

WEEK FIVE PURE

DAY 1

- 1. Begin your study time with prayer.
- 2. Read Psalm 24:3-4. Who does it say may stand in the holy place of the Lord?
- 3. The verse above speaks of having clean hands and a pure heart. Look up the word "pure" in a dictionary and write its definition below:
- 4. Using the above definition, in what ways should our spiritual lives reflect purity?
- 5. James 1:27 tells us that pure religion in the sight of God, among other things, is to keep ourselves unstained by the world. Do you strive to keep yourself "unstained" by the world? How so? How is it possible live in the world and avoid being tarnished by sin as we walk in it?
- 6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.)

Memory Verse:

Create in me a clean heart, O God, and renew a steadfast spirit within me.

~ Psalm 51:10

I'm praying about:

ROCK WOMEN

DAY 2

- 1. Begin your study time with prayer.
- 2. In the book of Joshua the Israelites are getting ready to enter the land that God has promised them. Spies were sent ahead of the people to assess the land, especially the city of Jericho. Read Joshua 2:1. Who do the spies encounter and what is her profession?
- 3. What does Rahab do in Joshua 2:2-21 and what promise do the spies make to Rahab?
- 4. What happens to Rahab in Joshua 6:21-25?
- 5. Matthew 1 is the genealogy of Christ. Read Matthew 1:5. Whose name do you notice is listed?
- 6. Write out this week's memory verse below:

DAY 3

- 1. Begin your study time with prayer.
- 2. Read Job 15:14-16 and Proverbs 30:12. What do these verses tell us about the state of our purity apart from Christ?
- 3. What does Matthew 15:18-20 say defiles us or makes us impure?
- 4. According to Hebrews 10:19-22 and 1 John 1:7 what is it that cleanses us from sin?
- 5. Upon salvation we are washed clean. Rahab's life was the opposite of pure, however she indicated her faith in God through her obedience to the simple command to tie a scarlet thread in her window. From that day on her life was radically changed. She lived among the Israelites, took a husband, had a son and is listed in the lineage of Christ. The sordidness of her past sin did not define her. If you know Christ, you too have been washed clean and declared pure. Do you believe this and walk in the freedom of this truth? Why or why not?
- 6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

ROCK WOMEN

DAY 4

- 1. Begin your study time with prayer.
- 2. While purity must first begin with a cleansed heart, it will always work its way out in our actions. Read 2 Corinthians 7:1 and 2 Timothy 2:22. What instructions do these verses give to us as believers?
- 3. It is impossible to be entirely sinless, but it should be our aim to sin less and less over time as we walk with the Lord. Read Galatians 5:19-22. Notice the contrast between the life surrendered to the Lord and the life lived in the flesh. Verse 21 uses the word "practice." If we have been redeemed we should not continuously practice sin. It should not be the pattern of our lives. If you look back over your spiritual life do you see growth and a pattern of turning from sin toward holiness? How so?
- 4. A heart that truly desires to be pure will ask for and accept the Lord's cleansing gratefully. Read Psalm 51:2-12. Can you honestly say this is your heart's desire? Why or why not? Take a moment and pray these verses to the Lord.
- 5. Write out this week's memory verse below:

DAY 5

- 1. Begin your study time with prayer.
- 2. Earlier this week we read Galatians 5:19 which describes the "deeds of the flesh." One of the fleshly deeds listed was immorality, which is any sexual relationship outside of marriage. What else do Ephesians 5:3 and 1 Thessalonians 4:3-5 tell us about immorality?
- 3. When it comes to sexual immorality, what command does 1 Corinthians 6:18-20 give us? What does verse 20 tell us to do instead? Is this area of sin a struggle for you?
- 4. What does Hebrews 13:4 say should be held in honor? What are things that could defile it?
- 5. Whether married or single, a sexual relationship in any capacity outside of marriage is sin against the Lord. Sometimes we try to pass this notion off as antiquated or no longer culturally relevant, however, God's Word is truth and does not change with culture. As Christians we are called to sexual purity. There are no exceptions for those who are in love, or plan to get married some day, or even for engaged couples. Intimacy is designed as a unique gift to be enjoyed in marriage. This command is not given to be harsh, but rather because God's design allows us the greatest blessing and fulfillment in our intimacy. Instead of gratifying the lusts of our flesh outside of marriage, what does Colossians 3:5 tell us to do? If you are struggling with immorality the first step to take is true repentance. Next, find someone that will hold you accountable to honor the Lord with your body.