



BIBLICAL

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BIBLICAL PURITY



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Biblical purity is practical holiness

2.

Biblical purity is rooted in a redeemed heart


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Biblical purity is guarded and guided by Scripture

4.

Biblical purity is a lifelong governing characteristic

BIBLICAL PURITY RECAP

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The Hebrew definition of “pure” is “to be translucent; figuratively, to be innocent:—be (make) clean, cleanse, be clear, count pure.” (blueletterbible.com)

Why do we strive for purity?

1 Peter 1:14-16


¹⁴ As obedient children, do not be conformed to the passions of your former ignorance, ¹⁵ but as he who called you is holy, you also be holy in all your conduct, ¹⁶ since it is written, “You shall be holy, for I am holy.”

The gospel exposes our sinfulness and inability to be pure by ourselves. And it also offers hope and reality to purity in our lives through us receiving Christ’s purity and holiness through faith in Christ alone!



“I have bad news and good news for you. The bad news is that you’ve blown it. God’s standard of purity, sexual or otherwise, is so high that you cannot possibly keep it...The Bible clearly reminds us that none of us can ever become ‘pure’ because of our choices to avoid sin. “There is no one righteous, not even one...”

(Romans 3:10-12)...But there is actually some great news. I am totally and completely pure (sexually and otherwise) and you can be too! My purity hasn't been accomplished by following the rules but through the fact that I have trusted in the Lord Jesus Christ as my sole source of purity. It is only by faith in Jesus that any of us can be pure, and when we trust him we take on His purity in exchange for all of our sin.” -Dr. Juli Slattery



The purpose of this mini-study is to simply get you thinking about different aspects of purity in your life. It by no means covers every topic and it doesn’t explain all Scripture has to say about each topic. This is to help you get started. I pray this resource will help you dive into God’s perfect Word to study what it says, think about these topics, and put purity into action by learning what His Word has to say about it.

PURITY IN THOUGHTS



How does Matthew 22:37 show us that God cares what we do with our mind?

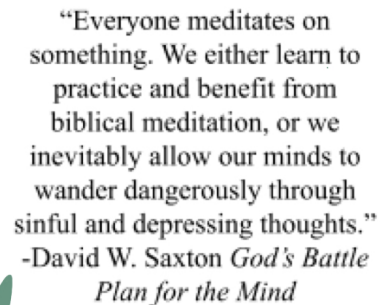
Look up the passages below and write down how Scripture instructs you to think/what to do with your mind.

Colossians 3:1-2

Philippians 4:8

Romans 8:5-6

Isaiah 26:3



“Everyone meditates on something. We either learn to practice and benefit from biblical meditation, or we inevitably allow our minds to wander dangerously through sinful and depressing thoughts.”
-David W. Saxton *God's Battle Plan for the Mind*

Put this into practice and memorize Philippians 4:8. Write the verse down below.

Psalm 119:11,15 “I have stored up your word in my heart, that I might not sin against you....I will meditate on your precepts and fix my eyes on your ways.”

Ask the Lord to reveal where there is impurity in your thoughts. You will always be thinking about something, so train your mind through meditating on Scripture to think on what is pure and honoring to him. Cast your anxious thoughts on the Lord. Repent from evil thoughts of pride, fear, selfishness, unkindness, laziness, etc. Focus your mind on what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise! Let your mind be a treasury of truth.

Further Recommended Reading: *God's Battle Plan for the Mind: The Puritan Practice of Biblical Meditation* by David W. Saxton

PURITY IN SPEECH



Read the verses below and mark each time “pure/purity” and “gracious” is found.

Proverbs 15:26 “The thoughts of the wicked are an abomination to the LORD, but gracious words are pure.”

Proverbs 22:11 “He who loves purity of heart, and whose speech is gracious, will have the king as his friend.

From these verses we can see that what God considers gracious words to be pure speech. Gracious words reveal a heart that has received and understood the grace of God. It shows a person to be self-controlled, wise, and humble. In Matthew 12:34 Jesus says “...For out of the abundance of the heart the mouth speaks.” Think about how you speak at home, school, and with your friends. What do your words reflect about your heart?

Read Ephesians 4:29 and Philippians 2:14-15 and write down what it commands in regard to your speech.

Does your speech build others up and encourage them? What are some examples?

If you see that your speech is characterized by ungracious words, why might that be?

If you want to grow in speaking with grace, ask yourself...

