

The logo for 'Light ChatRoom' is set against a dark green rectangular background. The word 'Light' is written in a white, elegant cursive script on the left side. To the right of 'Light', the word 'ChatRoom' is written in a clean, white, sans-serif font. Below 'ChatRoom', there are two white line-art icons: the first depicts a family of four (two adults and two children), and the second depicts a couple (two adults).

# From this day forward

Grow together till death  
do you part.

## Commitment 4: Stay Pure

Watch the Commitment 4 video Stay Pure  
The fill-in-the-blank answer key is located in the end of  
this guide.

## Talk It Over

What are some of the most common types of impurities  
you've seen try to  
filter into your relationship?

# Inward and Outward Purity

## Outward purity: The Behavior

*But among you there must not be even a hint of sexual immorality, or of any kind of impurity...*

—Ephesians 5:3 NIV

*Keep to a path far from her, do not go near the door of her house...*

—Proverbs 5:8 NIV

*Flee from sexual immorality... You are not your own; you were bought at a price. Therefore honor God with your body.*

—1 Corinthians 6:18-20 NIV84

## Inward purity: The Heart

*How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.*

—Psalm 119:9-11 NIV84

*But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*

—Matthew 5:28 NIV84

## Talk It Over

If there is one area of vulnerability that could compromise your purity, what would it be?

## **Living It Out With Dr. Kim: Practical Things You Can Do to Maintain Purity in Your Marriage**

1. Accountability. It is essential, and your accountability partner cannot be your spouse.
2. Think ahead and be proactive about how you will handle certain situations that could compromise your purity.
3. Men should be careful about what they watch and see; women should be careful about what they read.

### **Talk It Over**

What are some specific things you are doing or need to do to seek and maintain purity in your relationship?

Describe a time when you dealt with impurity. How did you deal with it, and what did you learn from your experience?

What outward or inward changes do you need to make to ensure you live a life of purity?

## **Next Steps**

Fight for your marriage by doing all you can to not allow any impurities into your relationship. Here are some practical steps you can take, starting today, to help protect the purity of your marriage from this day forward. Don't be negligent in any of these next steps. Take each of these seriously, and put them into practice if you are not already doing so.

- Establish accountability partners for both of you. Both men and women need accountability partners. As Dr. Kim said, your spouse cannot be your accountability partner. You should also seek out someone who is strong enough to ask you the tough questions that will help keep you pure.
- Set boundaries. Carve out some time in the next few days to discuss any boundaries you and your spouse need to set regarding how you interact with the opposite sex. This could include the boundaries you set at work or when you are forced to travel with the opposite sex for your job.
- Turn off any media that could compromise your purity. Set up content filters on your computers, phones, and

tablet devices to help block out content that might compromise your purity. Also consider turning off television channels or removing movies, music, or books you have that could compromise your purity.

- If pornography is a problem in your marriage, then visit [www.xxxchurch.com](http://www.xxxchurch.com) for resources that will help you address this common problem.

Session 4: Stay Pure Inward and Outward Purity 1. Outward purity: The behavior. 2. Inward purity: The heart.