

Staying Pure: keep your mind body and soul unblemished for God

By: Theodore and Lenae Valentine

A Special Message from the Authors:

Hello, my wife and I are so glad you have downloaded this ebook. Please read it and share it with friends, family and strangers.

We pray that it will help plant seeds in the hearts and minds of people and lead them to our Lord and Savior Jesus Christ.

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Introduction:

First thing's first. Whatever you have heard about 'staying pure before marriage' or 'not having sex before marriage' I encourage you...wipe it clean from your mind right now... Erased... Okay, now we can begin.

Sister, you have been lied to. Being a teen/young woman is not what you think. It is not about the latest fashions, how popular you are, how much you weigh, what you have, what you look like, or how many boys/men you have slept with. There is so much I could talk to you about, but unfortunately there is not enough time or space in this book. Plus, I wanted to make this book short and sweet. No fluff. No feely-good stuff so that it sells etcetera.

My motivation is to give you advice that will help you become a godly woman. And so, I will try my best to be transparent, truthful and accurate: Lord, help me in this endeavor.

As you may have already guessed—I am a Christian and believe that Jesus is God and the savior of the world. I also believe that the King James Version of the Bible is the most accurate and preserved Word of God. But please keep reading. I do not tell you this to turn you away. I get it. There are a lot of liars, hypocrites, and prideful people out there that claim to be 'Christian' but their actions speak otherwise.

I beg you to understand that 'true Christianity' is not about the people. True Christianity is the essence of who Jesus Christ is and what He teaches. Do not just believe what you hear another person say. Do the work and find out the Truth for yourself. Being a disciple of Christ is not about titles or tradition. It is about understanding and believing the TRUTH. That truth is the untainted, untwisted, untainted Word of God (Bible).

This world is sinful, yes. And there are many people that will let you down. In fact, the only person that won't let you down is Jesus Christ. But there are also those that desperately want to tell you the truth about...well everything—no strings attached. This is what I want to do. Why am I doing it? Because—although I don't know you—I love you. Why? I love you because God first loved me...this makes me want to pass on this love by giving you as much good advice as I can; as a fellow woman and servant of Christ.

Galatians 5:13 - For, brethren, ye have been called unto liberty; only [use] not liberty for an occasion to the flesh, but by love serve one another.

Girl, don't give up. Keep up the search for the truth.

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Alrighty then—it's time to buckle up and hang tight—let's talk about purity.

How does one stay pure before marriage?

Purity before marriage incorporates several things. We will talk about a few of them here:

1. Understand that you are not perfect. You have made mistakes. This is not good but it is not too late.
2. Constant prayer and meditation
3. Closing your eyes
4. Plug your ears
5. Watching out where you go
6. Keeping your hands to yourself
7. Cover your mouth

The result:

- Purity after marriage and for eternity
- Peace with God brings peace within yourself

IMPORTANT NOTE: If you already have compromised or have not stayed pure be rest assured that it is not too late.

Chapter 1: Salvation is the 1st Step

Understand that you are not perfect. You have made mistakes. This is not good but it is not too late. The first step to purity is understanding that is impossible to do it yourself. And let me tell you girl...from personal experience...if I had not asked God to help me, I would have never made it to where I am today. There are several things that might help you stay pure throughout your life, but I tell you—Jesus is your best bet. Don't risk your trust on anything else. He is 100 percent faithful and failsafe proof. As long as you want Him, He will not leave you. If you have already asked Jesus to help you on your path to purity, please skip to Chapter 2. If not, please keep reading.

The book of Romans—among other books—are great books that give it to you straight.

Galatians 5:19-21 - 19 Now the works of the flesh are manifest, which are [these]; Adultery, fornication, uncleanness, lasciviousness,
20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,
21 Envyings, murders, drunkenness, revellings, and such like: of

the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God.

Romans 3:23 - For all have sinned, and come short of the glory of God

1 John 1:8-1:10 - 8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness.

10 If we say that we have not sinned, we make him a liar, and his word is not in us.

James 4:17 - Therefore to him that knoweth to do good, and doeth [it] not, to him it is sin

John 8:34 - Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin

1 Corinthians 6:9-10 - Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.

Romans 6:23 - For the wages of sin [is] death; but the gift of God [is] eternal life through Jesus Christ our Lord.

