Purity Code—Youth Group Curriculum

Leaders Introduction

The Pure Foundations Series

Remaining pure in body, mind, eyes, and heart could be the most difficult thing kids will face in their preteens and teens—and into adulthood. Jim Burns, trusted radio host and founder of HomeWord, has developed the Pure Foundations series, designed to guide parents and their kids through the sometimes uncomfortable discussions about their developing bodies and God’s plan for healthy sexuality. Using a stepped approach, the Pure Foundations series starts with a book for parents, Teaching Your Children Healthy Sexuality, followed by the book The Purity Code: God’s Plan for Sex and Your Body to be read by tweens ages 10 to 14 with their parents. The Purity Code Audio Resource is a companion to the book and includes 2 CDs providing fresh content not found in the books with advice and answers from interviews with notable youth experts Dr. John Townsend, Shannon Ethridge, Rebecca St. James, Hayley DiMarco, and others. Accept Nothing Less: God’s Best for Your Body, Mind and Heart is the book for teens 14 and up. Two books for younger children will be available in Fall 2009.

Making the Most of The Purity Code Curriculum

As noted above, The Purity Code was designed as a book to be read by tweens ages 10 to 14 with their parents. So, the most comprehensive and effective approach for utilizing the material would be to create a plan that includes parental participation, and might look like this:

Facilitate and promote parents reading Teaching Your Children Healthy Sexuality.
Facilitate and promote parents to purchase The Purity Code to give to their kids, and to have the parent and child read one chapter at a time, going through the questions at the end of the chapter before moving on.
Use The Purity Code Curriculum in your youth group meetings to partner with and supplement what parents are doing.

Okay, that’s the ideal plan. However, we understand that there will be parents who may not be willing or even interested in working through The Purity Code with their kids. In absence of parental participation in this approach, we feel it would be best for youth leaders to go over the entire book with their students (in small groups or one-on-one) and, again, to use the curriculum as a supplement. Getting The Purity Code into your students’ hands is key to giving them the opportunity to receive a comprehensive approach to sex and sexuality. But, be wise in how you do this, especially if parents won’t be working through the book together with their own kids. You’ll want to get parental permission before giving their kids a book on sex and sexuality.

We also understand that taking your students through the entire book may not be a viable option for you. Since you are a youth worker, we know that you have a passion for the kids you work with.
and that you recognize the need to cover sex and sexuality content with them. If you can do nothing else, do use the curriculum to address this need in a very practical way.

How to Use This Material

Curriculum Overview:
The curriculum is made up of six sessions:
The Purity Code
The Foundation of Healthy Sexuality
The Body: Is Sex Safe?
The Mind: Renewing Your Mind for Good
The Eyes: Turning Your Eyes From Worthless Things
The Heart: Keeping Your Heart Healthy

The Purity Code book contains 13 chapters, and covers more territory on sex and sexuality than the curriculum does. We've put together the curriculum to cover material that is best suited for youth group study sessions, while still covering all the essentials of The Purity Code.

Preparation:
Read The Purity Code! Your biggest resource in making the most of the curriculum is developing a familiarity with the content of the book.
Review the Leader's Guide for each session thoroughly.
Adapt. No curriculum (even ours!) should be used in a “canned” fashion. As you review each session's material, make whatever changes that will help you best meet your goals and your students’ needs.
Include Your Story. Don’t hesitate to share about your decisions, experiences and lessons you personally learned about sexuality. Of course, keep your comments appropriate to the age group.
Say What? In the Leader's Guides, you will find content that follow phrases such as “Make the following points…” or “Make the following remarks…” This content isn't designed for you to read off the page verbatim, but rather as a guide to what we feel are the main points of what you should be trying to communicate. Read this content over, cut, paste, make it yours, create your own notes, and then say what you want to say—how you want to say it!

Each session of this series is divided into four sections:

Warm Up
This section utilizes a creative way to grab students’ interest in the topic to be discussed.

Going Deeper
In this section you will help your students gain an understanding of the key concept(s) of the lesson.

In the Word
Studying the Scripture passages, students will gain an understanding of what the Bible says about issues relating to the Purity Code and be encouraged to see the relevance of the Scriptures to their
lives.

Wrapping It Up
This section gives your students the opportunity to think through the issues at hand and to make decisions on how to apply what they've learned to their lives.

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Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.

1 Corinthians 6:19-20

The Purity Code Pledge

In honor of God, my family, and my future spouse,

I commit my life to sexual purity. This involves:

- Honoring God with my body.
- Renewing my mind for the good.
- Turning my eyes from worthless things.
- Guarding my heart above all else.

Signature

Date
The Purity Code [Session 01]

Key Verse

Love the Lord your God with all of your heart and with all of your soul and with all of your mind and with all of your strength. **Mark 12:30**

Biblical Basis

1 Corinthians 6:18-20; Romans 12.1-2; Matthew 6:22-23; Proverbs 4:23

Big Idea

The Purity Code is more than just waiting to have sex until you’re married. It’s about choosing to live a lifestyle of honoring and loving God. Sexual abstinence part is just one of the byproducts of this lifestyle.

Goals of the Session

During this session, you will help your students:

- **Examine** the Purity Code.
- **Discover** how living the Purity Code goes way beyond just waiting to have sex until they are married.
- **Identify** the Biblical standards for the four areas of the Purity Code and consider how they might be lived out.

Supplies

- Poster board (one piece for each person)
- Markers
- Magazines (old is okay, but should be fairly current)
- Tape
- Blank 3x5 cards

Warm Up

In this first session, you’ll be introducing your students to the Purity Code. It’s possible that this will be their first exposure to the Purity Code. So, as you begin this first session with your students, take some time right up front to help them explore the meaning of purity.

Begin your session by putting up some pieces of poster board on the wall with the word “Purity” at the top of each. There should be one piece of poster board for every person in the group.
1. Give each person in the group a magazine.

2. Give your group the following instructions: As we begin to explore the idea of the Purity Code, we need to start by giving some thought to the question: What is purity? I want you to take a few minutes and look through the magazine and find graphics or pictures that you believe represent the idea of purity. When you find one, rip it out of the magazine.

3. Give students time to look and rip through the magazines, then regain their attention.

4. Make the following remarks: On the wall are pieces of poster board with the word “purity” on them, one for each of you. In a moment, I want you to take what you’ve ripped out of the magazines, grab some tape, find a piece of poster board to call your own, and tape your magazine “clippings” along the outside of your piece of poster board, leaving plenty of blank space on the poster board. Ready. Go. (Have plenty of tape available.)

