

STEPS to PURITY

When we are tempted and led away by our impure desires and fall to lust of the eyes, flesh or the pride of life, the Gospel of Jesus Christ is SUCH incredibly good news.

Hebrews 4:16 says, "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."

When do we most need mercy and grace? Is it once we've confessed and cleaned ourselves up? Is it when we feel accepted again? Isn't it when we're caught in sin and desperately need God's grace and mercy in time of need?

Though it is my learned nature to want to clean myself up before coming to Jesus, that just is not possible or biblical. He is the Only one who can and should do that. Satan will try to rub your actions in your face and call you them. His condemnation says you live a life worthy of judgment; your guilt says you are not forgiven, and your shame speaks to you and tells you that's who you are. But our great need speaks most eloquently for our Savior's help - even in the very act.

Once fallen – we are often motivated by a feeling of disgust and hatred for our actions and ourselves, but this seldom produces a lasting effect and might last a few hours. Motivation must go deeper than this.

Purity Motivators

Desire to maintain significant other/spouse/God's trust

Value emotional intimacy with future spouse/spouse

Value of peace

Value Contentment

Respect for significant other/spouse/God

Value integrity (who am I when no one is watching)

Self-respect

Guilt & Shame – I'll never do this again (may last 3-12 hours, poor motivator)

Prayer

Write one or both prayers on a notecard and keep them with you. Pray them the moment you are tempted. As you keep praying them you will soon have them memorized.

"Lord Jesus I am your child; I have given myself to You! Right now, I choose to flee youthful lusts (or) be satisfied with the wife of my youth. I ask You to take back any ground I have given to the enemy and I yield this ground to Your control!"

AND/OR this prayer:

“Father, I am weak and about to yield to temptation. But I give you permission to come into my mind at this moment by uniting Your divinity with my humanity. Make this decision in my human flesh for me. I surrender and claim Jesus’ victory that has already been gained on my behalf. Amen!”

Prevention

1. Remove temptation (i.e. No internet at night/alone, close your Netflix/Social media accounts)
2. Choose an accountability partner who will ask you hard questions. Be transparent with them. (Proverbs 18:1)
3. Avoid women’s clothing catalogues, especially the minimalist kinds, or any other print media that brings temptation
4. Talk of significant other/spouse in front of others so they know where your heart is
5. Never flirt

Pain & Pleasure Statement

P&P statement is designed to help you associate severe pain with the sin and massive pleasure with purity. Write yours out and keep handy on a notecard or electronically.

Example written by Kevin, specifically for the temptation of lust. Much of it is in the book of Proverbs.

Pain when I fall to temptation of lust:

I feel guilty, wicked, unclean, unlovely, unworthy of the Christian name, dishonorable, lost, disgusted in myself, dissatisfied, foolish, unable to control my emotions and myself, no desire to live. I am hard on others, become judgmental, give what I have earned to others, public disgrace, bitten by a poisonous snake and stung by a viper – much like alcohol. This way leads to permanent death, destruction and loss of eternal life, headed for the grave, the den of death. I cannot play with this and think I will win because MANY STRONG men have been killed this way. Seeking/following immoral women and their enticements in anyway is like falling off a high wall onto concrete. Freaky and scary. Lust brings DEATH.

Pleasure when I do not fall:

I feel freedom from guilt, PEACEFUL, content, under control – better a man who controls his own spirit than he who takes a city. I feel/am clean, pure. Can look anyone straight in the eye, satisfied, non-judgmental which is a HUGE part of PEACE. Answer with confidence to anyone who asks, “I have a pure heart.” I am a man of integrity; positive influence in society, positive impact on the world; akin to Joseph. An honorable man, Jesus means much to me. I invited an angel of purity to be by my side and receive I am transparently accountable to others and especially to my significant other (close to or within marriage). It would be DEVESTATING to have to share that I failed in this, with her – therefore by the grace and POWER of GOD in me I will be faithful. Responsibility brings LIFE! I can look the wife of my dreams in the eye at any time and say with ALL honesty, “I am pure; I have never cheated on you in my mind or in my actions.” This is Priceless to her!

But I've Fallen, now what?

If you have fallen, you need to come clean, follow Hebrews 4:16 and counsel with God first. Then if your relationship/marriage is delicate, find someone who will go with you and will support your girlfriend/fiancé/wife and help her feel heard and understood when you intend to talk with her. This can be challenging and needs to be done properly or it can have devastating results. Sometimes things need to be reframed.

EFFECTIVE REPENTANCE

Peacemaker Ministries 7 A's of Confession <https://rw360.org/seven-as-of-a-biblical-confession/>

1. Address everyone involved (All those whom you affected)
2. Avoid if, but, and maybe (Do not try to excuse your wrongs)
3. Admit specifically (Both attitudes and actions)
4. Acknowledge the hurt (Express sorrow for hurting someone)
5. Accept the consequences (Such as making restitution)
6. Alter your behavior (Change your attitudes and actions)
7. Ask for forgiveness

Live FREE from Sin <https://www.loveready.org/>

Laying a good relationship foundation

Some people say married life is hard. Some say it takes work. This might be true, however there are things a couple can do to lay an excellent foundation. And that certainly makes marriage a LOT easier.

On the humorous side, because Kevin is a pilot and has also gone through the pain of divorce, his famous line is

Marriage is like flying - it is far better being on the ground wishing you were in the air than being in the air wishing you were on the ground 😊

1. **Believe you are not the exception to the rule**
2. **Avoid isolating yourself and your relationship.** Surround yourself with wise and loving friends who are willing to give you honest feedback if they see any red flags for you or your interest. (See Proverbs 18:1)
3. **Be transparent** about your purpose of the relationship
4. **If you're the man, be the leader in the relationship,** and set the tone regarding spirituality, physical contact, etc. there might be sparks, but it is best to keep them under wraps until they can be expressed in the permanent relationship of marriage.
5. **Maintain a safe distance** to the "edge of the cliff" of premarital sex - there is much wreckage below the cliff. Lack of connection and distrust by pressure and/or going too far may have

disastrous effects on the relationship. Sex is amazing, but sex within the bond of marriage in absolute trust is out of this world!

6. **Avoid cohabitation & premarital sex.** Scientific research of thousands of individuals has shown that cohabitation and/or premarital sex before marriage results in unhappy outcomes after and during marriage. God's principles and ways can be trusted.

<http://www.physiciansforlife.org/category/abstinence/abstinence-studies/>

Consequences of premarital sex

(John Regier and results of 1000s of Taylor Johnson Temperament Analysis Tests (TJTA).

1. Unable to love wife above a 3% level
2. Guilt
3. Blame
4. Conflicts with each other
5. Rejection of each other
6. Lack of sympathy
7. Lack of respect
8. Distrust and dishonesty
9. Loss of communication
10. Loss of spiritual interest
11. Financial loss
12. Inability to respond sexually

Kevin & Kim Ferreira may be reached for comment, and/or a speaking engagement with your small group/church by texting or calling (269)208-3853 or by email at atone4peace@gmail.com