

Practical Purity Session 1

A. Know your ROLE. The command given to all older women in Christ's church.

- God's plan for the maturity and sanctification of His people has always involved His Word, the Holy Spirit and other believers.
- Exodus 18

- Psalm 78:5-7

- 2 Tim. 2:2

- Titus 2:3-5 "Older women likewise (just as I commanded the older men!) are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, but teaching what is good, so that they may encourage the younger women to love their husbands, love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the Word of God will not be dishonored."
 1. Who is to teach whom?
 2. What is to be taught?

My call and challenge to you as older women aspiring to fulfill the Titus 2 mandate is to be the loudest voice of LOVE and TRUTH on matters of purity in the ears and hearts of younger women.

Let me encourage you to this high calling with the words of **Al Mohler** (*Desire and Deceit: The real Cost of the New Sexual Tolerance*) "Christians have no right to be embarrassed when it comes to talking about sex and sexuality. An unhealthy reticence or embarrassment in dealing with these issues is a form of disrespect to God's creation. Whatever God made is good, and EVERY good thing God made has an intended purpose that ultimately reveals His own glory. When conservative Christians respond to sexual matters with ambivalence or embarrassment, we slander the goodness of God and hide His glory, which is intended to be revealed in the right use of creation's gifts."

Carolyn McCulley/CJ Mahaney: "This is the message that needs to cut through our porn saturated media. The timeless solution is the one on one mentoring model. (Titus 2:3-5). Purity is not only for the time before marriage but also the time afterward (Heb. 13:4). I believe pastors should be teaching the church on Sundays what the Scriptures say about sex, but the one-on-one settings make room for the candor, questions and confessions that elude larger crowds. We need to combat any false notions of sexuality and piety by presenting a clear and unblemished portrayal of marital intimacy. **A generation that is well acquainted with physical variations of sex needs to hear about the powerful security, attraction and emotional freedom that attend monogamous marital**

faithfulness....they also need to know that God is not ashamed of what He created! Mahaney “Even though it is intensely physical, it is not the least bit unspiritual!”

3. Why is it to be taught?

B. Know the TEXT. Sufficiency of God’s Word- Knowing and Using God’s Word not merely as a rulebook or answer key, but a wealth of context for BOTH.

Text	Issues	Notes
Gen. 2:18-25	Adam & Eve-Role of Women as helper Nakedness/Shame	
Gen. 9:20-28	Noah & his sons-Drunkenness/Nakedness/Shame	
Gen. 12:10-20	Abram & Sarai-Beauty/Danger/Deceit	
Gen. 13:13	Sodom-Evilness of Men/Homosexuality/perversion	
Gen. 16	Sara& Hagar-Subversion of roles/lack of trust in God/Woman encouraging her husband to sin sexually	
Gen. 19:1-29	Sodom-Ruling perverse desire/compromise/proposed abuse of women	
Gen. 19:30-37	Lot’s daughters-Incest/Scheming and plotting of Sexual Sin	
Gen. 20	Abraham & Sarah-Fear/Beauty/Deception	
Gen. 24	Isaac & Rebekah-God’s perfect provision of a wife (for Isaac), specific instruction for seeking a wife, considering a daughter’s desires,	
Gen. 26	Isaac & Rebekah-Fear/Beauty/Deception	
Gen. 29	Jacob & Rachel-God’s perfect provision of a wife for Jacob as his mother instructed	
29:17	Power of beauty/polygamy	
Gen. 30	Rachel-Ruling desire for a child lead to suggesting her husband sin sexually/polygamy	“Give me children or else I die”
Gen. 34	Sons of Jacob & Dinah-Rape of Dinah Interest in fashion/women of the day/lust/ruling desire/rape/intermarriage (w/ non-believers)vengeance/deceit/murder	
Gen. 38	Brother failed to perform familial duty to Tamar Deceit/scheming Judah and Tamar (sex w/ daughter in law) Lust/prostitution/hypocritical judgement	
Gen. 39	Joseph and Potiphar’s wife Joseph handsome in form and face Forward and immoral woman/persistent temptation/right view of sin as before God	Positive and negative example together! Example of life not getting easier even when obeying!
Ex.20:14,17	Law-Do not commit adultery Law- Do not covet neighbor’s wife	The Law speaks to DESIRE
Lev. 18	Law concerning immorality- no sexual relations with family or step-family/lewdness/adultery/homosexuality/bestiality	Reveals these sins were common and occurring