5. Give your group time to do this.

6. Next, give these instructions: Now I want you to go around the room and look at everyone else’s pieces of poster board and the magazine clippings they’ve attached to them. As you look at these pictures, think about what they have to do with the idea of purity. Go.

7. Give your group time to do this.

8. Next, give these instructions: Now, that you’ve had a chance to both work on your poster board and take a look at everyone else’s poster board, I want you to grab a marker and go back to your poster board and take a few minutes to write as many words you can that come to mind when you think of the word, “purity.” Ready. Go.

9. Gather the group together and give opportunity for students to talk about the words they chose to write on their posters and why they chose them. Also question students about what pictures or words stood out to them from others’ posters and why.

Continue the session with the following discussion questions…

1. What do you think it means to be a person who is pure on the inside?

2. Why might it be important to be pure on the inside?

Transition to examining the Purity Code. Make the following points: Purity is defined in the dictionary as: Freedom from guilt or wrongdoing; innocence, virginity; physical chastity, freedom from inappropriate elements; virtue, the state of lacking a moral wrongdoing; honor. And today, there’s a growing movement of people your age who are committing themselves to something called the Purity Code. They’re going against what society considers “normal” and they’re making a radical commitment to God, their family, and their future spouse to live a life of sexual purity. It is one of the wisest decisions they will ever make and if you choose to do the same, it will not only affect your life positively, helping you to live life as it was meant to be lived. And, it can even affect your future children and your children’s children.

Going Deeper – Examining the Purity Code

Ask the following discussion questions…

1. What do you think the Purity Code might be like?

2. Do you think it would just be about sex? If not, what else?

3. What do you think God has to do with the Purity Code?
Make the following points: The Purity Code isn’t just about sex. It’s much more than that. It’s very closely linked to your relationship with God. Most importantly, it’s about loving and honoring God. Jesus said, “Love the Lord your God with all of your heart and with all of your soul and with all of your mind and with all of your strength.” (Mark 12:30) Honoring and loving God is really about living a life of purity. Then, it’s about living your life in a way that strives to please God, and this includes sexual purity. So, what exactly is the Purity Code? Here it is:

In honor of God, my family, and my future spouse, I commit my life to sexual purity. This involves:
- Honoring God with your body
- Renewing your mind for the good
- Turning your eyes from worthless things
- Guarding your heart above all else

If you choose to live by the Purity Code, you’ll care for your relationship with God, your family, and your future spouse. Even beyond these, you’ll care for others who will look up to you as a role model and you won’t cause them to make mistakes in their future relationships.

In the Word – The Purity Code’s Biblical Standards

As a group, read the following passages and dialogue over the questions provided.

Honor God with Your Body
1 Corinthians 6:18-20
1. How have you seen people flee from sexual impurity?
2. How might you see yourself fleeing from sexual impurity?
3. Why do you feel the Bible says “the man who sins sexually sins against his own body”?
4. What do you think the Scripture means when it says “you are not your own, you are bought at a price”?
5. How might this affect the way you live your life, particularly physically?

Renewing Your Mind for Good
Romans 12:1-2
1. What do you think it means to be a “living sacrifice”?
2. How have you seen people conforming to the pattern of this world?
3. How have you seen people not conforming to the pattern of this world?
4. What do you think renewing your mind has to do with the things you think about? (See Philippians 4:8-9)

Turning Your Eyes From Worthless Things
Matthew 6:22-23
1. What do you think God cares about this?
2. How does what you see feed what your brain thinks about? What are ways this can be good or bad?
3. What are some things you can do to be more in control over the things you look at?
Guarding Your Heart Above All Else

Proverbs 4:23

1. When a soldier does “guard-duty,” what does he or she have to do?
2. What do you feel it means to “guard your heart”?
3. What should “guarding our hearts” look like in real life?
4. Why is it hard to “guard our hearts?”
5. How can God help us to “guard our hearts?”

Wrapping it Up

Make the following points: Choosing to live by the Purity Code isn’t going to be easy. The temptations to break the Code are everywhere and you won’t escape them. Remember, the key to following the Purity Code starts with loving and honoring God. So, it takes a lot of faith in God, and a lot of self-discipline to make it a way of life. But, good things almost always require effort, and living your life by the Purity Code may be one of the most important decisions you can ever make.

Ask the following questions as a way of wrapping up the session:

1. What do you feel are some of the positive consequences of following the Purity Code?
2. What might be some negative consequences of not following the Code?
3. Which of the four areas that make up the Purity Code do you feel would be most challenging to follow?
   - Honoring God with your body
   - Renewing your mind for good
   - Turning your eyes from worthless things
   - Guarding your heart above all else
4. Take one last look around the room at the pictures and words we came up with to describe the idea of purity. Which one picture or word most helps you remember what we’ve talked about? Why? Give students a few minutes to either go take the picture they mentioned, or to write the word they chose on a 3X5 card – to take home with them as a reminder.
5. What is one step you will take during the next week to help you follow the Code?

Closing Prayer

Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)

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The Foundation for Healthy Sexuality [Session 02]

Key Verses

So God created human beings in his image. In the image of God he created them. He created them male and female. God blessed them and said, "Have many children and grow in number. Fill the earth and be its master. Rule over the fish in the sea and over the birds in the sky and over every living thing that moves on the earth."

God looked at everything he had made, and it was very good. Genesis 1:27-28; 31

Biblical Basis

Exodus 20:14; 1 Thessalonians 4:3; Matthew 19:4-6

Big Idea

Living by the Purity Code is based upon the foundation of understanding God’s design for sexuality.

Goals of the Session

During this session, you will help your students:

- Examine the sexual aspects of our culture, which in so many ways runs counter to God’s design.
- Discover how living the Purity Code is based upon understanding God’s design for sexuality.
- Identify what the Bible says about sexuality and consider what it means to live life by these standards.

Supplies

- Three signs (one marked “Agree,” another marked “Disagree,” and another marked “Undecided”) posted in opposite areas of your meeting room.

