



## How to get MY life back

### Regaining My Purity (Matthew 5-8)

“Who may ascend the hill of the Lord?  
Who may stand in his holy place?  
He who has clean hands and a pure heart,  
who does not lift up his soul to an idol  
or swear by what is false.”

Psalm 24:3-4 (NIV)

“Blessed are the pure in heart, for they will see God.” Matthew 5:8 (NIV)

### Four areas of purity from Matthew 5–8:

1. Worship
2. Emotions
3. Words
4. Sexuality

“There’s more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, ‘The two become one.’ Since we want to become spiritually one with the master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never ‘become one.’ There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for ‘becoming one’ with another. Or didn’t you realize that your body is a sacred place, the place of the Holy Spirit? Don’t you see that you can’t live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.”  
1 Corinthians 6:16-20 (MSG)

### How to regain personal purity...

#### 1. Make a commitment to God’s standard.

“How can [anyone] keep his way pure? By living according to your word.” Psalm 119:9 (NIV)

“God blessed them and said to them, ‘Be fruitful and increase in number; fill the earth and manage it’...The man said, ‘This is now bone of my bones and flesh of my flesh’...The man and his wife were both naked, and they felt no shame.”

Genesis 1:28; 2:23, 25

God’s standard: Sex is reserved for marriage only.

“God wants you to be holy and pure and to keep clear of all sexual sin...For God has not called us to be dirty minded and full of lust but to be holy and clean.” 1 Thessalonians 4:3,7 (LB)

#### 2. Manage my thought life.

“Be careful how you think, your life is shaped by your thoughts.” Proverbs 4:23 (GN)

“I will refuse to look at anything vile and vulgar...” Psalm 101:3 (NLT)

#### 3. Minimize the opportunities to sin.

“Be careful. If you’re thinking, ‘Oh, I’d never behave like that’—let this be a warning to you. For you too may fall into sin.” 1 Corinthians 10:12 (LB)

“Marriage is a decision to serve the other, whether in bed or out. Abstaining from sex is permissible for a period of time if you both agree to it, and if it’s for the purposes of prayer and fasting—but only for such times. Then come back together again. Satan has an ingenious way of tempting us when we least expect it.” 1 Corinthians 7:4-7 (MSG)

#### 4. Magnify the consequences.

“[Anyone] who commits adultery doesn’t have any sense. He is just destroying himself.” Proverbs 6:32 (GN)

### How to find my way back to purity:

1. Repent (Psalm 51:1-10)
2. Receive forgiveness (Psalm 32:1-5)
3. Refocus & replace (Romans 13:13-14)
4. Request help daily (1 Corinthians 10:13)

