

Women's Lesson

Purity with Emotional Control

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Purity With a Purpose

- Purity:
1. Freedom from anything that debases, contaminates, pollutes
 2. Unmixed, unadulterated, uncontaminated

Matt 5:8 “Blessed are the pure in heart, for they will see God.”

Ps 24:3-4 “Who may ascend the mountain of the Lord? Who may stand in His holy place? The one who has clean hands and a pure heart, who does not trust in idols or swear by false gods.”

How does the fight for purity appear in our lives?

- The way we think - Rom 12:2 - don't conform to this world
- What we dream - Ps 16:7 - even at night my heart instructs me
- What we wear - 1 Pet 3:3 - Inner spirit. Not outward appearance
- What we watch - Ps 16:8 - eyes focused on the Lord
- What we read - Duet 17:18-19 - read, follow the words of God
- What we eat - Prov 23:2-3 - do not crave delicacies

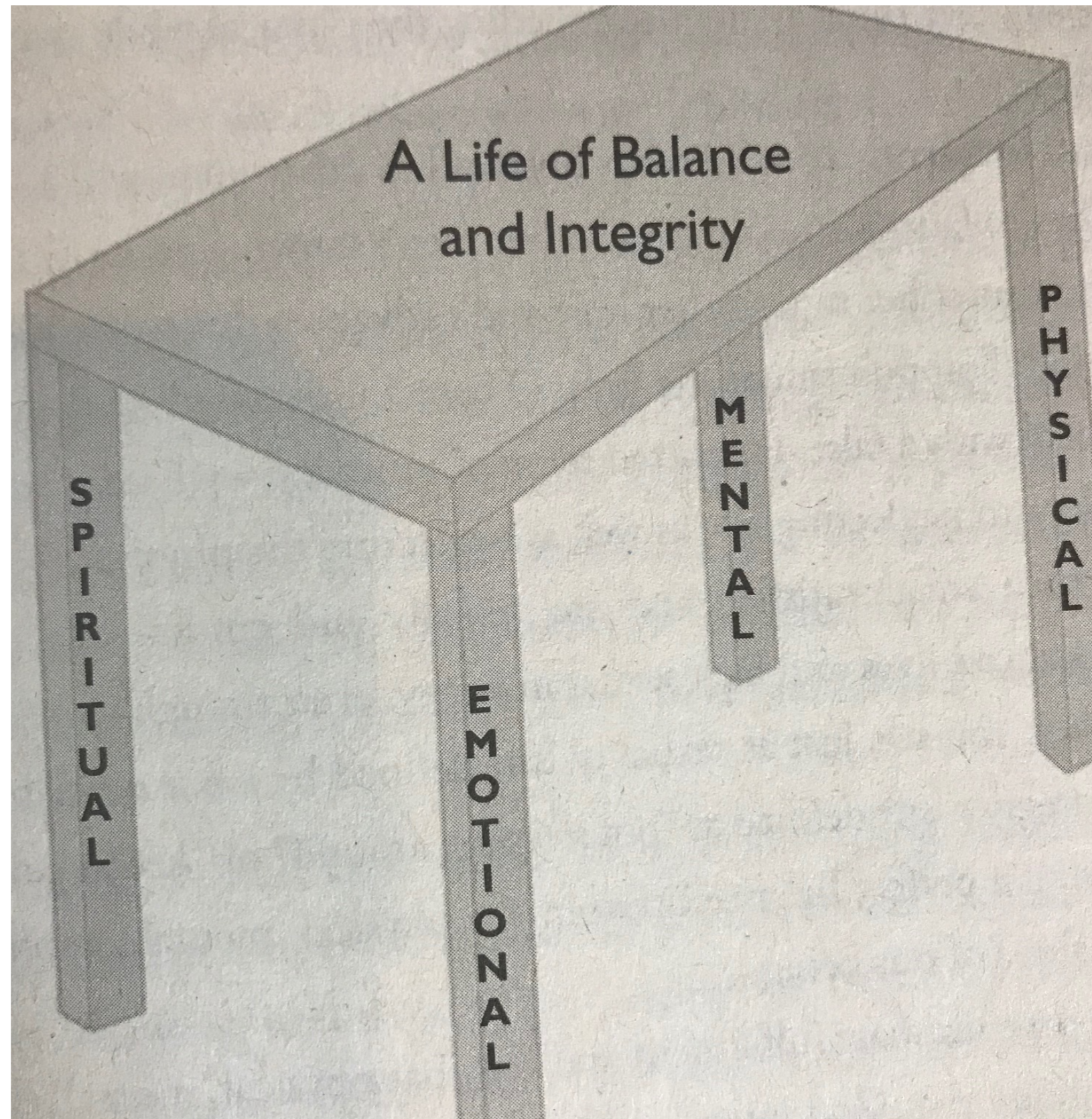
Are you engaged in a Battle?