Warm Up – “Take a Stand” Activity

Before the session, put up three signs in separate areas of your meeting room, one marked “Agree,” another marked “Disagree,” and another marked “Undecided.” To get students thinking about the session’s topic, read the following statements one at a time and have students get up and move to the area based upon whether they agree, disagree, or are undecided with the statements. You’ll want to assure students that it’s okay to think for themselves about these statements and to disagree with one another. Once students have moved to an area, ask anyone willing to share, why they agree, disagree, or are undecided.

Statements:

1. There is too much sex on television and in the movies.
2. Having sex before marriage is always a bad idea.
3. Everyone thinks about sex.
4. Most young people today have a good understanding about sex and sexuality.
5. Because the Bible was written so long ago, what it says about sex really doesn’t apply to our lives today.
6. The Bible has a lot to say about sex.

As students share their opinions, you (the leader) should feel free to make points they want you want to drive home regarding these statements, and there is plenty of material in the Purity Code book to help you formulate what you want to say about these issues.

Re-gather your group together and transition to the Going Deeper section. Make the following remarks: In our last session, we looked at what the Purity Code is: a commitment to God, yourself, your family, and your future spouse by committing to sexual purity. Committing to living according to the Purity Code means that you will need to develop a healthy view of sex and sexuality. While the Bible isn’t a manual on sex, it has a lot to say about the topic, and it’s our source for building this healthy view of sexuality.

**Going Deeper – God Created Sex**

Make the following points: Some people think that when it comes to sex, God is a big Grinch. They think God wants to keep people from having fun. That’s just not true! Sex was God’s idea! In Genesis we read that after God created man and woman—and their sexuality—He looked at what He had made and said that it was “very good.” God is no Grinch when it comes to sex. He created sex and sees it as very good. His design is for sexuality to be expressed within the bonds of marriage in order to help us make the very best out of this wonderful gift He has given to us.

Ask the group:

What do you think some of the benefits of living according to God’s design for sexuality might be?

How do you think living life according to God’s design for sexuality might make you a happier person?

Make the following remarks: People who think the Bible doesn’t say much about how we should live out our sexuality really haven’t done their homework. The Bible contains important pieces of advice for those who truly desire to be all God wants them to be. Let’s take a look at some of these verses.

**In the Word – What the Bible Says About Sexuality**

(Use The Purity Code, chapter 2, The Foundation: Developing a Healthy Sexuality as a resource to help you prepare for what you want to tell your students to help them understand these concepts.)

As a group, read the following passages and dialogue over the questions provided.

**Adultery is a Bad Idea**

(Keep in mind that some of your students may have experienced pain from the fallout of a parent’s infidelity. So, handle this concept with sensitivity.)

Ask: When we hear that someone has had an “affair,” what does that mean?

(Help your students understand the concept of adultery.)
Exodus 20:14
1. Why do you think God’s command against committing adultery is so important that God gave it as one of the 10 Commandments?
Make the following point: Most people today have seen lives deeply hurt because of adulterous affairs.
2. How does following God’s command help protect us from being hurt?
Make the following point: God loves us enough to want to protect us from the pain of a broken relationship that happens when someone has an affair.

God Doesn’t Approve of Sexual Immorality
Ask: What does it mean to do something that is immoral? (Help your students understand the concept of immorality.)

1 Thessalonians 4:3
(Choose a Bible translation that you feel helps your students to understand this passage. The New International Version, the New Living Translation, and the New Century Version are all very good here.)
Make the following point: According to the Bible, sexual immorality occurs when two people who are not married have sex.

1. What might be some negative consequences of sexual immorality?
Make the following point: When it comes to sex, is God trying to mess up our fun? No! Rather, He knows what’s best for us. He loves us. He truly understands the confusion, heartache and guilt that so often follows when two people who aren’t married have sex.

Sex Creates a Powerful Bond Between Husband and Wife
Matthew 19:4-6
Make the following points: Jesus says that a man and wife are no longer two, but one. He even says they become “one flesh”. There is not better example of being united as one flesh than when a man and woman have sexual intercourse. There is no greater intimacy between two people. Sex between man and wife is certainly physical. But, it’s much more than that. It creates a powerful emotional and spiritual union as well. This union of two becoming one is not easily broken.

1. Do you think it’s possible to have a casual sexual relationship with another person that is just “physical”? Why or why not?
2. Do you think it would be easier or harder for a teenage couple to break up once they’ve had sexual intercourse? Why?
3. Do you think most teenagers are prepared emotionally and physically to become one flesh with another person? Why or why not?

Follow up with these discussion questions:
1. From what we read in these Bible passages, what do you think makes our sexuality so special and unique?
2. What did you learn about developing a healthy sexuality from the Bible verses?
3. Do the Scriptures about sexuality make sense to you? Why or why not?

Wrapping it Up

Make the following points: Our culture doesn’t make it easy to follow the Purity Code because it says that sex outside of marriage is normal and fun. It says that it’s normal for teens to have sex, and in fact, normal teens will have sex. If you choose to live by the Purity Code, the culture will say you are an oddball, or that your commitment won’t last. Don’t believe these lies! God is not a Grinch when it comes to sex! Remember, He created sex and sees it as very good! But, because He knows that sex creates powerful intimacy with another person, He wants the best for us, helping us to avoid the pain and heartache that sex outside of marriage causes. In the Bible, God has given us the foundation for a healthy sexuality. If you choose to follow the Purity Code, it will be a decision that will help you over your entire lifetime. But ultimately, the decision is yours: to follow the wisdom of God, or to go along with the culture. If you ask God, He will give you the strength and discipline to follow His Code.

Closing Prayer

Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)

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The Body: Is Sex Safe? [Session 03]

Key Verses

*Flee from sexual immorality. All other sins a man commits are outside the body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

1 Corinthians 6:18-20

Biblical Basis

1 Thessalonians 4:3-8

Big Idea

God wants us to honor God with our bodies. Choosing to live outside of God’s design for sexuality brings a lot of negative consequences.

Goals of the Session

During this session, you will help your students:

- **Examine** how living outside of God’s design can result in messy consequences.
- **Discover** the potential negative consequences of sex outside of marriage.
- **Identify** what the Bible says about controlling our bodies and showing respect for others.

Supplies

- 2 cooked hamburgers, two buns, relish, mustard, ketchup, a small glass of water, a spoon, and a blender.

Warm Up – Hamburger Object Lesson

The goal of this object lesson is to demonstrate how something good (a hamburger properly prepared) can end up a mess when not used as designed. The point will be to connect the object lesson to sexuality. When sexuality is expressed according to God’s design (within marriage,) it is a good and beautiful gift. When sexuality is expressed outside of God’s design, a real mess can be the result.

