

10 Tips to Maintain Sexual Purity

We live in a sex-crazed culture where sexual temptation is everyone's battle! How can you learn to say "no" to sexual temptation? How can you gain and maintain sexual purity? How can you teach sexual purity to your children?

The following principles go beyond describing what not to do by detailing what you can do positively. I periodically return to these principles and renew my resolutions. May I challenge you to make the following resolutions to maintain sexual purity?

1. Maintain sexual purity through the power of Jesus Christ (Eph. 5:3; Rom. 7:24–25). Exercise self-restraint by bringing my body, mind, will and emotions under complete control through Christ (Gal. 5:16).
2. Never look lustfully at a woman, entertain lustful thoughts or commit adultery (Job 31:1; Matt. 5:28; Exod. 20:14, 17; Rev. 2:22).
3. Never make sexual or seductive advances toward another woman (Prov. 6:27–29) and resist any sexual advances from another woman (Prov. 2:16, 6:24–26).
4. Never allow my mind to pursue stimulation through sensual advertising, obscene or perverse material, nudity, indecent television programs, computer images, the Internet, movies or visit a place of sexual promiscuity (; Rom. 12:2).
5. Hate evil and put to death earthly desires at work in me for sexual immorality, impurity, lust, evil passions and greed. Run from sexual immorality (1 Cor. 6:18; Ps. 97:10; Col. 3:5; 2 Tim. 2:22).
6. Fill my mind with things that are pure (Phil. 4:8).
7. Use my body to serve the Lord and keep my body clean and pure as a temple of the Holy Spirit (1 Cor. 6:13,

19–20). Obey the desires and commands of God in all that I do (1 Pet. 1:14–16).

8. Always treat my wife with godliness and humility, honor and respect, dignity and purity (Eph. 5:25–28) and always have my needs for sexual intimacy met by her alone (Gen. 2:24; Prov. 5:18–19; Song 1:2; 1 Cor. 7:3–5).
 9. Live as a Spirit-filled Christian in expressing value and worth to all people (John 3:16; Rom. 13:9, 15:7).
 10. Quickly and fully repent of any moral failure and trust the Lord for full deliverance (1 John 1:9; 2 Cor. 1:10).
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