Romans 10:9 - That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

John 3:16-21 - 16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

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18 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

19 And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.

20 For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved.

21 But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.

Acts 22:16 - And now why tarriest thou? arise, and be baptized, and wash away thy sins, calling on the name of the Lord.

Mark 16:16 - He that believeth and is baptized shall be saved; but he that believeth not shall be damned.

Ephesians 2:8-9 - For by grace are ye saved through faith; and that not of yourselves: [it is] the gift of God: Not of works, lest any man should boast.

In a nut shell, your best bet to maintaining purity before marriage is to first ask God to be your one and only Lord. The rest of this book is icing on the cake in your endeavor to maintain purity in your life. I hope the verses above make sense to you. If not, please go to LiesoftheDevil.com or call 844 LAST-WAR (527-8927) to find out more about how the Devil works and who Jesus Christ is. Believe me, if you really want to know who the true Creator and God of the Universe is, he will show himself to you.

Luke 11:9 - And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

Colossians 1:16 - For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether [they be] thrones, or dominions, or principalities, or powers: all things were created by him, and for him:

God is the only untainted Truth in this world. Any kind of truth that you know of came from Him first; that is, Jesus Christ.

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John 14:6 - Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me

John 8:32 - And ye shall know the truth, and the truth shall make you free.

If you do not know what being 'saved' or 'born again' means, than I encourage you to put this book down and research it before you continue reading. Go to LiesoftheDevil.com or call 844 LAST-WAR (527-8927) for more information. The truth in Jesus Christ will change your life.

If you recognize that Jesus Christ gave you life and that He is God and Creator of all...If you are ready to serve Him and follow ONLY Him for the rest of your life and for eternity please pray the following prayer. But, remember...this life is not easy...in fact, if you truly love God and follow Him please understand that life on Earth may even become harder; but He will help you if you ask.

Romans 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what [is] that good, and acceptable, and perfect, will of God.

1 John 3:13 - Marvel not, my brethren, if the world hate you.

1 John 2:15 - Love not the world, neither the things [that are] in the world. If any man love the world, the love of the Father is not in him.

If you are up to this challenge, pray this or something similar:

Jesus,

I am so sorry for anything I have done to dishonor you or to make you sad. I now recognize that I am a sinner and feel ashamed.

I don't want to live this way anymore but I would like you please to change me.

I recognize and believe with my heart that you died on the cross and came back from the dead after three days. I believe this because I know that you are God. Anything is possible with you.

Lord Jesus, I ask you to save me from the road to Hell. I ask you to allow me into Heaven when I die.

Show me the Truth so that I can show the Truth to others.

Thank you so much, Jesus. I love you. Amen

If you prayed this prayer and were sincere, you can now be certain that you will go to Heaven when you die. Your name is now written in the Lamb's Book of Life. God is on your side. Now that you are no longer a slave to sin, start to live as a child of God. Learn how to do this by reading the Bible, seeking counsel from *godly* Christians and praying. But take courage. Becoming mature in the faith is a process and may take time.

1 John 1:9 - If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John Chapter 2:1-29 - 1 My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

2 And he is the propitiation for our sins: and not for ours only, but also for [the sins of] the whole world.

3 And hereby we do know that we know him, if we keep his commandments.

4 He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.

5 But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.

6 He that saith he abideth in him ought himself also so to walk, even as he walked.

7 Brethren, I write no new commandment unto you, but an old commandment which ye had from the beginning. The old commandment is the word which ye have heard from the beginning.

8 Again, a new commandment I write unto you, which thing is true in him and in you: because the darkness is past, and the true light now shineth.

9 He that saith he is in the light, and hateth his brother, is in darkness even until now.

10 He that loveth his brother abideth in the light, and there is none occasion of stumbling in him.

11 But he that hateth his brother is in darkness, and walketh in darkness, and knoweth not whither he goeth, because that darkness hath blinded his eyes.

12 I write unto you, little children, because your sins are forgiven you for his name's sake.

13 I write unto you, fathers, because ye have known him [that is] from the beginning. I write unto you, young men, because ye have overcome the wicked one. I write unto you, little children, because ye have known the Father.

14 I have written unto you, fathers, because ye have known him [that is] from the beginning. I have written unto you, young men, because ye are strong, and the word of God abideth in you, and ye have overcome the wicked one.

15 Love not the world, neither the things [that are] in the world. If any man love the world, the love of the Father is not in him.