You’ll want to preheat one of the cooked burgers before the session so it is still nice and warm when you get started. With the group gathered together, say something about how good hamburgers are. Prepare the hamburger as would be typical: put it in the bun, put on some mustard, relish and ketchup. Ask: *Does this look good?* Ask: *Would anyone like to eat this hamburger?* You’ll need to decide whether to give the hamburger
to one of your students or maybe just take a few bites of it yourself. Either way, play up how good a hamburger is.

Then, introduce the idea how something good (like a hamburger) can be messed up when it’s not used as designed. Make the remark: Let me show you how this happens. Place the water in the blender. Then, put a hamburger in the blender. Put some mustard, relish and ketchup in the blender. Place the cover on the blender and let it rip. When the mixture is thoroughly blended, stop the blender. Remove the cover, and with a spoon scoop some of the mixture out. Ask: Would anyone like some of this hamburger? Keep in mind that there is a chance that one of your students might want to taste the mixture. That’s okay. Most likely, most of your students won’t, and the table will be set for you to make the transition to the connection about sexuality. Even if students want to taste the mixture, the point is still made that it’s not a hamburger as a hamburger is designed to be: It’s not complete.

Make the following point: Living according to the Purity Code is sort of like making a hamburger the right way. When we live our lives as God designed, saving sex for marriage, it’s a good and beautiful gift. But, when people get involved sexually before marriage, it can be like making a hamburger in a blender. The resulting consequences can be a real mess and not what God has in mind for you.

Going Deeper – Examining the Consequences of Sex Outside of Marriage
The aim of this section is to bring to light the many consequences of having sex outside of marriage. In *The Purity Code* book, Jim Burns mentions the following…

- Physical Consequences:
  - pregnancy
  - STDs

- Emotional consequences:
  - guilt
  - regret
  - fear
  - depression
  - worry
  - and so on

In this section, use *The Purity Code* book as your guide to make points about the consequences you most want to cover.

Have your white board, poster board, or a flip chart and a marker ready to go.

Ask: Let’s make a list: What do you think are some of the consequences of having sex outside of marriage?

Make a list of your students’ responses. When the list is complete, if there are consequences that your students did not mention, which you want to cover, add these to the list. Then, review each item on the list and make the points you want your students to hear. There might be some items on the list that are not covered in the book, so do some thinking before the session as to what other consequences your students might bring up and how you will respond to them if they do.

In the Word – Control Yourself and Respect Others
As a group, read the following passage and dialogue over the questions provided.
1 Thessalonians 4:3-8
Note: In the last session, 1 Thessalonians 4:3 was examined in terms of God’s disapproval of sexual immorality. In this session, we revisit the passage, but focus on verses 4-7. The main ideas that you will want to pass along to your students are:

- God’s desire is that we be sexually pure
- We are to learn to control what we do with our bodies (cf. 1 Cor. 6:18-20)
- We need to develop a radical respect toward others, particularly those of the opposite sex, never wronging or taking advantage of them sexually to satisfy our own desires

1. Do you think it’s realistic to think that teenagers can control their bodies and not have sex before marriage? Why or why not?
2. How could having sex before marriage hurt or take advantage of the other person?
3. Why is showing respect for others an important part of having good relationships?
4. What does it mean to respect another person, particularly physically?

Wrapping it Up
Read the following story to the group and then have your students interact with the discussion questions that follow.

Discussion Starter – Just Once
Kyle and Taylor are both Christians. They have both been involved in their church’s youth group. Kyle is 16 and Taylor is 14. Kyle started showing interest in Taylor during the summer when they were both at camp together. They took a long walk and talked together after the first evening meeting and suddenly they were a couple.

They spent a lot of time together during the camp week. The long evening walks continued and soon they were spending as much time kissing as they did walking.

On the last evening of camp, they went out for their walk and ended up at the boathouse on the lake. After a few minutes of kissing, Kyle blurted out, “I love you Taylor.” Taylor’s heart jumped with excitement. “I love you too, Kyle.” They kissed again. Then Kyle said, “Since we love each other, we should ‘do it.’” This shocked Taylor, as she hadn’t really been thinking about sex. She said, “I don’t think we should, Kyle.” Kyle backed away a little, looking heartbroken. “But, you told me that you love me!” “I do,” said Taylor. “Then, let’s prove we love each other” replied Kyle.

That night, Kyle and Taylor both had sex for the first time.

After camp, Taylor’s family went away on vacation and Kyle was busy with sports practices, so they really didn’t see each other much. They texted each other pretty often at first, but by the time school started, even the texts were getting fewer and farther apart.

At the first youth group meeting of the fall, things seemed awkward between Kyle and Taylor. They sat by each other, but hardly said anything. The feelings they had experienced at camp, which were so strong then, seemed like a distant memory.
One day not long after this, Taylor realized that she had not had her period for two months. As it turned out, she was pregnant. Taylor couldn’t believe it! She broke down and cried. *How could this happen to me?* Taylor thought. *I only had sex once!*

Discussion questions:

1. In this story, who do you think made the biggest mistake? Kyle or Taylor? Why?
2. Do you think Kyle took advantage of Taylor? Why or why not?
3. What could Taylor and Kyle have done to avoid getting into this mess?
4. How does this story show the physical and emotional dangers of having sex before marriage?

Make the following points: *Living by the Purity Code is the only 100% sure way that you can avoid all of the negative consequences of having sex before marriage. Living out your sexuality as God designed it to be lived—with a loving, secure, safe marriage partner—can bring you intimacy, unconditional love, and security. Every decision you make in life can bring about good or bad consequences, and choosing to live by the Purity Code has only positive consequences. The other way is much more of a gamble. The choice is left up to you. I hope you’ll choose wisely!*

**Closing Prayer**

Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)

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The Mind: Renew Your Mind for Good [Session 04]

Key Verse

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Romans 12:2

Biblical Basis

Matthew 15:18-19; Philippians 4:8-9, 1 Corinthians 15:33

Big Idea

What we allow into our minds will impact whether we will succeed or fail in following the Purity Code.

Goals of the Session

During this session, you will help your students:

- **Examine** the garbage-in/garbage-out principle as it applies to the things they think about.
- **Discover** the sexual influences in our culture.
- **Identify** what the Bible says about the importance of thinking about good things and surrounding themselves with good friends who can support them.