“ ‘Is what I’m about to say true, kind, and necessary?’ To be true, your words must be free from falsehood and exaggeration. To be kind, your words must be considerate and gentle. To be necessary, your words must be needful in the moment to accomplish what is good and right.” -*When Words Matter Most*

Further Recommended Reading: *When Words Matter Most* by Cherly Marshall & Caroline Newheiser

PURITY IN RELATIONSHIPS



Read Titus 2:3-5. God's model for discipleship among women is that the older women may teach and model for younger women how to walk in purity and obey God's word. Do you have a godly woman who you are consistently learning from? If so, how can that relationship help you pursue purity in your life?

If not, pray about who can be discipling you, then ask that person to intentionally walk with you! Is there anyone who comes to mind?

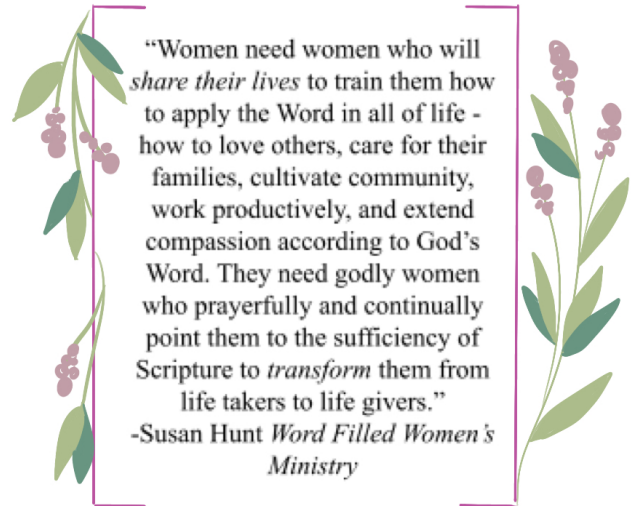
God instructs believers in how they should interact with other believers, specifically within their local church. Read Colossians 3:12-17 and 1 Peter 4:7-10. How are we called to engage with fellow believers?

Take some time to consider if there are weak spots in your relationship with other believers. Based on the above verses, how can you pursue obedience and purity in these areas?

We are commanded to love others because of the love of God given to us in Christ. Is your love for your friends consistent with the pure Word of God? Read 1 Corinthians 13:1-7. Make a list of what love is and what love is not.

Love is

Love is not



"Women need women who will *share their lives* to train them how to apply the Word in all of life - how to love others, care for their families, cultivate community, work productively, and extend compassion according to God's Word. They need godly women who prayerfully and continually point them to the sufficiency of Scripture to *transform* them from life takers to life givers."
-Susan Hunt *Word Filled Women's Ministry*

What ways can you work to be a better friend by purifying your relationship so that it honors the Lord?

DIGGING DEEPER

Read 1 Samuel 18-20 to see a biblical and godly sharpening friendship between David and Jonathan. Carve out some time to read through those chapters and observe the pure love and encouraging friendship these two men have. Write down your observations.

1 Thessalonians 4:3-5

“For this is the will of God, your _____: that you abstain from _____; that each of you know how to control his own body in _____ and _____, not in the passion of _____ like the Gentiles who do not know God.

Scripture takes sexual immorality very seriously. Look up the verses below and record what they say about the sexually immoral.

Ephesians 5:5-6

1 Corinthians 6:9-10, 18

Matthew 5:27-28

Read Hebrews 13:4. How is marriage to be viewed? And who is to view it this way?

Joy abounds in obedience because purity is not bondage, it is providential protection because God loves you and knows what’s best for you. Marriage is to be honored among all, sexual immorality avoided, and purity upheld. Knowing how seriously God takes sexual sin and how sacred marriage is, how can you be pursuing purity single woman or in your marriage?

Further Recommended Reading: *Passion and Purity* by Elizabeth Elliott & *Word Filled Women's Ministry: Loving and Serving the Church* by Gloria Furman & Kathleen B. Nielson

PURITY IN APPEARANCE



How does 1 Timothy 2:9-10 say that women should adorn/present themselves?

As godly women, our clothing should reflect a heart focused on God instead of wanting to imitate the surrounding culture and values or draw attention to ourselves. In what ways are you tempted to imitate the culture or draw attention to yourself? Or are you tempted to go to the opposite end and be legalistic with appearances?

Proverbs 31 woman is the biblical model for a godly woman! What does Proverbs 31:25 & 30 say that she clothes herself in?

Obviously, we have to wear real clothing and cannot just talk about the metaphorical clothing of a godly woman. But these qualities help inform the way we present ourselves and why we wear what we do. Does how you dress and present yourself show a love for God or a desire to follow the world?