16 For all that [is] in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

18 Little children, it is the last time: and as ye have heard that antichrist shall come, even now are there many antichrists; whereby we know that it is the last time.

19 They went out from us, but they were not of us; for if they had been of us, they would [no doubt] have continued with us: but [they went out], that they might be made manifest that they were not all of us.

20 But ye have an unction from the Holy One, and ye know all things.

21 I have not written unto you because ye know not the truth, but because ye know it, and that no lie is of the truth.

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22 Who is a liar but he that denieth that Jesus is the Christ? He is antichrist, that denieth the Father and the Son.

23 Whosoever denieth the Son, the same hath not the Father: [(but) he that acknowledgeth the Son hath the Father also].

24 Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.

25 And this is the promise that he hath promised us, [even] eternal life.

26 These [things] have I written unto you concerning them that seduce you.

27 But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him.

28 And now, little children, abide in him; that, when he shall appear, we may have confidence, and not be ashamed before him at his coming.

29 If ye know that he is righteous, ye know that every one that doeth righteousness is born of him.

Chapter 2: Constant Prayer and Meditation

Praying to God is one of the best weapons you have to fighting temptation and impurity. Temptation comes from three places: yourself, other humans, and evil spiritual forces (Satan, demons, fallen angels, ect.). But, God is all powerful and will give you the strength you need to resist all forms of evil. Pray, think and listen to Him at all times.

1 Thessalonians 5:17 - Pray without ceasing.

John 15:7 - If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

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Philippians 4:6 - Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

Matthew 26:41 - Watch and pray, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak.

Meditating is another word for thinking or praying. Meditate on God and his works as much as you can throughout the day. And by thinking about God you will avoid thinking about things that you shouldn't. Pray when you go to the gym. Pray as you work. Pray when you are about to go to sleep and when you wake up. Pray as you eat your cereal in the morning. Pray while you are on your date. Praying and thinking to God incorporates God into your life.

God loves it when you talk to Him. And when you talk to Him, He will talk back; not with words necessarily, but through things that happen in your everyday life. Pay attention and you will understand what I mean.

Be aware however that there are evil spirits at work in the world that like to disguise themselves as God. Satan and His followers like to imitate God. In order to know if an occurrence is from God or from the enemy, line up what happens to you with the Word of God. God will never contradict himself.

1 Corinthians 14:33 - For God is not [the author] of confusion, but of peace, as in all churches of the saints

Evil spirits are masters of deception and love to cause confusion. In fact, many of them are master manipulators. This means they will often mix a lot of truth with a lie. With God there is no confusion. God does not lie and does not manipulate; it is not in His character. This is because He is 100% pure and 100% truth.

Proverbs 12:22 - Lying lips [are] abomination to the LORD: but they that deal truly [are] his delight.

1 John 5:20 - And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, [even] in his Son Jesus Christ. This is the true God, and eternal life.

John 14:6 - Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

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John 8:32 - And ye shall know the truth, and the truth shall make you free.

Praying is similar to talking to a friend. The more you talk to your friend, the closer you will become to that friend and the more you will understand why they do what they do. The more you think about God, the less you will think about the world. The less you think about God, the more you think about something else.

Be careful what you think about because your heart, soul and mind are all connected. I don't know how, but they are. The more you think about sin, the more likely you are to commit sin. The more you think about pleasing God, the more likely you are to do things that please God.

Mark 12:30-And thou shalt love the Lord thy God with all thy **heart**, and with all thy **soul**, and with all thy **mind**, and with all thy strength: this is the first commandment.

Daniel 5:20-21-But when his **heart** was lifted up, and his **mind** hardened in pride, he was deposed from his kingly throne, and they took his glory from him: (talking about King Nebuchadnezzar)

Proverbs 23:7a-For as he thinketh in his heart, so is he:

Ezekiel 11:5-And the Spirit of the LORD fell upon me, and said unto me, Speak; Thus saith the LORD; Thus have ye said, O house of Israel: for I know the things that come into your mind, every one of them.

Isaiah 26:3-Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

If you catch yourself thinking about something sexual, force yourself to think of something else. And if at first you don't succeed, try try again. Ask God to help you.

Sex is not a bad thing. However, when a sexual thought does not incorporate your husband—and *only* your husband—it is not a good thought. If you do not have a husband yet, save 100% of yourself for your husband. He will love you for it. Do not give parts of yourself to someone that does not care about you.