Supplies

- Garbage can with a lid, garbage, latex glove, paper, pens.
- Snack-size packages of M&Ms (enough so that each student can have one package.)

Warm Up – Garbage Can Object Lesson

In this object lesson you will help kids see that garbage can’t be changed into something good. You’ll make the connection that if we fill our minds with negative things (garbage), negative things (garbage) will also come out of our lives (the old garbage-in/garbage-out principle.) Later in the session, you’ll connect this principle to student’s lives when it comes to sexuality and living by the Purity Code.

Before the session, fill a garbage can with real garbage. For dramatic effect, make sure there’s some gross stuff in it. Place the lid on the garbage can and have it ready to display to your group when you get started with the session.

Make the following remark: *In front of us here is a typical garbage can. It has real garbage in it.* Remove the lid from the garbage can. Wearing a latex glove, dig around a bit through the garbage and pull out a bit of trash here and there to display to the group. (Be somewhat dramatic.) Ask one student to join you
and verify that the garbage can does indeed have real garbage in it. Ask the student: Do you see anything good in here, or anything that you would want to eat? Your student ought to say, “No.” Have the student sit down with the rest of the group.

Then put the lid back on the garbage can and say:
*I intend to change this garbage into M&Ms.*

Ask the group: *Do you think I can change this garbage into M&Ms?*
Most will respond “No!” whereupon, you’ll ask:
*Why not? Don’t you have faith in me?*
Most will say “No!”

Make the following remark: *I will now try to turn garbage into M&Ms. Please be silent.*

For dramatic effect, slap your hands a few times on the lid of the garbage can and shout: *Change from garbage to M&Ms!*

Ask a student from your group to join you. Ask the student to remove the lid from the garbage can.
Ask the student: *What is in the garbage can?*
The student will answer, “garbage.”

You’ll want to look somewhat surprised and disappointed. For dramatic effect, you might want to have the student place the lid on the can and go through the attempt again to “change garbage into M&Ms” and have the student remove the lid, and find that the garbage is still there. Have the student sit down.

Ask the group:
*Why do you think I was unable to change the garbage into M&Ms?*

Make the following point if the students don’t do so in response to your question:
*We can’t change garbage into M&Ms. Garbage is garbage. No matter how much we would hope to put garbage in the can and then take out M&Ms, it will never happen. We can bang on the lid of the garbage can and tell the garbage to change into M&Ms as long as we want, but it won’t make any difference. This garbage will always be garbage!*

Ask: *How do you think our minds are like a can?*

Make the following points: *What we put into our minds, the things that we think about whether good or bad have an influence on us. Jesus said in Matthew 15:18-19, “But the things that come out of the mouth come from the heart, and these make a man ‘unclean.’ For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander.”*

*As Christians, we have to be very careful and intentional about what we let into our minds. What we fill our minds with – garbage or good things – is what will influence how we act. The great news is that even if we’ve filled our minds with garbage, God can help us clear out the garbage and fill it with good things instead.*
Living according to the Purity Code means making a commitment to renewing our minds for good. This is so important when it comes to choosing what we will allow to fill our minds with regarding sexuality. Let’s take a closer look at this.

Going Deeper – Discovering the Sexual Influences in Our Culture
The aim of this section is to bring to light the sexual influences in our culture, which surrounds students.

Group Activity:
Divide the larger group down into several smaller groups. Give each group one clean sheet of paper and pen. Instruct the small groups to create a list of as many song titles that they can think of where the songs have something to do with sex. Give the groups 3 minutes to come up with their lists. Once the time is up, have each group report how many songs they listed. Declare the group with the most songs the winner. Have someone from this group read their list. Re-gather the groups together and follow up on this activity by making the following point:

In this last activity, you proved just how popular of a theme sexuality is in music today. But, it’s not just music. Sexuality in our culture is everywhere! You can’t escape being exposed to unhealthy views of sexuality! That’s why what you put in your mind is so important. When it comes to sexuality, your mind is the most powerful sexual organ. What you think about will determine if you will succeed or fail in following the Purity Code.

You’ll want to talk briefly about these various influences:
• Pornography (you’ll address this more in the next session, but worthy of mention here.)
• Television
• Movies
• Magazines
• Books
• Music

Utilize The Purity Code book as a resource to help you prepare for what you’ll want to say about these influences.

Transition to the next section of the session by making the following remarks:
If you put good things into your mind, good will come out. If you put garbage in your mind, garbage will come out. To live by the Purity Code and have a positive, healthy lifestyle, one of the major areas of your life you’ll need to work on is what you allow to enter your mind. Let’s check out some things the Bible has to say about winning this battle for your mind.

In the Word – Winning the Battle for Your Mind
As a group, read the following passage and dialogue over the questions provided.

Program Your Mind to Think Good Thoughts
Philippians 4:8-9
1. What makes it so hard to think about good things and not bad things?
2. How do you think poor choices in what people watch, listen to, or read can affect their quality of life?
3. What are some ways that you can train yourself to focus more on thinking about good things?
Note: Jim Burns mentions regularly reading and memorizing Scripture (having a daily devotional time) as a good way to help students think about good things. You’ll want to make this suggestion if it doesn’t come up in your discussion.

Make Positive, Healthy Friendships a Priority in Your Life

1 Corinthians 15:33

1. How might having close friends who put lots of “garbage” into their minds, be a negative influence on the things you think about?
2. How might having close friends who think about good things, be a positive influence on the things you think about?
3. When it comes to the things you think about, how are your friends helping or hurting you in this area? (You may just want your students to think about their answers to this question instead of verbally replying.)

Wrapping it Up

Make the following points: As we’ve seen today, sexuality is everywhere in our culture. It’s not easy for us to choose to live out the Purity Code when so much of what we see and hear about sexuality is garbage and against what God has in mind for us. But God calls us to swim against the tide of our society. In Romans 12:2, God instructs us: “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” This is all about refusing to fill our minds with garbage! When we train ourselves to think about good things, and surround ourselves with friends who will help us and not hurt us, we can renew our minds and live by the Purity Code.

Hand out a snack-size package of M&Ms, one for each student present, as a tangible reminder of the importance of renewing our minds for good.