- Is having a male in your life something that dominates your life?
- Do you compare your boyfriend to others (physical, mental, emotion, spiritual)?
- Do you have sexual secrets that you don't want anyone to know?
- Do you choose your attire based on males you will encounter?
- Do you find yourself flirting when conversing with someone you find attractive?
- Do you read romance novels because of the fantasies they evoke?
- Do you use pornography either alone or with others?
- Do you have a problem making and maintaining close female friends?
- Do you converse with strangers in internet chat rooms?

A life of balance and integrity

Disciplines

- Spirit:
- Emotion:
- Mental:
- Physical



God as the Emotional Resource

- God's plan is for us to turn to him in emotional moments
 - Gen 15:1 “fear not Abram, I am your shield and your very great reward”
 - Ps 62:5 “yes, my soul find rest in God, my hope comes from him”
 - Phil 4:4 “Rejoice in the Lord always, I say again - rejoice”
 - 1 Pet 5:7 “casting all your anxiety on Him, because he cares for you”
- Fear / Hope / Joy / Anxiety - we are to turn to God as the emotional Resource
- How? Prayer / memory scripture / confess your anxiety and fears

Developing Discipline

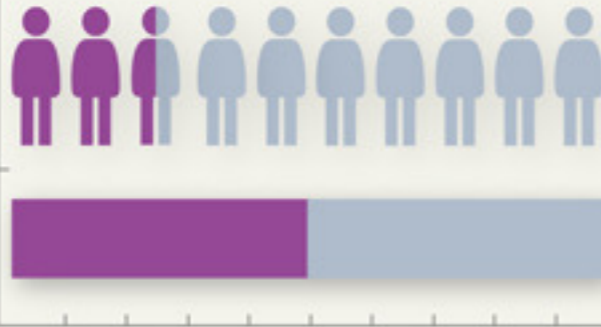
- Prov 5:12 - hated discipline / 5:23 lack of discipline / Prov 12:1 loves discipline / 1 Cor 9:24 run (achieve) / 11:32 disciplined / Col 2:5 disciplined - faith / 2 Tim 1:7 self discipline / Titus 1:8 self controlled, upright, holy and disciplined / Heb 12 (the chapter) discipline
- How does one grow in this area? Decide what needs to change
- What creates success? persistence. / be open , pray, read, (do the pushups) - make the right decision and practice doing so. Repetition
- Seek accountability - hire a trainer (discipleship is free)
- Have a Plan / review the plan / share the plan / change the plan as needed
- Measure progress

SEXUALLY TRANSMITTED INFECTIONS AMONG YOUNG AMERICANS

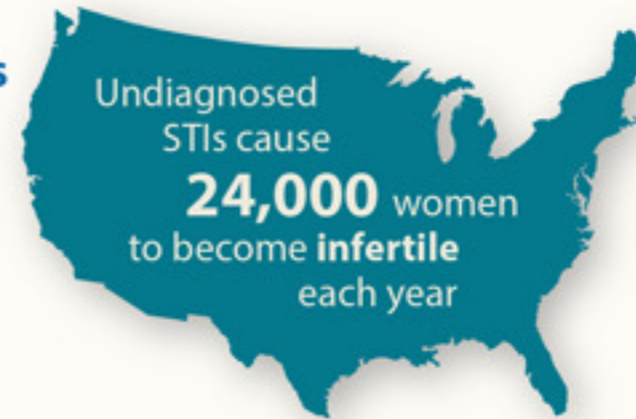
Youth bear disproportionate share of STIs