Matthew 7:6 - Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

You have the power by God to change the way you think and what you think about, but you must first be aware of what you think about.

A better way of thinking takes one thought at a time. Practice makes better. The more practiced you are in censoring what you allow yourself to meditate on, the easier it will become to avoid thinking impure things. It is like exercising your muscles. Meditate on God and the more godly your thinking will become. The more godly your thoughts are, the less likely you are to compromise physically.

All actions begin in the brain. The brain commands the body what to do. Your heart directs your thinking and your thinking directs your brain.

Chapter 3: Closing your eyes

Your eyes also affect the way that you think. Therefore, in order to stay pure you must be careful what you allow yourself to look at.

I get it. Sometimes we are not able to control what is brought before our eyes. Ungodly images flood our phones, the television, movies, advertisements, the internet, etcetera. It can be hard to control what we see—but not impossible. In fact, it is very possible. There are a lot of good and godly things in this world that we can look at as well. It is simple. If what you see is not honoring to God, do not look at it. Do whatever you have to do to avoid it: close your eyes, look in the other direction, look at the ground, turn the channel, and never go on the internet unless you know that there is someone else there to keep you accountable.

As human beings, we love to look at things; especially things that make us feel good. Make sure those things are godly. Do not even flatter with the idea of sin. If it is questionable than do not look at it. If you see a cute guy running down the side-walk with his shirt off, do not look at him. Look in the other direction. If a handsome man comes into the room who is not your husband, look at the ground before the temptation begins to fester. Close your eyes until the temptation is gone.

Have you ever heard the saying that the eyes are the window into the soul? I am not saying that this saying is true, but it is an interesting thing to think about. Our eyes may not be windows into the soul, but it very true that what one allows to enter through the eyes is sure to effect the soul. Be careful what you look at and try your best to sensor what you see.

Here are some Bible verses about the eyes:

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Matthew 6:22-23 - 22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

Psalms 101:3 - I will set no wicked thing before mine eyes: I hate the work of them that turn aside; [it] shall not cleave to me.

Matthew 5:29 - And if thy right eye offend thee, pluck it out, and cast [it] from thee: for it is profitable for thee that one of thy members should perish, and not [that] thy whole body should be cast into hell.

Your eyes can be very attracted to sin. This is evident by the high rate of pornography in the world. These ratings—although higher among men—include women as well. The enemy knows that the eyes are weak. This is why there are so many evil and tempting things to look at in this world. Be aware of this and take precautions.

Chapter 4: Plug your ears

Do not ever let anyone tell you that what you listen to is not important or does not matter. Your ears are very similar to your eyes. They listen to what they want to hear. They itch for what makes the body feel good. Your ears are things of habit and itch to hear what they are accustomed to hearing. But the mind also has much influence over the ears. If you are accustomed to listening to heavy metal music all day—and your body likes it—then you are going to want to listen to heavy metal music. This is common sense. But just like they were programmed the first time, the ears can become re-programmed. Listen to uplifting things and your ears will more than likely itch to hear wholesome things. If this does not work, remember that you can choose the things that you listen to.

Do whatever you have to do to avoid hearing things that may lead your mind to sin. Music and noises have a huge impact on your imagination and emotions. Pay close attention to this throughout the day and act accordingly.

You may have to sacrifice something in order to keep your ears holy. This may include the friends that you hang out with, or the activities that you do. When it comes to what you allow yourself to hear—the more innocent you are the better. Do not think that you

can handle listening to ungodly things. No matter how mature or strong you think you are, what you hear *will* affect your soul in some way.

Do not dismiss what you hear as harmless if you know that it is not; you are lying to yourself. The excuse, “but, I don’t listen to the lyrics. I listen to the music” will not work. Indirectly listening to something bad is just as bad as directly listening to it. Even indirectly listening to something allows subliminal messages to enter your mind.

The more curse words, dirty language, or bad things you allow yourself to hear, the more desensitized you will become. Avoid evil at all costs or you may risk becoming like those that no longer care to hear what is good—like the Bible says in second Timothy. If your ears and mind are not protected, you may risk coming to believe untruth. Compare everything that you hear with what the Bible says and ask God to allow you to hear the truth in everything.