Closing Prayer

Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)

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Purity Code—Youth Group Curriculum

The Eyes: Turning Your Eyes from Worthless Things [Session 05]

Key Verses

The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

Matthew 6:22-23

Biblical Basis

Matthew 6:22-23; Matthew 5:27-29; 1 Timothy 4:7b-8; Psalm 101:3; Psalm 119:37

Big Idea

We can decide to be careful in what we choose to see, and not to linger on negative sexual images when we can’t avoid them.

Goals of the Session

During this session, you will help your students:

- Examine how the things people see influences what they think and how they act.
- Discover the visual sexual influences in our culture, particularly pornography and the clothing students wear today.
- Identify what the Bible says about training ourselves for godliness by learning to control what we allow ourselves to see.

Supplies

- White board, poster board, or a flip-chart, and a marker.

Warm Up – Bible Story: David and Bathsheba

Read aloud the Bible story of David and Bathsheba as found in 1 Samuel 11. Read it in a translation or paraphrase that you feel your students will relate to best.

When you are done reading, ask your students to help you make a list of all of the mistakes David made. Included could be:

- David stayed home instead of going out with his army as was customary.
- He watched Bathsheba bathing and was attracted to her.
- He sent for Bathsheba.
- He had sex with Bathsheba.
- When he found out Bathsheba was pregnant he tried to cover up his affair several times.
• When his plan to cover up didn’t work, he had Bathsheba’s husband, Uriah, murdered.
• After Uriah was murdered, he took Bathsheba as his wife.

Ask: What do you think David’s biggest sin was? Why?
Ask: What was the mistake David made that started the whole sorry situation rolling?
(You will want to make the point that David allowing himself to watch Bathsheba bathe was the trigger that started the whole situation going.)

Ask: What can we learn from this story about how what we permit ourselves to see, can have a negative impact on our lives?

Make the following remarks: In our last session, we talked about the importance of thinking about good things. What we allow our minds to dwell on is an important aspect of following the Purity Code. Yet, so often the things we think about are placed in our minds directly by what we allow ourselves to focus on with our eyes. The Bible says, “The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!” (Matthew 6:22-23) It’s so important to remember that what we permit ourselves to look at affects our life, either positively or negatively.

Going Deeper – Discovering Visual Influences

The aim of this section is to bring to light the visual sexual influences in our culture, particularly paying most attention to pornography and the types of clothing students today wear.

Make the following remark: Let’s make a list of the ways people can see negative sexual images today. Ask your students to respond and as they do, create a list on your white board, poster board or flip chart.

Once you’ve created the list, go back over each item and ask your students: How can we make good choices about what we allow ourselves to see when it comes to…(pornography, movies, television, and so on, covering each item on your list.)

Make the following remarks: As we talked about in our last session, sex is everywhere in our culture. Much of that is about what we see with our eyes. Pornography over the Internet, television, movies, pictures on our cell phones, magazines, and even the types of clothes we wear are all ways that we see sexuality displayed in our society.

I want talk with you about two important areas that we need to be especially careful with. One is probably obvious, pornography. The other is less obvious, but still very important. It has to do with the clothing we choose to wear.

Prepare a brief talk covering the issues of pornography and clothing, covering areas that you feel are most important. Jim’s material in The Purity Code book, Chapter 8, The Dangers of Pornography, specifically his content on The Porn-Addiction Progression is particularly strong and we encourage you to use it in your talk. Also, use Jim’s material in Chapter 9, Flirting, Modesty, and How Far is Too Far? as a resource for your preparation.

When talking about modesty, you’ll want to make sure that you don’t only single out the girls regarding what they wear. Today, guys can be just as immodest in terms of clothing as girls can be. While it is generally true
that guys are, generally speaking, more visually stimulated than girls, it’s important to point out that lust is not the sole domain of boys, and students of both sexes should seek not to cause others to stumble into lustful thinking by what they wear. Both girls and guys have the same responsibility to dress modestly.

Also, you’ll want to talk about the “flip-side-of-the-coin” in that students have responsibilities not only in what they wear, but what they choose to view. What you’ll want to establish is that in our culture, both guys and girls will be exposed to peers wearing immodest clothing. This doesn’t mean they are “victims” and have no choice but to linger on the live images before them. They have both the responsibility and ability to choose not to linger on these images.

After your talk, follow up with some of the following discussion questions:
1. What do you feel are the dangers of spending time with pornography?
   (You’ll want to point out here that there are other images that we can look at that may not be considered pornography but are equally as dangerous, like certain scenes from movies or television, magazines, and so on.)
2. How do you think that involvement in seeing pornography can change the way we look at the opposite sex or even healthy sexuality?
3. Why can it be hard both to be in style with how you dress and live with purity?
4. What can you do to still look in style without giving up on purity?

In the Word – Train Yourself to Look Away
As a group, read the following passage and dialogue over the questions provided.

What You Look at and Think About Matters!

Matthew 5:27-29
1. Do you think Jesus is really telling us that we should gouge out our eyes if we allow ourselves to lust in what we look at? Why or why not?

Note: Make the point that Jesus is saying that the things in our lives that cause us to sin (in this case what we allow ourselves to see and then think about,) really matter. He wants us to take what we allow ourselves to look and think about very seriously. We can sin through what we think about, not just what we do. What we see and what we think about affect our hearts. We need to take steps to guard against this kind of sin.

1 Timothy 4:7b-8 and Psalm 101:3
1. How can training ourselves to be careful about what we see, help us live happier, healthier lives?

Note: Make the point that the Bible tells us to train ourselves to live godly lives. The Bible never tells us to do something that’s impossible for us to do. We can choose day by day to train ourselves to look away from negative sexual images. David (in Psalm 101:3,) says that he has made the choice not to look at inappropriate things. The more we train ourselves the easier it becomes to look away.

Psalm 119:37
1. According to this verse, what does David ask God to help him with?
2. How can praying help us to look away from things we shouldn’t be seeing?
Make the following points: What we learn from these Bible verses is that what we allow ourselves to see and think about really matters to God. With all of the negative sexual images that we are exposed to in our culture, it’s really tough to choose to live by the Purity Code and turn our eyes from worthless things. But, the good news is that it’s not impossible! According to the Bible, we can train ourselves to do this and we can ask God in our prayers to help us. We can be sure that He is willing and able to help us in this!

Wrapping it Up
Make the following points: Here’s something important to know: When we look at any unhealthy sexual image, your mind takes a picture of it and stores it in your brain for the rest of your life. The more of these images you allow yourself to see, the more pictures your brain will store away.

