> <b>Philippians 2:3-4</b> <b>Colossians 3:5</b> <b>2 Timothy 2:22</b> <b>Hebrews 13:4</b> <b>1 Peter 4:2-3</b>	must not be a hint of sexual immorality man be united with wife, one flesh, picture of Christ and the church do nothing out of selfish ambition, look to the interests of others put to death sexual immorality, impurity, lust, evil desires, greed flee evil desires, pursue righteousness marriage honored by all, marriage bed kept pure live for God's will, you've spent enough time in debauchery, lust, carousing
<b>2 Peter 1:3</b>	everything we need for life and godliness through Christ

## ➔ Purity/Holiness

<b>Psalms 51:9-10</b> <b>Matthew 5:6, 8</b>	blot out iniquity, create in me pure heart, renew steadfast spirit blessed are those who hunger for righteousness, pure in heart see God
<b>2 Corinthians 6:18-7:1</b>	I will be Father to you, purify from what contaminates body, spirit, perfecting holiness
<b>Philippians 1:9-11</b> <b>1 Thessalonians 4:3-7</b>	discern what is best, be pure and blameless learn how to control passions, don't wrong brother, not called to be impure
<b>1 Timothy 1:5</b> <b>1 Timothy 5:22</b> <b>1 Peter 1:13-15</b>	goal is love, from pure heart, good conscience, sincere faith do not share in the sins of others, keep yourself pure be self-controlled, do not conform to evil desires, be holy in all you do