Text	Issues	Notes
Deut. 22:5 Deut. 22:15	Law- prohibits cross-dressing Law- importance of virginity in marriage/seriousness of charges against purity	
Deut. 22:22	Law- adultery- both parties equally guilty	
Deut. 22:23-26	Law- rape- a girl must/should resist and cry out when assaulted, girl innocent if raped	*very important factor in counseling
Deut. 23:1	Law- forbids emasculated males from the assembly	Should be considered in light of transgender discussions today
Deut. 25:11-12	Law- immodest acts- grabbing genitals	
Josh. 2	Joshua, the spies and Rahab the prostitute	
Judges 13-16 14:1-4 14:16 16:16-17	Samson Samson makes marriage decision based on appearance His first wife used emotions to get what she wanted Delilah badgers Samson and betrays him	
Judges 19	Levite concubine raped/homosexuality	
2 Samuel 11	David and Bathsheba	"saw a woman bathing and she was beautiful"
2 Sam 13	Amnon and Tamar/rape	Lust/physical illness Cunning friend/scheming Tamar's appeal Rape/Disgust/Shame
Job. 31:1	Job accused of impurity	"made a covenant with my eyes"
Prov. 5-7 5:1-6 5:7-13 5:15 6:20-23 6:24-35 7:1-4 7:6-23 7:24-27	Immorality/Warning/Examples Smooth, seducing speech of adulteress KEEP AWAY, Regret will follow The satisfaction of the marriage bed, and reminder that the Lord sees all mans' ways The protection provided by God's Word! Hide it in your heart "to keep you from the evil woman" Guaranteed consequences of adultery Keep God's Word in your heart to protect you from the harlot's temptation CASE STUDY of a man duped by a seductress The consequences "like an ox to the slaughter"	*note the grouping of these sins: immorality, laziness, lying, financial excess/ruin travel together! *Dire importance of filling the heart with God's Word and positioning the heart to hear instruction! *Note her clothing, demeanor, plan, words, time of activity
Song of Sol. 2:7, 3:5, 8:4	The bride's admonition to her maidens/virgins	"Do not awaken love before its time"
Ecc. 2:10 9:9 11:9 12:13	Solomon's indulgence of all desires Solomon's counsel-enjoy life with your WIFE Follow the impulses of your heart...BUT Fear God and keep his commands	Desire fulfilled <i>for the sole sake of pleasure leaves one EMPTY!</i>

When Titus 2 speaks to us to guide younger women to love their husbands, love their children be CHASTE, discreet and workers in the home..... these are our texts. We must become skilled in both our knowledge of these texts and using them to instruct in both a didactic and dialectic manner. What do I mean by didactic and dialectic?

Didactic is simply giving the clear teachings of Scripture in statement/command form.

Dialectic refers to the art and skill of conversation via questioning. The book of Proverbs models this well for us “Who can take fore to his bosom and not be burned?”...

- See list of questions provided under Part D. Know the Technology

C. Know your AUDIENCE. Young women and their mothers both of whom were raised under different models of feminism.

I commend to you the following info gleaned from Carolyn McCulley’s book, *Radical Womanhood*, which is an OUTSTANDING treatise on the history of feminism juxtaposed with the truths of Scripture. I would say for you it should be mandatory summer reading.