2 Timothy 4:3-4 - 3 For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;

4 And they shall turn away [their] ears from the truth, and shall be turned unto fables.

Chapter 5: Watching out where you go

Just like your eyes and ears, you are in control of where your feet go. And depending on where you allow your feet to take you will determine where you spend most of your time. Your brain commands your feet where to go and just like the rest of your body your feet must listen. Are you telling your feet to go to that movie that is filled with sexual images? Are you telling your feet to go into that young man’s house where the two of you will be alone and unaccountable? You have the power to tell your feet when to go, where to go, and where NOT to go.

Have you ever been in a car alone—or anywhere for that matter—that makes it easy for you to compromise? This is not good girl! Remember that you have control over your own feet. Do not even put yourself in that circumstance if you are given the option. Avoid it all together. Tell your feet to keep your body in the house for the night and watch a neat chick-flick, talk with your parents or a godly friend about your struggles, read your Bible, pray for help and guidance, ect. There is more often than not...a choice.

On the other hand, let’s say that your feet brought you to a place—willingly or unwillingly—that puts you at risk of compromising your purity. My first reaction would be to tell you to tell your feet to get you out of there...ASAP!

Do not go willingly to places that will or might lead you into sin or temptation. If you listen to this piece of advice, it will save you much hard ache and help you remain pure before marriage. Don't fret about going in search for that perfect man. Serve God, and one day if you are patient for long enough, He will direct your feet to that Mr. Right.

Now, how to tell if a man is your Mr. Right is another story. This is a subject that we will leave for another day.

Let's take a step back for a minute.

Let's say that for some reason you do the wrong thing and you do *not* tell your feet to get out of that compromising situation. The following scenario is an example of what could happen:

You stay with the handsome young man of your dreams and for some reason decide to compromise. Maybe you think that you are in the clear or that no one will see you do what you are about to do...Or maybe you are in the same scenario and decide to listen to your emotions. You compromise your purity because 'it feels right'. What could go wrong?

Number one: You will regret what you are about to do. There are consequences for everything you do. This could be a physical or an emotional consequence. Physical consequences could include diseases such as AIDS, HIV, etcetera. Who knows? If he has done it with you, who else has he done it with? Plus, even if he tells you that you are the only one or that he has been tested, how do you know if he has told you the truth.

Another physical consequence includes pregnancy. Now, pregnancy is not a bad thing. Children are wonderful. God loves children and says in the Bible that they are blessings. God even tells us to be fruitful and multiply. However, this command from God—just like all commands that He gives us—should be respected. God blesses a man and a woman who come together to be of one flesh, but only if the man and woman honor the union (marriage) by staying together for life.

Mark 10:6-8 – 6 But from the beginning of the creation, God made them male, and female.

7 For this cause shall a man leave his father and mother, and cleave to his wife,

8 And they twaine shall be one flesh: so then they are no more twaine, but one flesh.

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You see, God takes marriage very seriously and he abhors divorce. Divorce is never a good thing in God's eyes. And yes, there are a very few select exceptions for divorce, but God still does not like it. Divorce was permitted in only in very few cases and only because the peoples' hearts were hard.

Matthew 19:8 - He saith unto them, **Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.**

The Bible says that once you are bound physically (have intercourse) as it mentions above, the two of you are never to be divorced. What is divorce? We will leave that for another discussion as well. After a man and a woman have sex—and therefore considered married in God's eyes—the couple are never again to have sexual relations with another man or another women.

Exodus 22:16 - And if a man entice a maid that is not betrothed, and lie with her, he shall surely endow her to be his wife.

Mark 10:9 - **What therefore God hath joined together, let not man put asunder.**

Now let's backtrack one more time. Let's say that you compromise for the first time and you lose your virginity. Maybe your hormones were running hot and you felt like you could not control yourself. Or maybe he was instigating you, or you him, or whatever the case. The two of you have sex/intercourse. You are now emotionally and physically bound to that person. But then you decide that it was a mistake and go your separate ways.

A couple of months or years later you meet another man and compromise with him as well. Now you are at risk of committing one or both sins: Adultery and fornication.

If you are or were married and have sex with a man other than your husband or ex-husband, then you are committing adultery. Adultery is wrong and will in turn invite God's judgment. Several times throughout the Bible, God tells us in many different ways that adultery is wrong and to avoid it.

Mark 10:11 - And he saith unto them, Whosoever shall put away his wife, and marry another, committeth adultery against her.

Mark 10:12 - And if a woman shall put away her husband, and be married to another, she committeth adultery.