Americans ages 15-24 make up just **27%** of the sexually active population

But account for **50%** of the **20M** new **STIs** in the U.S. each year



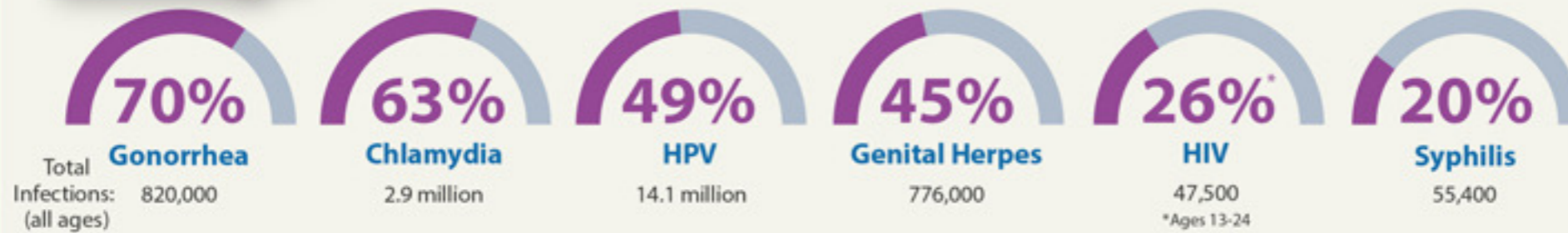
Consequences are particularly severe for young women



Ages 15-24

Ages 25+

Young people account for a substantial proportion of new STIs



Many do not know they're infected because STIs often have no symptoms

Data are cases among youth ages 15-24



Unique factors place youth at risk



Insufficient Screening

Many young women don't receive the chlamydia screening CDC recommends



Confidentiality Concerns

Many are reluctant to disclose risk behaviors to doctors



Biology

Young women's bodies are biologically more susceptible to STIs



Lack of Access to Healthcare

Youth often lack insurance or transportation needed to access prevention services



Multiple Sex Partners

Many young people have multiple partners, which increases STI risk

How do we cross the line of Integrity?

- Job 31:1 “I made a covenant with my eyes not to look lustfully at a young woman.”
- Job 31:7 “... if my steps have turned from the path, if my heart has been led by my eyes...”
- Ephesians 1:8 I pray that the eyes of your heart may be enlightened...

Compromise / Integrity

“Every Woman’s Battle” (pg 28)

• Compromise

- Are my actions lawful?
- Will anyone fine out?
- Would anyone condemn me?
- Is this socially acceptable?
- Is my attire too revealing?
- How can I get what I want?
- Can I get away w saying this?
- Will this hurt anyone?

Integrity

- Are my actions loving to others?
- Is this something I’d be proud of?
- Is this my highest standard?
- Is this in line with my convictions?
- Am I dressing for attention?
- What is my motive for wanting?
- Would it be better left unsaid?
- Will this benefit others?

Cultural / upbringing impact on view of sexuality

- In many instances from the Bible and still today, we are impacted on how our culture shapes our view of sex. In 1 Kings 14:24, the Israelites had male shrine prostitutes even though it was prohibited specifically in Dt 23:17
- “very sensual and outgoing - use sex to get what we want”
- “ A measure of manhood - the number of relationships made you have a more powerful reputation”
- “While in high school, sex was a big part of my relationship, and my status within my friend group. I always viewed sex as a means to get what I wanted...”

3 Elements to drive Change

>Ps 119:9 How can a young person stay on the path of Purity? By living according to your word.

>**Discipline**: training to improve strength or self-control / the trait of being well behaved / develop behavior by instruction and practice; especially to teach self-control

>**Self Control**: the act of denying yourself; controlling your impulses / the trait of resolutely controlling your own behavior

>**Training**: the trait of resolutely controlling your own behavior consistently over time.

How do we prevail?

- Examine my heart and my mind - Ps 26:2
- Love the Lord God with all your heart, soul and mind - Matt 22:37
- If anything is excellent or praiseworthy think of such - Phil 4:8
- How can we develop self control? Learn to recognize emotions / take note of emotions / analyze the cause / change the environment or the reaction
- Take captive every thought - 2 Cor 10:5 (Peter was the most out of control disciple, yet he writes of discipline and self control)
- Keep a tight rein on our tongues - James 1:26
- ...honor God with your bodies. - 1 Cor 6:19-20
- ... put on the full armor of God... - Eph 6: 13-17 - Allow your self to be held accountable (embrace it)

Practicals

- Guys: Treat all sisters equally in your relationships. Sisters can view special attention as a sign that “He really likes me!”
- Learn about emotional purity. It takes work to be “just friends.”
- Establish healthy boundaries. Put your phone away at a decent hour. Calls and text past 11pm can easily lead to more intimate things being shared.
- Memory scriptures- especially those telling you how much God loves you!
- Be open with your discipling partner about feelings/emotions
- Dress to command the respect of others; dress attractively, not to attract
- When you are overcome with desires get up and walk around, dance, jump up and down, sing. Do anything but give in.

