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Discipline of Purity

What is Purity?

When we think about purity in the context of our faith, many of us think in terms of sexual purity. Though that is one aspect of purity, and an important one, it isn't the only one. As followers of Jesus we look to God as our standard of Purity. Purity as a discipline is choosing the things of God and rejecting things that are counter to God's nature. Purity includes the thoughts we have, the words we speak, the desires we pursue and so much more.

Read

11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Titus 2:11-14

The grace of God is training us in purity. We are learning to live differently in the present age. This means we start to think and act differently than the world around us. Our desires start to change. We start making choices that others aren't compelled to make. We start to resemble God. God is purifying for himself a people for his own possession. It's learning to be in world, but not of the world.

Christ did not die to make good works merely possible or to produce a half-hearted pursuit. He died to produce in us a passion for good deeds. Christian purity is not the mere avoidance of evil, but the pursuit of good.

-John Piper

What are you thinking about?

Purity isn't the denial of pleasure, it's choosing the pleasure of God over the pleasures of the world.

-Emmanuel Igunbor

Paul encourages us in Philippians **to think** about things that are honorable, just, lovely, commendable, and pure.

I remember talking to a college pastor years ago on the subject of media and entertainment. He mentioned that one of the reasons he limited his time spent watching TV was that as he was spending time with God, his thoughts would drift to the show that was on the night before.

Our thought lives are at the center of us pursuing purity. What thoughts are shaping you? What guides your thoughts? How can we take these thoughts captive in order to be captivated by Jesus?

Putting it in action

Ask God the question “What thoughts am I thinking that don’t align with your thoughts?” Write down what God reveals to you.

Try this: Look at how you’re spending your free time. What do you need to add, remove, or change in how you spend your time?

We all need accountability in our lives. Who is someone who holds you accountable? Who do you confess your sins to that you may be healed? If you don’t have a person to hold you accountable, who can you ask?

Discussion Questions

When you think of the word purity, what comes to mind?

What areas of your life could use an upgrade in purity?

What can you do this week to pursue purity as a discipline?

Go Deeper - Resources to develop a Discipline of Purity

Books

[Purity - Kris Vallotton](#)

[You're Crazy If You Don't Talk To Yourself - Steve Backlund](#)

Read and Meditate on

[1 Thess 4:1-8](#)

[Philippians 4:8-9](#)