Luke 16:18 - Whosoever putteth away his wife, and marrieth another, committeth adultery: and whosoever marrieth her that is put away from her husband committeth adultery.

Matthew 5:28 - But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Exodus 20:14 - Thou shalt not commit adultery.

Deuteronomy 5:18 - Neither shalt thou commit adultery.

Proverbs 6:32 - But whoso committeth adultery with a woman lacketh understanding: he that doeth it destroyeth his own soul.

Fornication is another sexual sin that the Bible speaks about. Fornication is a topic that is more controversial. Some think that fornication is simply the practice of masturbation, while others believe that it is an unmarried person deliberately sleeping with multiple people. And still others believe that fornication is when a married or unmarried person has sexual relations with a person other than their spouse—this can include foreplay, masturbation, ect.

Here are some of the many Bible verses that talk about fornication:

1 Corinthians 6:18-6:20 - 18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

19 What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

John 8:41-42 - Ye do the deeds of your father. Then said they to him, We be not born of fornication; we have one Father, [even] God.

1 Corinthians 7:2 - Nevertheless, [to avoid] fornication, let every man have his own wife, and let every woman have her

own husband.

1 Corinthians 6:9-11 – 9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind,

10 Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.

11 And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

1 Thessalonians 4:3-4 - 3 For this is the will of God, [even] your sanctification, that ye should abstain from fornication:

4 That every one of you should know how to possess his vessel in sanctification and honour;

One way to avoid fornication is to become married. But remember that it is always *best* to wait for God's *best*. I encourage you to do this. By marrying God's best it will not only save you a lot of time and energy but it will also reap the most blessings from the Lord.

Marriage is a wonderful thing if it is ordained by God. There are a couple of different ways a man and a woman can be considered 'married'. These include physical marriage, spiritual marriage, and legal marriage. Often times all three are intertwined although they can be referred to separately. As I have come to understand it:

A **physical marriage** is the sexual act of intercourse between a man and a woman (Exodus 22:16).

A **spiritual marriage** is the vow that the woman and man make before God to always be together.

A **legal marriage** is when the authorities of the land in which the two individuals live recognize the agreement and union between the two persons. The marriage that I talk about in this book incorporates all three of the above definitions of marriage, but refer mostly to the physical and spiritual marriage between a man and a woman.

I repeat...marriage can be a wonderful and honorable thing.

Hebrews 13:4 - Marriage [is] honourable in all, and the bed

undefiled: but whoremongers and adulterers God will judge.

God encourages people to become married.

Genesis 2:18 - And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.

Chapter 6: Keeping your hands to yourself

Hands can do a lot of the things: both good and bad. Self-control is the key to purity. Many times it can be hard to know what to do with your hands. Again I will say that it takes prayer and discernment. Reading God's word as a whole is a big help in developing your discernment.

Your hands can be used to work toward success or failure, help you express your emotions, and of course lead to sin if left to their own devices. Your hands—and body language—can be helpful in building a healthy relationship with a man, or they can be used to destroy something good. Timing and motivation can also make a difference.

Colossians 3:23 - And whatsoever ye do, do [it] heartily, as to the Lord, and not unto men;

Ecclesiastes 3:1 - To every [thing there is] a season, and a time to every purpose under the heaven:

2 Timothy 2:15 - Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

1 Corinthians 6:19-20 -19 What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

When you are married you can use your hands to sexually excite your partner. On the other hand, unmarried people are limited to what their hands can do. For example, holding hands with someone you date may be appropriate...however, it may not be appropriate to touch an area of his body that may turn him on. This area may vary for every person: his head, neck, ect.

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It is not wise, healthy or appropriate to sexually tease a man—or yourself. God made sexual excitement and foreplay to be a good thing—but only between a man and wife. It is not good to use your hands or body to awaken love before its time.

Ecclesiastes 3:1 - To every *thing* there is a season, and a time to every purpose under the heaven:

Now, please understand that I am not saying that having sex is the solution. I don't mean that at all. Rather, I am encouraging you to be cautious. Before going on a date with someone you are attracted to it is not a bad idea draw a red line of limitation. Be prepared spiritually and mentally. Set a physical limitation on your body, make this line clear to your date, and make an agreement not to cross it.