As you look at your commitment to purity, you will have to see it as a battle. This battle will take self-control, discipline, accountability, and a strong faith to win! But, you can win the battle!

Choose today to turn your eyes from worthless thing and not to “open the door” to anything that will lead you to make an unhealthy choice (as we saw happen in David’s situation.) When you accidentally see pornography on the Internet, delete it or move on without staring at it and tell a parent about it. When someone shows you a DVD with sexual images, leave the room. When you are channel surfing on television and a sexual image appears, turn the channel and don’t look back. When you do see a sexual image, learn to “bounce.” This means bouncing your eyes (not staring!), turning your head, leaving a room, turning off a computer, changing a channel or excusing yourself from a movie.

Choosing to live by the Purity Code means making the decision to turn your eyes from worthless things, and taking actions that keep you from lingering on negative sexual images. Ask God to help you, and allow Him to protect and guard your mind. Making these choices will be a benefit to you. The fewer negative sexual pictures your mind stores away, the better off you’ll be, and you’ll have fewer regrets to deal with as you grow older.

Closing Prayer
Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)
The Heart: Keeping Your Heart Healthy [Session 06]

Key Verse

Above all else, guard your heart, for it is the wellspring of life.
Proverbs 4:23

Biblical Basis

Matthew 7:24-27; Ephesians 2:10; Psalm 30:2; Luke 5:31-32; Isaiah 43:25; 1 John 1:9

Big Idea

Guarding our hearts above all else is made easier when we seek to control our emotions, build a healthy self-image, and find forgiveness when we sin.

Leader’s Note:

Because of the broad nature of the material to be covered in this final session, it is more lecture-oriented than the others. As such, the In the Word section has been removed although many Scriptures are mentioned in the content.

Goals of the Session

During this session, you will help your students:
- Examine the concept of the importance of keeping our hearts healthy.
- Discover how emotions, self-image and forgiveness play roles in keeping our hearts healthy.
- Take the Purity Code Pledge.

Supplies

- An animal heart (purchased from the meat counter at a grocery store or a butcher shop), clear zippered sandwich bag, brown lunch bag, Purity Code Pledge Cards (print on card stock or make copies on plain paper), pens.

Warm Up – Heart Object Lesson

The aim of this object lesson is to have your students make the connection between the function and importance of caring for our physical hearts and the need to do the same (“guard your heart”) for our spiritual hearts.

Before the session, purchase an animal heart (pig, cow, etc.) from the meat counter at a grocery store or butcher shop. (You might have to ask someone who works at the shop for this, as they might not have one set
out for sale.) Enclose the heart in a zippered lunch bag (or bigger if need be), making sure the heart is well-sealed inside the bag. Then, place this bag inside a brown lunch bag, so that the heart is not visible. (You might want to seal this bag also by stapling the bag shut, so that in the session, your students can’t look inside the lunch bag.) If you can’t find an animal heart or have ethical or lifestyle issues with using an animal heart, check with a local physician to see if they have a model of a heart that you can borrow.

With your students gathered, give the bag to a student and have him or her feel the heart inside the bag. Don’t tell students what is inside the bag. Have this student pass the bag to another student who will do the same. Once everyone has had a chance to feel what’s inside the bag, retrieve the bag and ask students to guess what is in the bag.

Remove the heart from the brown lunch bag, and affirm the students (if any) who guessed correctly. If no one guessed correctly, make sure you identify the content as being a heart.

Ask: What does a heart do?
Ask: Why is it important to have a healthy heart?
Ask: What are ways that we can keep our hearts in good shape?
(Make the points that we need to stay healthy by getting lots of exercise and eat healthy foods, so we don’t clog up the arteries in our hearts.)
Ask: If a person has a problem with their heart, what should they do?
(You will want to be sure to make the point that if a person has a heart problem, they should see a doctor.)

Make the following points: Doing our best to keep our hearts healthy is important. If we don’t have a healthy heart it can have a negative impact on our lives. So, if we know we’ve got a heart problem, we should see a doctor. If we don’t have a heart problem, there are still things we need to do to protect our hearts, such as staying healthy and eating the right kinds of foods.

But, what about our spiritual hearts? The Bible talks a lot about our hearts. When the Bible says, “Above all else, guard your heart, for it is the wellspring of life” (Proverbs 4:23), it isn’t talking about our physical heart. Rather, it refers to the center of ourselves, the spiritual aspects of our lives. The Bible says that our hearts control the way a person thinks and acts. So, the spiritual condition of our hearts, whether our hearts are healthy or not, is just as important as our physical heart.

When our spiritual hearts are healthy, and we take steps to guard our hearts, we’ll live happier, healthier lives and it will be so much easier to live according to the Purity Code. When our spiritual hearts aren’t healthy we’ll find it much more difficult to live the kind of lives that we want to live and the chance is so much greater that we won’t be successful in following the Code.

**Going Deeper – Emotions, Self-Image, and Forgiveness**

Building on the physical heart concept from the Warm Up object lesson, you will connect the ideas of staying healthy, eating healthy foods and seeking the help of a doctor, to the concepts of emotions, self-image and forgiveness.
Staying Healthy - Emotions

Make the following remark: *There’s lots of stress during the teenage years. Along with all the stress, you’ll experience big swings of emotions. Anger, worry, frustration, love, excitement, hurt, loneliness, and even depression are all common emotions for teenagers.*

Ask: *How might letting our emotions run away make it difficult for us to live by the Purity Code?*

Give some examples to make the point that not controlling our emotions can make it difficult to live by the Purity Code:

- Being angry at a boyfriend or girlfriend who breaks up with a person, can cause them to “rebound” with another boyfriend or girlfriend. A person might want to take revenge on the “ex” by acting out immorally with this new boyfriend or girlfriend.
- When someone gets hurt by another, is lonely, or depressed, he or she might make bad sexual decisions in order to feel loved by another person.
- Feelings of “being in love” can overwhelm a teenager, especially if they happen quickly in a relationship, and cause them to compromise their sexual standards.
- Feeling ignored by family or parents, wanting to be cool or popular, not knowing how to deal with sexual desires can also lead to bad sexual decisions.

Guarding our hearts means to keep them healthy. One of the best ways to do this is by learning to control and minimize the bad effects of our emotions.

