

# No Regrets: Week 4 - Made New

**KEY TAKEAWAY:** God's redemption is more powerful than your regrets

## RECAP

**WEEK 1: If you don't work on your heart, it will work against you.**

- Our hearts hold the thing that affect us the most.
- Whatever is put in can come out, we don't have much control what or when that happens.
- We have allowed good and bad things in, therefore our hearts are not completely trustworthy.
- We must guard our hearts and what we allow in.

**WEEK 2: How you date affects who you become.**

- Dating patterns we establish now will shape your future relationships, for better or worse.
- Can you see yourself marrying this person? Date with the future in mind.
- Look for red flags and deal with the small problems before they become big ones, "catch the small foxes".
- Set an example by dating for tomorrow.

**WEEK 3: God wants to move you from admiration to adoration.**

- Admiration is approval for what you have done.
- Adoration is love for who you are.
- God adores us, He loves us not because of what we do, but because who we are.
- Relationships based of "admiration"- what you look like or are willing to do - are doomed to fail and can hurt you deeply.
- Relationships should look like or reflect the admiration God has for us.

## THIS WEEK

So, we've been in this series for the past three weeks where we've been talking about how to date with no regrets. If you talk about dating, you eventually have to talk about sex, because that seems to be on the table when we date. Purity comes up a lot in this conversation, too.

But when we talk about purity, one of two thoughts pops up. We either think of some other sinner or we think of our self. We think about that girl who posts inappropriate pictures of herself or that couple who took things too far. Or maybe you think about yourself and that relationship that should have never happened. Maybe you feel a sense of dread and shame because of a porn addiction.

## TOO FAR

- When we think of purity, we think of something that is irreversible.
- Like it's a stain that we have to live with if we ever go too far. We often feel like once we mess up, there's no going back.
- God created purity for us so that we could live healthy lives, and to give us life.
  - It's like a flower in water. We know the flower needs water, so that's what it lives in.
  - We need purity in the same way. Just like a flower takes in water.
  - We take in God's purity from the outside in, and from the inside out, we receive life.
- Everything about purity comes from the inside—our heart.

In week one, we talked about how our own heart is working against us, and when we let our heart control our lives, it leads to disaster. When we choose our heart over our purity, we start to live in something toxic. It's like if we poured motor oil inside a flower vase. We know the two don't belong, and we can predict what will happen to it. It will slowly die from the inside out.

But the truth is this: **purity exists to bring us back**, not to separate saints from sinners. If you've done something impure, God doesn't leave you that way. Purity exists because God knew we would struggle.

Purity is part of God's plan of grace. Grace is a gift, meaning you didn't have to pay the cost; your only job is to receive it. I like this quote about grace:

*“You contribute nothing to your salvation except the sin that made it necessary.”  
–Jonathan Edwards*

God isn't putting all the blame on your shoulders so that you can pay for it. He wants to pay for it for you so that you can experience His everlasting life. This all sounds good, but it's hard to imagine how it can be true. Jesus shows what this type of grace looks like.

#### John 8:1–6

*1 but Jesus went to the Mount of Olives. 2 Early in the morning he came again to the temple. All the people came to him, and he sat down and taught them. 3 The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst 4 they said to him, “Teacher, this woman has been caught in the act of adultery. 5 Now in the Law, Moses commanded us to stone such women. So what do you say?” 6 This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground.*

- The Pharisees' saw purity like a spiritual report card, you get an “F” the sentence is death.
- They were trying to trick Jesus to show that He was not as loving as he said he was.

#### John 8:7–9

*7 And as they continued to ask him, he stood up and said to them, “Let him who is without sin among you be the first to throw a stone at her.” 8 And once more he bent down and wrote on the ground. 9 But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him.*

- Jesus rips up the idea of a report card
- Purity is more than just sex, it's the quality of the heart.
- If you are impatient, envious, angry, or selfish, then chances are, your heart is impure.
- That means you can be a virgin and still be an impure person.
- This is what Jesus calls them out on, one by one, the people drop their stones and walk away.

