

Pursuing Purity

-Lesson 7: Healing and Restoration-

In this lesson we will look at what it means to walk in the healing and restoration that the Lord has to offer us. We are all going to make mistakes and give into temptation when it comes to our purity, but the beautiful truth is that no matter what choice we make, whether we cross the line physically, emotionally or mentally, the Lord is faithful to heal us and restore the parts of us that are broken and hurting. Whether you have made a choice that compromised your purity or a violation from someone else has caused a build up of shame and guilt, there is still equal healing, kindness, grace and forgiveness that the Lord desires to bring to your life, it is there waiting for you – all you have to do is step out of shame and into His redemption. Your story is not beyond repair.

Why do you think there is more shame and guilt associated with sexual sin than with other sins (like lying, gossiping, disobeying, etc.)?

When you repent of sin how do you want others to respond to you? How do you want the Lord to respond to you?

When we are living in shame we are believing 3 main lies:

1. That we are alone
2. That we are separated from God
3. That we are beyond repair

Let's look at how scripture tackles those lies and offers hope and freedom to our wounded hearts:

Read Proverbs 17:17

1. What does this scripture tell us about how we should respond to other's in the face of their sin and struggle?
2. Has there been a time where you have confessed a sin or struggle to a friend and they responded poorly? How did that affect your view of yourself?
3. What does it look like to love your friend's "at all times"? responded poorly? How did that affect your view of yourself?
4. How can God use friend's to bring about healing and restoration in your life?

Read Romans 8:38-39

1. What are some of the "powers" here on earth that you believe can separate you from God? Are there some sins that feel more powerful than others?

2. What keeps you from believing that nothing can separate you from God's love? Is there a sin in your life that you are letting stand between you and the Lord?
 - a. LEADER TIP: leave space here for confession. Especially with the older groups, give your students time to walk through the weight of guilt and shame they are feeling.

Read 2 Corinthians 5:17

1. What does it mean to be a new creation in Christ?
2. Do you believe that Jesus' death and resurrection has actually cleansed and freed you from the shame and guilt that you carry? Why or why not?
3. What would be different if you believed you were a "new creation"?
4. We are usually willing to share 98% of our lives, but we withhold 2% that we think is too messy or dirty or ugly to share with others. Challenge your group to share their 2%, what is the hidden shame that they are too afraid to speak.
5. Being a new creation doesn't just mean that you are sprayed down with a hose when you sin, it means that Christ has literally made you new and continues to make you new. Your identity is no longer sinner, but saint. Spend some time as a group speaking truth and identity over one another – for instance "you may feel dirty from the sexual sin you've encountered, but in Christ you are fully cleansed and seen are pure".
 - a. LEADER TIP: this may be hard for some groups so an alternate idea would be for the leaders to have students sit with their eyes closed as you read promises of the Lord and their identity over them (see the attached sheet of scriptures). You can also print off this resource and have your students look through it and identify the promises that are difficult to believe (ex. In Christ you are forgiven fully) then spend time in prayer asking that the Lord would bring those promises to life in their hearts.

Who I Am In Christ

Biblical Truths to “Practice Believing”

I AM GOD’S...

- possession Genesis 17:8/ 1Cor 6:20
- child John 1:12
- workmanship Ephesians 2:10
- friend James 2:23
- temple 1 Cor 3:16/ 6:16
- vessel 2 Timothy 2:2
- co-laborer 1 Timothy 5:18
- witness Acts 1:8
- soldier 2 Timothy 2:3
- ambassador 2 Cor 5:20
- building 1 Cor 3:9
- husbandry 1 Cor 3:9
- minister/instrument Acts 26:16 / 1 Tim 4:6
- chosen Ephesians 1:4
- beloved Romans 1:7/ 2 Thess 2:13
- precious jewel Malachi 3:17
- heritage 1 Peter 5:3

I HAVE BEEN...

- redeemed by the blood Rev 5:9
- set free from sin /condemnation Rom 8:1-2
- set free from Satan’s control Col 1:13
- set free from Satan’s kingdom Eph 2
- chosen before foundation of world Eph 1:4
- predestined to be like Jesus Ephesians 1:11
- forgiven of all my trespasses Col 2:13
- washed in the blood of the Lamb Rev 1:5
- given a sound mind 2 Timothy 1:7
- given the Holy Spirit 2 Cor 1:22
- adopted into God’s family Romans 8:15
- justified freely by his grace Romans 3:24
- given all things pertaining to life 2 Pet 1:3
- given great and precious promises 2 Pet 1:4
- given ministry of reconciliation 2 Cor 1:22
- authority over the power of enemy Lk 10:19
- access to God Ephesians 3:12
- been given wisdom Ephesians 1:8

I AM...

- complete in him Colossians 2:10
- free forever from sin’s power Romans 6:14
- sanctified 1 Cor 6:11
- meet for the Master’s use 2 Timothy 2:21
- loved eternally 1 Peter 1:5 /
- eternally kept in the palm of his hand Jn 10:29
- kept from falling Jude 1:24
- kept by the power of God 1 Peter 1:5
- not condemned Romans 8:1-2
- one with the Lord 1 Cor 6:17
- on my way to heaven John 14:6
- quickened by his mighty power Eph 2:1
- seated in heavenly places Eph 1:3
- the head and not the tail Deut 28:13

- light in the darkness Matthew 5:14
- candle in a dark place Matthew 5:15
- city set on a hill Matthew 5:14
- salt of the earth Matthew 5:13
- his sheep Ps 23 / Psalms 100:3/ John 10:14
- a citizen of heaven 1 Peter 2:11
- hidden with Christ in God Psalms 32:7
- protected from the evil one 1 John 5:18
- kept by the power of God 1 Peter 1:5
- secure in Christ Jn 10:28-29
- set on a Rock Psalms 40:2
- more-than-a-conqueror Romans 8:37
- born again 1 Peter 1:23
- a victor 1 John 5:4
- healed by his strips Is 53:6
- covered by blood of Jesus Rev 12:11, 1 Pet 1:19
- sheltered under his wing Psalms 91:4
- hidden in secret place of the Almighty Ps 91:1

I HAVE...

- access to the Father Romans 5:2
- a home in heaven waiting for me Jn 14:1-2
- all things in Christ 2 Cor 5:17
- a living hope 1 Peter 1:3
- an anchor to my soul Hebrews 6:19
- a hope that is sure and steadfast Heb 6:19
- authority to tread on serpents Luke 10:19
- power to witness Acts 1:8
- the tongue of the learned Isaiah 50:4
- the mind of Christ 1 Cor 2:16
- boldness and access Hebrews 10:19
- peace with God Romans 5:1
- faith as a grain of mustard seed Luke 17:6

I CAN...

- do all things through Christ Philp 4:13
- find mercy and grace to help Heb 4:16
- come boldly to the throne of grace Heb 4:16
- quench all the fiery darts Eph 6:16
- tread on the serpent Luke 10:19
- declare liberty to captives Isaiah 61:1
- pray always and everywhere Luke 21:36
- chase a thousand Joshua 23:10
- defeat (overcome) the enemy Rev 12:11
- tread Satan under foot Rom 16:20

I CANNOT...

- be separated from God’s love Rom 8:35-39
- be perish or be lost John 10:28, John 3:16
- be moved Psalms 16:8
- be taken out of my Father’s hand John 10:29
- be charged or accused Romans 8:33
- be condemned 1 Cor 11:32