Ask: *What are some ways that you can learn to keep your emotions in check?*

Make the following remarks: *One of the best ways to keep healthy emotionally is to understand that tough times happen to everyone. Remember, God has wired us with sexual desires, and it’s natural to want to be physically intimate, especially when feelings are strong and you care about another person. So begin to prepare for these times in advance. For example think about the answers to these questions:*

(Note: Mention the following questions one at a time and give students some time to think about their answers.)

- What would I do when someone who I really care about rejects me?
- What would I do if someone pressures me to have sex? How will this affect my relationship with that person?
- What would I do when I really care about someone and want to express my feeling sexually?
- What will I do if all my friends have boyfriends or girlfriends, but I don’t? How will I handle the loneliness I might feel?

Read *Matthew 7:24-27.*

Make the following points: *This Scripture passage reminds us that we’ll all experience tough times or storms, in our lives. No one is exempt from tough times. But how you prepare for the storms of life makes all the difference in the world. What you choose for the foundation for your life is your choice.*

If you want to be ready for the emotional storms of life that will surely come your way, you need to start small. It’s a lot like getting your physical heart in shape. If you haven’t been exercising, you can’t run a marathon tomorrow. To get your heart in shape, you’d need to start by taking walks, then jogging short distances, then increasing your distance and starting to run faster, and so on. So emotionally, set some specific goals that will stretch you but are
attainable. (Something like: Today, I will not let my little brother get me so angry that I yell at him. Experience little successes along the way. Even if you don’t feel like it, do it anyway. Your feelings will often follow your actions. When we make God the foundation for our lives, we can weather the storms life throws at us! Never forget that God cares about you, believes in you, wants the best for you, and is willing to walk with you through your most difficult times.

Eat Healthy Foods – Self Image

Make the following remarks: If all we ever eat are fatty foods like hamburgers and pizza, over time, we’re likely to clog the arteries of our heart and that means big trouble.

Similarly, if all we ever do is think negative thoughts about ourselves, and surround ourselves with negative people, it’s likely that we are going to end up in big trouble because we’ll have an unhealthy self-image.

It’s easy to make our hearts sick by having a poor self-image. All you really need to do spend time playing the “Comparison Game.” If you spend your time thinking that other people are better looking, smarter and more talented, and have more good “stuff” than you, you’re sure to be on your way to a poor self-image! So, don’t play the Comparison Game! There will always be other people who have things that you do not. People who have healthy hearts and a good self-image learn to accept, appreciate, and give thanks for the unique and special person God has made them to be! We read in the Bible, “You are God’s workmanship, created in Christ Jesus to do good works.” (Ephesians 2:10) The word “workmanship” can mean what we think of today when we hear that an piece of artwork is a “masterpiece.” Each one of us is God’s “masterpiece,” His beautiful work of art.

(Note: You might want to flesh out the following items by using The Purity Code book as a resource. You can find these items discussed in Chapters 11, Handling Your Emotions and 12, Developing a Healthy Self-Image.)

So, it all comes down to your diet! Make sure that you are feeding yourself good emotional food by:

- Developing meaningful relationships
- Surrounding yourself with positive, encouraging friends
- Helping others
- Being thankful
- Putting God first in your life
- Living up to your potential

Ask: Many people with a poor self-image are easily tempted into sexual activity. Why do you think this might be the case?

Ask: How can you not play the comparison game about others who might be smarter, better looking, more talented, or even richer? How can you become more secure with yourself?

Make the following points: How you think and feel about yourself will affect every part of your life, including your sexuality! How you think and feel about yourself will determine how you think and feel about life. How you think and feel about life will determine how you relate to your friends, boyfriends or girlfriends, family, and others. How these people respond to you, will affect how you feel about yourself. A person who is stuck in a negative cycle, end up
with a poor self-image. Because they don’t feel good about themselves, they often make compromises sexually to help them feel good about themselves, and don’t live by the Purity Code.

The Doctor Is Always In – Forgiveness

Make the following remarks: We live in the real world, and here in the real world, some of us will have spiritual heart problems too! Some will either choose not to live by the Purity Code, or some of us will try to live by the Code and mess up.

We mentioned earlier that if someone has a physical heart problem, they should see a doctor because doctors can help diagnose the problem and help to fix it.

Fortunately, we have a spiritual doctor that can help us when we don’t live according to the Code! In Psalm 30:2, we read, “O Lord my God, I called to you for help and you healed me.” God is the Great Physician when it comes to sick spiritual hearts and we can always go to Him and seek healing and forgiveness. When Jesus was asked why He spent time hanging out with the spiritually sick, he said, “It’s not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance.” (Luke 5: 31-32) God says to us today: “I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.” (Isaiah 43:25)

There’s no doubt that God takes our actions seriously. When we don’t live by the Purity Code, it is a big deal to God because He wants the best for us. But, even so, God also makes a big deal out of forgiveness. He is always ready and willing to forgive us and offer us healing. In 1 John 1:9 we read, “If we confess our sins, he is faithful and just to forgive us our sins and purify us from all unrighteousness.” This is so important because it means that whenever our hearts are sick, we can find God’s healing forgiveness in our lives.

Ask: How can God’s forgiveness actually keep a person from making poor choices?

Ask: How can a better relationship with God help a person to keep their hearts healthy?

Wrapping it Up

Make the following points: We guard our hearts by keeping them healthy, feeding them with good, and by avoiding the negative stuff the world will try to throw at us. When we successfully guard our hearts, we make following the Purity Code much easier to do.

There is no better time than right now to make the Purity Code your prayer of commitment to God. I want to challenge you to stand up against all of the negative sexuality in our culture today and the temptations you face, by opening up your heart to all that God has for you by choosing to follow the Purity Code.

Let’s review the Purity Code:
In honor of God, my family, and my future spouse, I commit my life to sexual purity. This involves:
- Honoring God with my body.
- Renewing my mind for the good.
- Turning my eyes from worthless things.
- Guarding my heart above all else.
Give a copy of the Purity Code Pledge Card to each student in your group. While you certainly want to encourage everyone to commit to the code, be sensitive to those who may not be ready or willing to make this commitment. You’ll want to make it clear that signing the pledge card should be done willfully and not from feelings that they are being pressured. Reassure those who don’t sign that you aren’t judging them. Have those willing sign and date the cards. (They can take it home with them.)

**Closing Prayer**

Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)