Here’s a summary of what the Feminist Movement deems the Three Waves of Feminism:

<p>1st Wave Feminism</p> <ul style="list-style-type: none"> • Post WWI- 1920 when 19th Amendment ratified • Women worked while men fought • Women began to express desire to vote- if we can work we should vote • New Woman Suffragettes • Much of this wave died down after 19th amendment and with the arrival of WWII in 1939, world’s attention was elsewhere 	<p>2nd Wave Feminism</p> <ul style="list-style-type: none"> • 1953-1980s • Patriarchy is the Problem • Women are BORED • Loudest voices= from France, Simon Beauvoir in 1949 wrote the <i>The Second Sex</i> " • Woman is “defined and differentiated with reference to man and not HE with reference to HER; she is the incidental the inessential as opposed to the essential. He is the subject, He is the Absolute. She is the OTHER.” • “women were imprisoned by the role of wife, mother and sweetheart” • Personally engaged in open sexual relationship with French philosopher Sarte in which she sought to free herself from all sex. Inhibitions • 1953 Hefner launches PLAYBOY • In US Betty Friedan, swooned at Beauvoir’s writings and brought them to the US with <i>Feminine Mystique</i> in 1963. • American housewife is bored and men are the problem “problem that has no name” • Founded NOW and NARAL • Invention of VCR/Porn • WAP in late 70s- banned with Eagle Forum/FoF • By late 1980s alliance collapsed with Fem Wom admitting they enjoyed porn- existence of WAP 	<p>3rd Wave Feminism</p> <ul style="list-style-type: none"> • One group of feminists thought they were fighting male oppression and sex stereotypes, while other fems thought any limits on sex expression = new repression. The result- anything goes sexual freedom. • This is the generation of the majority of young women we serve under the Titus 2 mandate • They know NOTHING else • 3rd wave= porn positive, sex positive wave. Men shouldn’t have all the fun, women have right and ability to enjoy the full spectrum of sexual encounters without judgement or limit • With the arrival of the teach age, Young people are now SATURATED with this message
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This brings us to the tech age! Merge the tech age with 3rd Wave feminism and all we know Scripturally of the human heart and its lusts, and we are no less than swimming in a sea of sexual sin on every teach screen available.

D. Know the TECHNOLOGY Specific considerations of apps and technology and the temptations/opportunities they provide for good and evil.

Sexting by definition is “sending, receiving or forwarding sexually explicit material via messaging or images. Kids ages 18-24 are the primary sexting audience. Sexting is typically a pre-cursor to sexual activity, sent as an invitation for sexual involvement.

The three most popular apps for sexting are:

***Snapchat**- send receive images unknown until they are opened. These images automatically erase/disappear after 10 seconds, UNLESS A SCREEN SHOT IS MADE OF THEM!

***KIK**-

***Whatsup?**-

Pornography-

I would commend to all of you the latest stats on teen porn put out by Tim Challies on his blog site. They are astounding!

- 4.6 billion- in 2016 46 billion hours watched ON ONE SITE!
- Age 11- average child has already been exposed
- 70%- function not form! That is what is intended to do, not its content! Anything intended to bring arousal. So, teens not concerned with nudity and explicit sexual content if assoc. with story line!

*The world teaches arousal for the sake of pleasure. What are people and teens to do with these aroused impulses? Most sin by masturbating and begin a pattern of self-gratification that is most vicious.

61% watched on a cell phone!

33% women!!!!

62% teens and young adults seen a sex explicit image

36% of teens use porn as a how to manual for personal activity!

80% NO GUILT- re-read the Vanishing conscience!!!!

Al Mohler says, “Medical research has documented the increased flow of endorphins, hormones that create pleasure in the brain, when sexual images are viewed. Given the law of reduced effect, greater stimulation is needed to keep a constant flow of endorphins to the brain’s pleasure centers. Without conscious awareness of what is happening, (men) are drawn into a pattern of deeper and deeper sin, more and more explicit pornography, and never ending rationalization. And it all started when the eye first began its perusal of the pornographic image and sexual arousal was the product.”

Titus 2 Counseling/Discipling Implications

God in His infinite goodness designed sex, making the male and female anatomies perfectly designed for one another and the mutual pleasure sexual union can afford. He created sex, called it good and gave it ONE context- heterosexual marriage. His beautiful design, when obeyed, allows for husband and wife come together under the umbrella of the covenant of marriage and unleash the sexual desires and passions HE GAVE THEM, never to be reined in again. Think of the wisdom of this design.

