

## Pursuing Purity

### -Lesson 4: Spiritual Purity-

Reminder: God designed us to live in a holistic pursuit of purity, which touches all parts of our lives, not just our physical bodies. We want to look at our call to purity as so much more, we want to look at it as a call to Holiness. Holiness is when something is set apart as distinct and devoted to the Lord. The Lord's vision for purity is to protect our hearts, minds, bodies and more than anything to guard and strengthen our relationship with Him. Mark 12:30 calls believers to love the Lord with all their heart, soul, mind and strength. We don't pursue purity or holiness because we "have to" but we pursue it because in the freedom of purity we find the fullness and joy of life that God created us for.

This lesson is going to dive into what it looks like to walk in spiritual purity. Similarly to the other forms of purity, it is easy for us to look at outside sources for affirmation, validation and purpose. We want the world to be able to fill us when the truth is that we can only be cleansed and filled by the power of Jesus' blood.

1. Who can try to define spiritual purity?
  - a. Spiritual purity is all encompassing death to self, new identity in Jesus, and obedience by keeping from sin.
2. What do you think a spiritually pure life looks like?
3. Walking in spiritual purity means walking in oneness with God. What makes oneness with God possible? What are practical things we do that bring us into oneness with Him?
  - a. Leader tip: oneness with God on Earth is only possible through repentance and submission to the Lord. This section will prayerfully challenge your students to think about whether they are simply claiming Christ or truly living lives of obedience.

Read Romans 8:12-17

1. What does it look like to live according to the flesh? How do you see this affecting your life?
2. What is currently holding you in slavery or bondage?
  - a. Ex. Pornography, relationships, anxiety, shame, peer pressure, performance pressure, etc.
3. What does it mean to be a co-heir with Christ/to be a child of God?

4. What parts of the flesh need to be put to death in your life in order to walk in spiritual purity and freedom?
5. How does the gift of Christ's death and resurrection enable us to walk in spiritual purity?
  - a. Leader Tip: We want students to understand that it is only through the blood of Christ that we have forgiveness of our sins. We can't do it alone and we must accept His gift in order to walk in true freedom and holiness.
6. Spend the rest of this lesson really wrestling with the sin that your students are dealing with and spending time in prayer. Walk them through the ACTS method:  
Adoration – proclaim who God is and what He has done.  
Confession – what are you putting on the throne before the Lord? What is holding you in bondage?  
Thankfulness – thank the Lord for grace, thank the Lord for forgiveness, thank the Lord for the gifts He's given.  
Supplication – ask the Lord for help, we can't fight the flesh in our own strength.

Closing: Have your students do the ACTS prayer in their journals and take as long as they need. Then come back together and talk about how spiritual holiness is found through a daily rhythm of repentance and forgiveness. Encourage them to practice this daily and then spend time in prayer as a group, declaring who the Lord is and asking Him for His help as we pursue spiritual purity.