#### John 8:10–11

*10 Jesus stood up and said to her, “Woman, where are they? Has no one condemned you?” 11 She said, “No one, Lord.” And Jesus said, “Neither do I condemn you; go, and from now on sin no more.”*

- Jesus doesn't tell her that everything is fine.
- He calls them out in a gentle way. He tells her to go and sin no more.
- He shows her that He is not offering her death, but life.
- They dropped their rocks conceding they had no right to judge.
- However, they also walked away from the forgiveness and life Jesus could have offered them

## GOD'S PLAN

- God's plan for purity doesn't just involve you not judging others or modifying your behavior.
- God's plan for purity is to give you a new heart that gives life.

### John 10:10

*The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.*

The life God wants to give you is full of possibilities, not restrictions. But in order for you to live in God's grace, you need to live a life of purity. Purity exists to restore broken lives into life everlasting.

### Romans 12:1-2

*1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Paul is describing a process called sanctification. Sanctification is a big word that means "to make clean." This isn't a one-and-done type of plan. This is something you have to practice every day. Let me outline what Paul has already said in a more bullet-point way.

- **OFFER GOD YOUR LIFE** - Paul is telling us to give God full control of our lives.
  - Let God be the final say in your decision making.
  - You are literally saying that God can lead your life better than you can, so you are giving Him full control.
- **DON'T BE CONFORMED** - Notice what culture says, and compare it to how God wants you to live.
  - It's normal in culture to let your heart control your actions. But following that example will only lead you to destruction.
  - Gods sent Jesus so you can have a full life (John 10:10). A life lived under God's control leads to life.
  - Compare the ways of culture to what God wants you to do, and choose God's control. Don't be surprised when the world lives opposite of how God wants you live; don't be conformed.
- **BE TRANSFORMED** - Let God speak value into your life.
  - Shame can be a loud voice in your life, but God's love is louder.
  - You have to make it a habit of reading God's Word to learn what He has to say about you and the life He has for you.
  - **God wants a say in how you see yourself.** The more you are transformed by the renewal of your mind, the more you start to see your life through God's eyes.
- **TEST, TASTE, SEE** - God wants you to put His plan to the test.
  - Notice how much healthier your life and your relationships become.
  - God wants you to put His plan to the test. Don't just talk a good game about purity—live it out and apply God's wisdom to your life.
  - Remember Daniel, Rack, Shack, and Benny
- **REPEAT** - Sanctification is like a shower.
  - You need to do it every day.
  - This isn't a 30-day diet; it's a lifestyle choice.

## **LANDING**

When we walk in God's plan of purity and sanctification, we welcome God's overflowing love into our life. His pure love pushes out all of the things that have been destroying your heart. We don't exist for purity; purity exists for us. And it's because God knew we would need a way back to His love and a life overflowing with His goodness.

- Are you willing to allow God to make you new today?
- Will you commit to practicing sanctification every day?

# Discussion Questions

- Is it uncomfortable talking about dating and purity at church? Why or why not?
- Do you ever feel guilty or ashamed when we talk about purity? Why or why not?
- Have you ever done something you knew you shouldn't do, but did it anyway?
  - How did you feel after that decision?
  - What affect did that decision have on you or people you care about? (Family, friends, etc.)
- When you mess up what do you think Jesus' reaction is?
- How does the story about the woman we looked at today help you understand Jesus' reaction when we mess up?
- What do you think Jesus would say to someone who has a lot of regrets in their dating life?
- Thinking about living a sanctified life? (Romans 12:1-2): Offer God your life; don't be conformed; be transformed; taste and see.
  - How are all these things important for someone to be saved?
  - Why is it important for christians to repeat these every day?
  - Where do you need improvement, and how do you plan to do better?