Consider the consequence of disobeying His design. Individuals who experience arousal and sexual gratification outside of marriage have awakened a dragon they were never meant to have to tame! What I am trying to explain is the mastery and dominion felt by sexual sin is the flip side of the same coin: when obeyed, God's design affords and provides maximum joy and pleasure safely and continually. Conversely, disobedience and immoral sexual experience brings unleashed pleasure in a forbidden context. The dragon has been fed, making it stronger and hungrier and the next wave of temptation even more enticing. Once experienced it often FEELS impossible to deny self that pleasure again...BECAUSE THAT IS HOW GOD DESIGNED IT!!!

Now, contrast that His perfect design with porn:

- Goal of arousal (for personal pleasure only); opposite of giving to your spouse!
- Bears fruit unto self-gratification; physical habit created arousal-stimulation-release
- Trains the mind and body to respond to image and touch in very specific ways (remember the dopamine rush via the images and the endorphins released in personal stimulation)
- Feeds an ever famished dragon of desire who is untamable and perpetually unsatisfied
- Creates a most unholy trinity- from me and two me and through me are all things- to me be the glory (Dr. Stuart Scott)

Dialectic Discussion Questions:

Personally and together

1. What season of life am I in? (teen, older single, young married, married, divorced, widowed)
2. What particular sexual temptations are present in my heart by way of desire? (immodesty, worldliness, Abuse, Fornication, pornography, Masturbation, Fantasizing/Thoughts, Adultery, Flirtation, Relationship with Unbeliever, Homosexuality, Obsession with body appearance)
3. Specifically name the WHO, WHAT, WHEN, WHERE AND HOW of those temptations (Think of the CLUE game!)
4. What are the specific thoughts of my heart surrounding those desires and temptations?
5. How do these thoughts affirm/deny the character and promises of God?
6. How does Scripture, the revealed will of God, rebuke or correct my thoughts?

These are to be used AFTER clear instruction and biblical foundation has been laid. Always lay before your counselee/disciple/daughter/younger women the GREATEST MOTIVATION- TO GLORIFY GOD!

Sexting

- What do you hope I never see on your phone?
- What was the last sexual text you received/sent?
- What temptations did you avoid this week?

- What temptations did you pander to?
- Who has texted you sexual images?
- (When) has your boyfriend/friend asked you to send nude photos?
- How many of your friends send/receive nude photos?
- Do you think Snapchat's benefits outweigh the temptations?
- Why would your boyfriend be satisfied with YOUR images?
- What is to stop him from receiving images from other girls?
- What would you do if he forwarded them on to other people?
- Have you considered how many young men may see your naked images and lust after you?
- Have you considered that you are partly responsible for making sin so accessible to them?
- Have you considered these may end up on the internet for a future employer to see?
- How would you explain those images to your future husband?
- Would you want your future husband and pastor to learn of these in pre-marital counseling?
- What example are you setting for your younger sisters or future daughters?
- Have you considered you may be breaking the law?
- Did you know that young girls have become suicidal after their naked images were forwarded on by ex- boyfriends?
- Do you think these images will never come to mind again? Have you considered the long term effects of these images- they may come to mind during intimacy with your husband?
- Would you want your future husband to recall other naked images while being intimate with you?

Pornography/Masturbation

- Have you considered how this sin will affect your future marital intimacy?
- If you pleasure yourself and can only be gratified that way, how will you experience pleasure in the marriage bed?
- Have you considered that you will need to share this sin with your future spouse in pre-marital counseling?
- If you train your mind to be aroused via explicit images, how will you be aroused by your husband?
- At what time of the day and where do you sin by self-stimulation?
- How many times a day week are you self-pleasuring?
- Are you viewing or reading materials that step by step explain self-pleasuring?
- What magazines do you read/buy?
- What fashion/fitness blogs/websites do you read?
- What is the last romance novel you read?
- Do the books you read specifically describe sexual acts?
- Do you buy these books or get them from the library?
- What specific thoughts/images come to mind as you self-pleasure?
- How do you remind yourself that God is omnipresent, seeing all things, even our every action? How can you better remind yourself of this truth?
- How are you worshipping yourself when you self-pleasure?
- Do you discuss porn/self-pleasure with any friends? Who?When?
- Where do you see porn images? (phone, TV, computer)
- What does your click bait say about your internet viewing habits?
- What steps have you taken to flee the sex immorality of porn?
- Who, besides the Lord who loves you, knows of your porn habits?