This line may be different for every person. This means that you and the man you are date—or plan to date—may have a different set of boundaries. That is why it is important to communicate these boundaries with each other sooner rather than later in a relationship. Communication with the man the man you are interested in will help determine a line/boundary that is complimentary to both of your convictions.

Note that if the man does not want to talk about setting a boundary, he is probably not the one for you. A man who has good intentions will not mind this conversation. It may be uncomfortable but a man who wants to respect you will be willing to encourage you to be pure. The man that is right for you will have the same values as you. In fact, if he is truly honorable, he might even be the first one to suggest the idea of setting reasonable and godly physical limitations. How is this possible? No one is perfect right? You are right. No one is perfect. But I will tell you this: God made you and therefore knows what you need. In knowing you, he also has made a perfect someone for you. Why would he do that? Because He loves you and wants the best for you. When you meet the perfect man you will know who he is at the right time. It will natural and unforced.

Now, it is possible to have the same values but different boundaries. For example, some couples may be able to kiss and hold hands while others may not be able to hold hands without violating their conscience. This is okay. Some people are more sensitive spiritually or physically than others. There is nothing wrong with that. However, be careful not to go against your—or his—conscience. This may risk violating God's word.

Isaiah 30:21 - And thine ears shall hear a word behind thee, saying, This [is] the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.

James 4:17 - Therefore to him that knoweth to do good, and doeth [it] not, to him it is sin.

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Galatians 5:16 - [This] I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

This may mean that one of the two of you may have to follow stricter limitations than you may be used to. Take the following as an example:

You may be able to hold hands, hug, and kiss and have no spiritual conviction. On the other hand, the man you are interested in may be able to hold hands, but not hug or kiss without being convicted. Do not cause your boyfriend to be ashamed for being more physically sensitive. Do not push him beyond the physical limits that he has expressed to you. Rather make your boundaries stricter to match his own out of curtesy and conviction. This would be considerate and godly. Do not convince him to go against his conscience. The same can be said of him. Do not allow him to encourage you to go against your conscience.

1 Corinthians 8:9 - But take heed lest by any means this liberty of yours become a stumblingblock to them that are weak.

1 Corinthians 8:12 - But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.

Chapter 7: Cover your mouth

The answer is no. No, I will not have sex with you. No, I will not go somewhere where we are alone. No, you cannot touch me there. No, I will not sneak out with you tonight. No, I will not compromise. No, I will not go against my conscience.

Your mouth is a powerful instrument. It can both invite sin and reject it.

If you are feeling pressured to do something that you know you shouldn't—but you are unsure what to do—the solution is simple: say no. Sometimes you may need to talk to yourself. Tell yourself no if your hormones are starting to spin out of control. It is a word made up of two letters. If your date is crossing the line, after having agreed on a mutual boundary, tell him to “stop”. If he does not stop, it is time to tell your feet to go.

Now, let's be fair about this. Let's say things are going well until all of a sudden you get to a point where you find that you are about to compromise or can feel that you have already crossed the line, remember that it is not too late. The best thing you can do is STOP. Zoom out for a minute and analyze the situation. Where are you? What are you doing? How are you feeling? What have you said? What is your body language?

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Are you with this man alone? Bad idea. Is your body telling this man that you want more? Reflect on what your eyes, hands, and body movements have done. Have you been looking at him with big googly eyes all night? Have you been caressing his hand or ear in a way that you know is turning him on? Has your body been leaning in to him in a way that is saying ‘take me’? The man you are with is reading your body language.

Step one is to apologize to God. Then gently remind your date of what the expectations were that the two of you agreed upon before you went out for the night. If he is a good man, he might be disappointed, but he will respect you for being a woman after God’s own heart. He will think, “man, this is a woman that really wants to honor God with her body.” If he doesn’t do this...if he makes you feel bad or continues to try go against your convictions, then he is not the one for you and it is time for you to say good-bye. If he feeds you the ‘if you love me...’ line, he does not have your best interests in mind. This is when you run in the other direction.

Also remember to respect that fact that a man is a man. This makes them different than women. Just as you are emotionally wired, they are physically wired. Even a man with a high level of self-control and conviction can be tempted to compromise if pushed hard enough and long enough.

Be a woman whose actions line up with her words. Do not be a woman that tells a man “no” with her mouth, but “yes” by her actions. Pay attention to your body. Pay attention to what you wear. Pay attention to what you say.