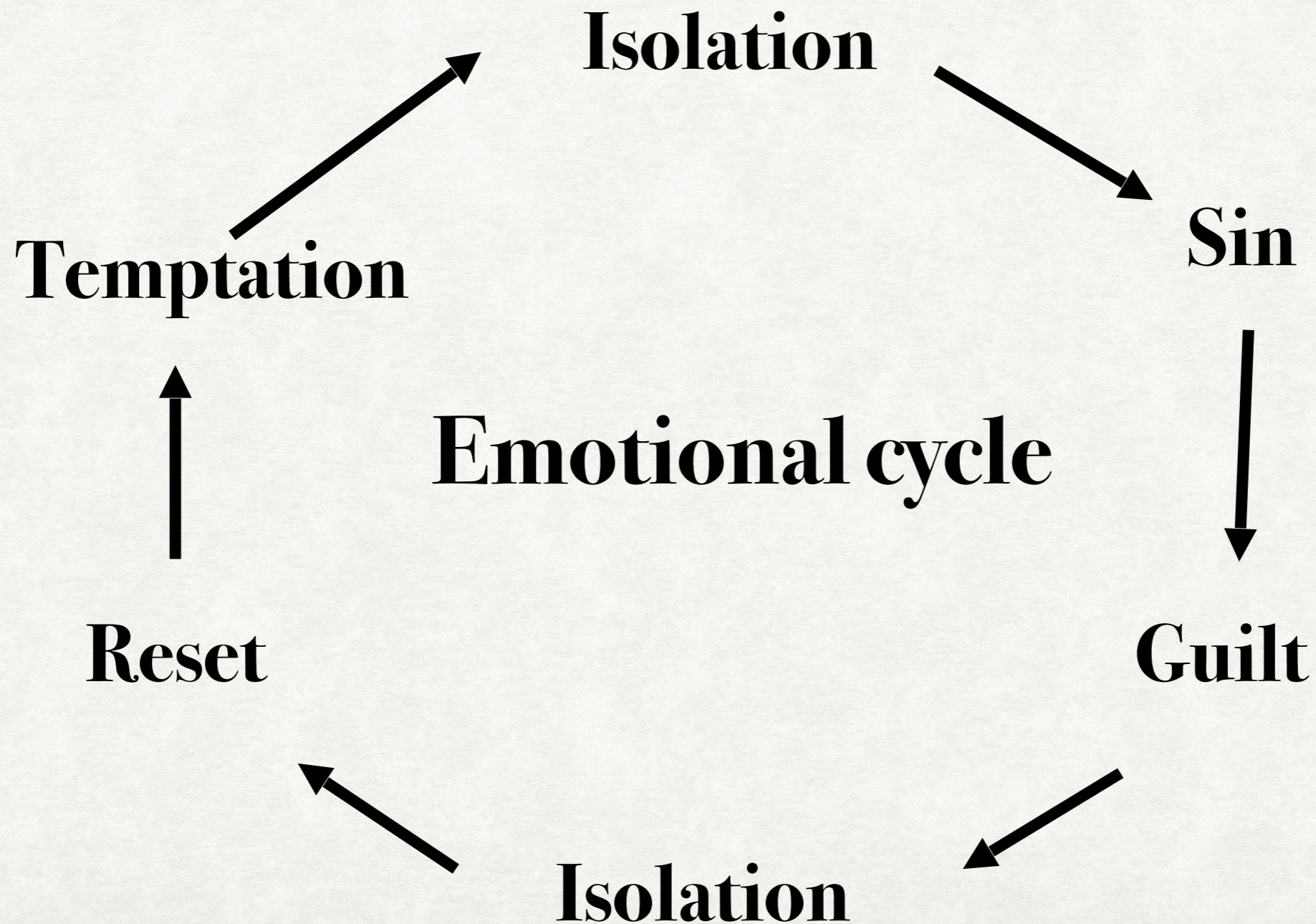
Over Coming Strategies

John 10:10 Life to the full

- **“I have come that they may have life, and have it to the full”**
- Physical Exercise - Helps deal with emotions / family activities
- Setting Boundaries - cut off temptations (develop self control)
 - controls on devices / device usage- stored / charged
- Identifying Triggers - emotional awareness (be in control)
 - Highs and Lows of days discussed at dinner etc
- Scripture Memorization (changes direction of focus) (family endeavor)
- One another encouragement (self vs service) Accountability partner
- If you do nothing, nothing changes (if you don't teach them someone else will)