Our standard of modesty does not come from our friends, the world, or what we think looks best on us. Where is your standard for modesty found? If it's not in the Bible, what is causing you to look somewhere else?

Is the way you dress above reproach, or does it seek to get as close to "the line" as possible without crossing it? Or does it trend towards legalism and harsh rules?



Further Recommended Reading: *God's High Calling for Women* by John MacArthur

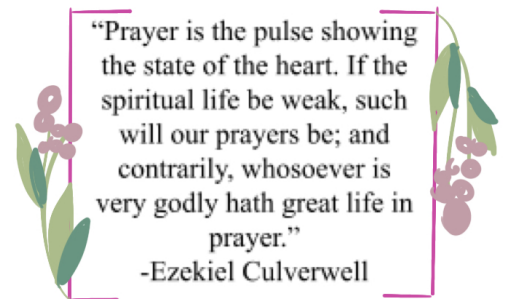
PURITY IN PRAYER



Jesus instructs us how to pray in Matthew 6:5-13. Read this passage and answer the questions below.

What does Jesus warn against when you pray?

Jesus is describing what humble, pure prayer looks like - not seeking attention or recognition, but spending time humbly asking your Father for what you need and expressing thankfulness. Think about your own prayer life in private and in groups. In what ways are you tempted to heap up empty phrases and call attention to yourself when you pray?



Psalm 51 is a psalm by David to the Lord after Nathan the prophet confronted him about his sin with Bathsheba. David is pouring out his heart in prayer to the Lord in repentance from his sin. Take time and read through Psalm 51.

We know that to be pure is to be clean, and to seek to be cleansed. David says in verse 10 "Create in me a *clean heart*, O God, and renew a right spirit within me." David recognized that he had sinned and sought to be purified from that defilement through repentance. He is humble in his prayer, praising the Lord, recognizing his sin, and asking to be washed clean. He has a broken spirit and contrite heart (v 17). We have looked at what God's word says about purity in multiple other areas of our lives, which inevitably reveals impurity and sin in our own lives. Write a prayer of humble repentance to the Lord, asking to be washed clean from impurity in your life just as David did.

Further Recommended Reading: *Valley of Vision: A Collection of Puritan Prayers & Devotions* by Arther G. Bennett

PURITY IN SANCTIFICATION



When we were saved, the process of sanctification began. Christ makes us look more and more like him as we seek to follow him, and one day we will be perfectly pure in heaven. Until then, let's look at what God's word says about seeking purity in our striving to look more like our Savior.

Read Titus 2:11-14. What are we trained to renounce?

What do these verses say Christ died for? (Hint: look in verse 14)



"As holiness is the soul's best evidence for heaven, so it is a continual spring of comfort to it in the way thither. The purest and sweetest pleasures in this world are the results of holiness. Till we come to live holily, we never live comfortably. Heaven is epitomized in holiness."

-John Flavel

Christ not only died for our legal forgiveness, but he also died so that we might be made pure for himself and that we might strive towards good works with enthusiasm. Read Ephesians 2:10 and write down what this verse says about you in Christ.

In heaven, we will be perfectly pure, with our Savior, no longer struggling and falling into sin. We will be free and perfect! As believers, we should long for that day and desire it with our whole heart. Until Christ returns, what is a way you can be radically seeking purity in an area of your life? What is your "game plan" for how you will make this happen?

Helpful questions to think on how to practically apply what we've learned:

- What scripture could you memorize and meditate on?
- Who could you ask to encourage you in your pursuit of purity?
- What songs could encourage you to think about holiness and purity?

Speak O Lord

By: Keith Getty / Stuart Townend

Speak, O Lord, as we come to You
To receive the food of Your Holy Word
Take Your truth, plant it deep in us
Shape and fashion us in Your likeness
That the light of Christ might be seen today
In our acts of love and our deeds of faith



Speak, O Lord, and fulfill in us
All Your purposes for Your glory
Teach us Lord, full obedience
Holy reverence, true humility
Test our thoughts and our attitudes
In the radiance of Your purity



Cause our faith to rise, cause our eyes to see
Your majestic love and authority
Words of pow'r that can never fail
Let their truth prevail over unbelief
Speak, O Lord, and renew our minds
Help us grasp the heights of Your plans for us
Truths unchanged from the dawn of time
That will echo down through eternity
And by grace we'll stand on Your promises
And by faith we'll walk as You walk with us
Speak, O Lord, till Your church is built
And the earth is filled with Your glory

REFLECT



Use this space as a space to reflect, write out a prayer,
or think through how you can pursue purity in every part of life.