Do not say something that you will regret. Think before you speak. Just by the way you say something could influence the way he thinks in his mind. For example, you could be saying “no” to something, but in his mind it may be interpreted as a “yes” because you said it in a sensual or playful way. Sometimes you have to make things clear—respectful but clear.

1 Peter 1:14-16 - 14 As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

15 But as he which hath called you is holy, so be ye holy in all manner of conversation;

16 Because it is written, Be ye holy; for I am holy.

Matthew 5:37 - But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.

Proverbs 6:2 - Thou art snared with the words of thy mouth, thou art taken with the words of thy mouth.

Do not be snared by your own words. Before you go on that date with that man make sure that you are prepared mentally and physically. Pray for his self-control, pray that God gives you wisdom of what to say, what not to say, and how to behave.

Exodus 4:15 - And thou shalt speak unto him, and put words in his mouth: and I will be with thy mouth, and with his mouth, and will teach you what ye shall do.

Jeremiah 1:9 - Then the LORD put forth his hand, and touched my mouth. And the LORD said unto me, Behold, I have put my words in thy mouth.

If you pray for the words to say, the Lord will give you the words to say. As a woman, sometimes it may be difficult to control what leaves your mouth. This is because—as women—we love to talk. This is how God made most women. And talking is not a bad thing. It becomes bad however when we do not filter what comes from our mouth. It takes practice, but it can be done.

My husband has no trouble in this area. He always seems to say the right thing at the right time. And so one day I asked him what the secret was. He said to me, “it is simple. All I do is pray before I speak. I ask him to control everything that leaves my mouth.”

If you have trouble controlling what you say, try what my husband does. Pray to God that he will guide and control your tongue every time you open your mouth to say something. Even more, ask God to check your heart and your attitude. It may take time, but you may be presently surprised by what happens.

Luke 6:45 - A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

Exodus 4:12 - Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say.

Ecclesiastes 10:12 - The words of a wise man's mouth are gracious; but the lips of a fool will swallow up himself.

Psalms 19:14 - Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

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Ecclesiastes 5:2 - Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few.

Psalms 12:6 - The words of the LORD are pure words: as silver tried in a furnace of earth, purified seven times.

Ecclesiastes 12:10 - The preacher sought to find out acceptable words: and that which was written was upright, even words of truth.

Proverbs 15:26 - The thoughts of the wicked are an abomination to the LORD: but the words of the pure are pleasant words.

1 Timothy 6:3-5 - 3 If any man teach otherwise, and consent not to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which is according to godliness;

4 He is proud, knowing nothing, but doting about questions and strifes of words, whereof cometh envy, strife, railings, evil surmisings,

5 Perverse disputings of men of corrupt minds, and destitute of the truth, supposing that gain is godliness: from such withdraw thyself.

Matthew 15:11 - Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.

Matthew 12:37 - For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

Psalms 141:3 - Set a watch, O LORD, before my mouth; keep the door of my lips.

Proverbs 10:31 - The mouth of the just bringeth forth wisdom: but the froward tongue shall be cut out.

Proverbs 31:26 - She openeth her mouth with wisdom; and in her tongue is the law of kindness.

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Matthew 15:18 - But those things which proceed out of the mouth come forth from the heart; and they defile the man.

Psalms 49:3 - My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

Proverbs 11:9 - An hypocrite with his mouth destroyeth his neighbour: but through knowledge shall the just be delivered.

James 1:19 - Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

Chapter 8: The Result

Adopting the basic principles in this book is the best way to stay pure before marriage and *after* marriage. Purity is what God wants for all of His children. He calls us to holiness and righteousness. This involves a cooperation of the mind, soul, spirit, and body.

1 Thessalonians 5:23 - And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

1 Thessalonians 4:7 - For God hath not called us unto uncleanness, but unto holiness.

2 Timothy 2:21 - If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, [and] prepared unto every good work.

Your body is made in the image of God and therefore should be made pleasing to Him in the way you live and in what you say. Make your life a life of purity. In doing so you will find peace. Peace not only with God but also with yourself.

If you are reading this book and are divorced or have already compromised your purity I want to encourage you. It is not too late to start anew. Ask God for forgiveness, forgive yourself and start living the right way. God is the God of second chances. Blessings to you on your journey and endeavors. You can do it!

End Notes: This book is a collection of ideas and information that were taken from many different experiences, people, and sources. I give them credit for their hard work and studies. I pray this book will help its readers in some beneficial way. God Bless!