- Do you believe it is possible to have victory in this area and please the Lord with your body?
- How would you counsel a girl/young women viewing porn?
- Have you considered the standards you put in your mind while viewing porn? Do you expect your husband to look and perform like that?
- Do you want your future husband to expect you to look and perform like the women in porn?
- How does porn warp your understanding of God's design for sex in marriage?
- What cable/streaming options are available to you?
- What are your standards in viewing entertainment?
- What are your favorite movies/TV shows?

GIVE HOPE

Our content tonight has been heavy and it would be unbiblical to not rejoice in God's solution to these sins/issues. We know **I Jn. 1:9** "that if we confess our sins he is faithful and just and will forgive of our sins and purify us of all unrighteousness." He is faithful to wipe our hearts clean b/c HE punished our sins. He was just. He gave sin its due in CHRIST on the CROSS! **I Cor 6:9** proclaims that "neither fornicators, nor idolators, nor adulterers, nor effeminate, nor the covetous, nor drunkard, nor swindlers will inherit the kingdom of God. BUT SUCH WERE SOME OF YOU; but you were washed, you were sanctified, you were justified in the name of our Lord Jesus Christ in the Spirit of our God." As older women we are responsible to address the sin AND give gospel hope AND be there for younger women as they walk through the process of biblical sanctification!

Think of the amazing intricacies of our brains! We do so many things without a second thought- driving a car- folding laundry- typing- the point is- our mind can be trained- AND HOW MUCH MORE THE REDEEMED MIND!!! Through the Holy Spirit WE CAN AND WILL have victory over sin and thus walk in newness of life, declaring the old man and his ways dead and our very mind and body ALIVE TO GOD!

Resources

Books

Becoming a Titus 2 Woman.....	Martha Peace
The Excellent Wife	Martha Peace (*intimacy chapter)
Women Helping Women.....	Carol Cornish
Sex Isn't the Problem, Lust Is.....	Joshua Harris
Sex and the Supremacy of God	John Piper & Justin Taylor
Sex, Romance and the Glory of God	C.J. Mahaney
Desire and Deceit.....	Al Mohler
How America Lost Her Innocence	Steve Gallagher (Pure Life Ministries)
Radical Womanhood.....	Carolyn McCulley
Girl Talk.....	Carolyn Mahaney
Set Apart.....	Kent Hughes
Let Me Be a Woman	Elizabeth Elliot
Passion and Purity.....	Elizabeth Elliot
The Vanishing Conscience.....	John MacArthur
Holiness.....	J.C. Ryle
Secret Thoughts of an Unlikely Convert	Rosaria Butterfield
Blame it on the Brain (homosexuality chapter)	Ed Welch
Practicing Proverbs.....	Richard Mayhue

Blogs/Articles/Facebook Sites

Tim Challies Blog

5 Ways Porn lies to you (February 27, 2017); 10 Ugly Numbers Describing Pornography Use (April 2017)

Technology: An Evil Master (April 2006)

Talking About Circle, A device to Protect your Family Online (Dec. 18, 2015)

The Dead End of Sexual Sin by Rosaria Butterfield/The Gospel Coalition FB page

The High Cost of Free Porn *desiringgod.org*

Transgenderism: A Pathogenic Meme (June 10, 2015) by Paul McHugh

FB Page "Fight the New Drug" (Porn Awareness Site ftnd.org)

Tech Helps

Circle App (Reviewed by Tim Challies 2015)

Force Field App (Find on Facebook)

Classes at Verizon/Apple

Sermon Series

Alistair Begg- Truth for Life- ; Belief and Behavior Pt. 2 I Thes. 4:1-8 April 2, June 4, June 11

John MacArthur- Grace to You Sexual Purity I Thes. 4:1-8 (Search A-Z)