Addictive Cycle

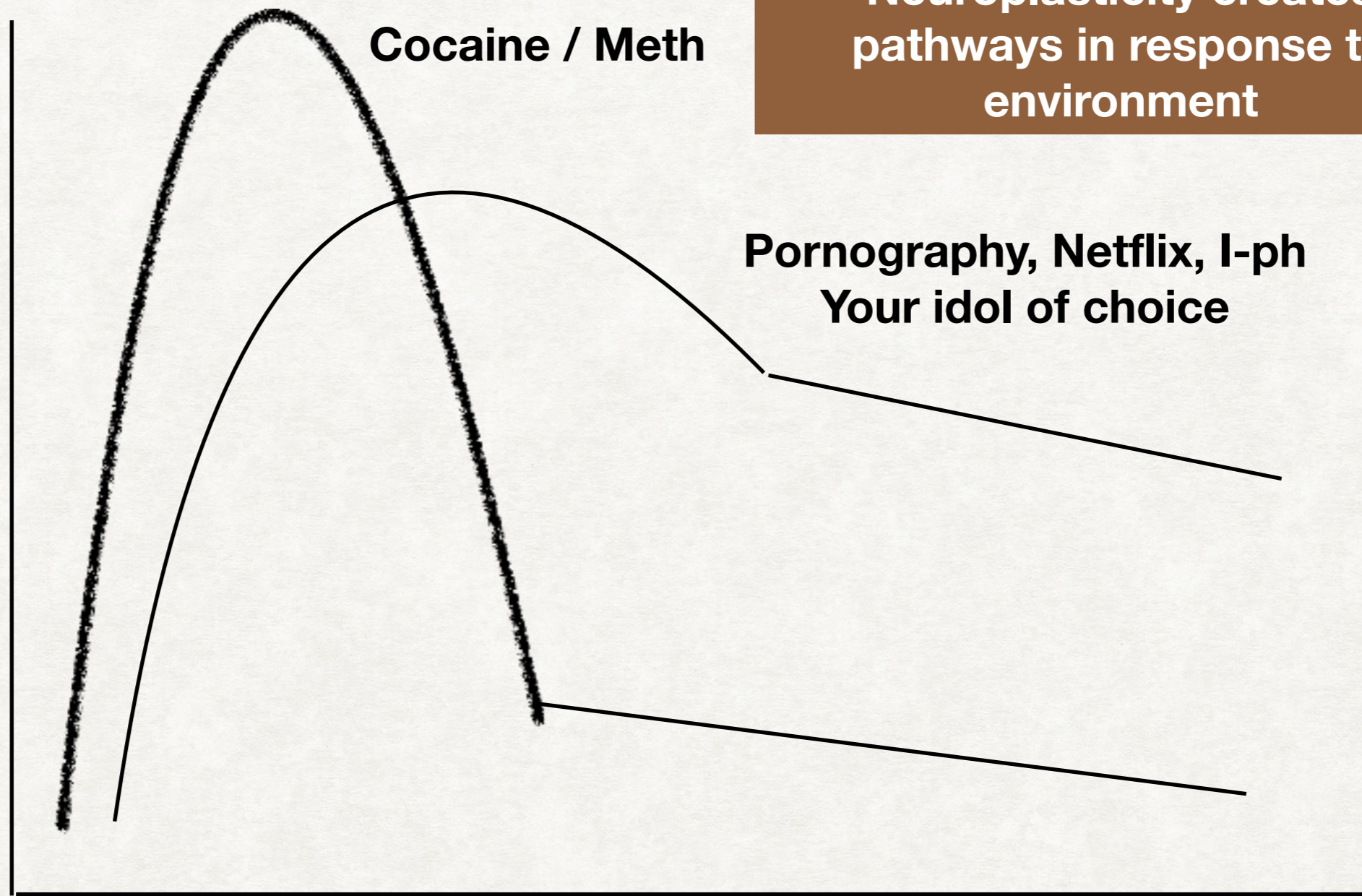
Dr Gerald May / Dr Patrick Carnes



DOPAMINE RESPONSE

Neuroplasticity creates pathways in response to environment

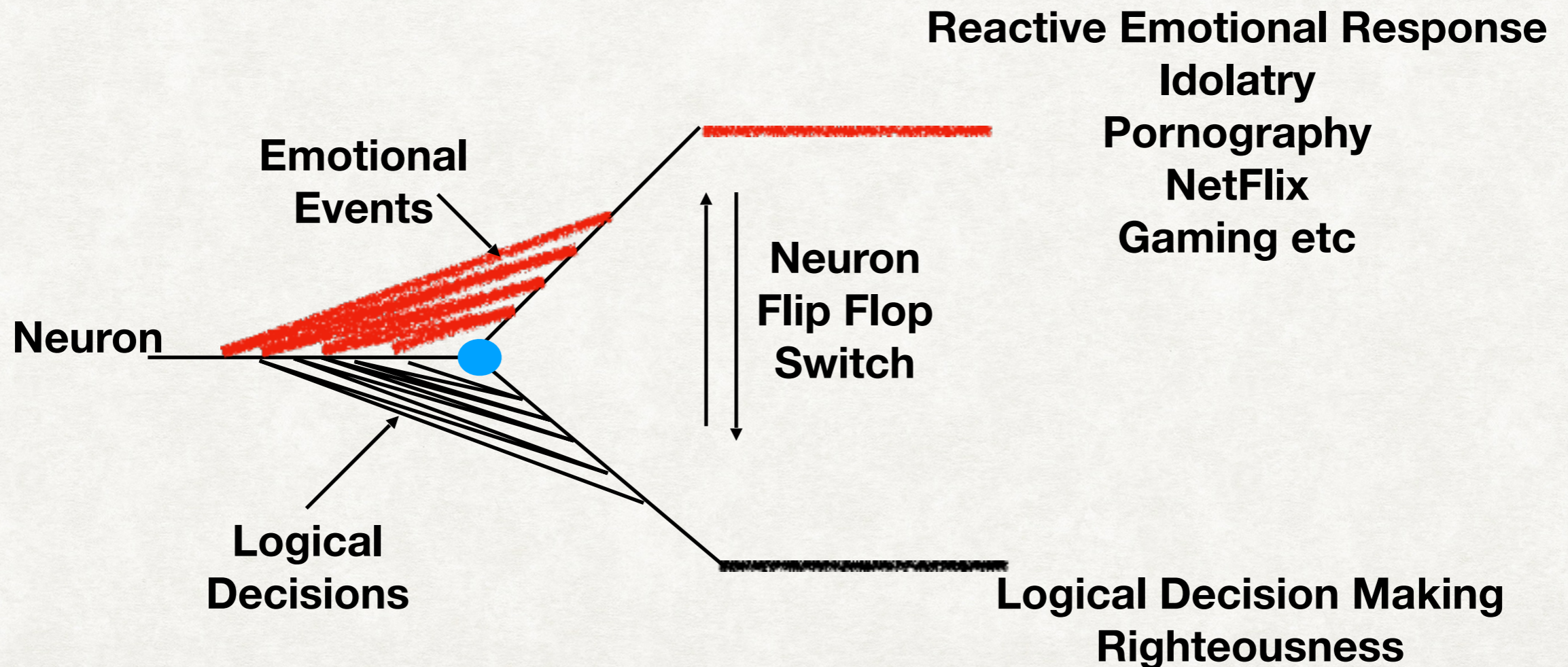
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The overall dopamine release and duration is what creates the power

Neuroplasticity

Every decision is a building block
- what are you building?



PRACTICALS

- ASSESS EMOTIONS AND DETERMINE THE SOURCE
 - DIARY / JOURNAL
 - MORNING / EVENING ROUTINES
 - CALL DURING TEMPTATION
 - CONFESSING IS GOOD BUT DOES NOT BREAK THE CYCLE
 - TALK - DON'T RELY ON TEXT
 - WORK ON DEVELOPING RELATIONSHIPS
-

MEN

DEVICE USE / CONTROL
VISUALS
MEMORY SCRIPTURE
SOCIAL MEDIA

WOMEN

CLOTHING
FLIRTING
FANTASIZING RELATIONSHIPS
(BOYFRIEND/HUSBAND/FAMILY)