

The First 7 Days

What does it take to live every day in purity?

The First 7 Days

Copyright © 2004 Jonathan Daugherty

All rights reserved. If you would like to copy this booklet in its entirety to share with someone please request permission from Be Broken Ministries, 18965 F.M. 2252, Suite 101, Garden Ridge, TX 78266. Printed in the United States of America.

All Scripture references (unless otherwise marked) are taken from The Holy Bible, New King James Version by Thomas Nelson Publishers.

The Holy Bible, New King James Version

Copyright 1979, 1980, 1982 by Thomas Nelson, Inc.

Requests for information, or to order additional resources, should be sent to:

Be Broken Ministries
18965 F.M. 2252, Suite 101
Garden Ridge, TX 78266

If you would like to contact Jonathan Daugherty, you may do so by email at jonathan@bebroken.com.

Contents

| | | |
|-------|--|---------|
| Day 1 | You are not alone...and purity IS possible! | Page 7 |
| Day 2 | Honesty & Humility | Page 9 |
| Day 3 | Integrity | Page 11 |
| Day 4 | Faith | Page 13 |
| Day 5 | Loving Accountability | Page 15 |
| Day 6 | Perspective | Page 17 |
| Day 7 | Persistence | Page 19 |

“There is no journey apart from a first step”

We applaud those with the courage to journey...

Day 1

You are not alone...and purity IS possible!

Matthew 19:26 - Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

You may feel like you are the only person who struggles with sexually impure thoughts or actions. I assure you such a feeling is false. One thing is constant among all people – we were all born sexual beings. Men and women are emotional, physical, mental, and spiritual beings. Therefore, we face similar struggles when it comes to sexuality.

If you are reading this booklet then you are probably wanting to know, "What is the 'secret' to living every day in sexual purity?" However, I believe a more important question to ask would be, "Is purity even possible?"

For most of us we have struggled off and on with misusing our sexuality in some form. For some, it may be viewing pornography. For others, it may be having affairs or simply inappropriate contact with the opposite sex. Whatever the case, the reality is that we have all fallen short of the standard for purity set by God (Romans 3:23).

In order to establish a solid foundation for living every day in purity there must be two beliefs present:

1. I am not perfect; therefore, I have room for improvement. This can also be simplified to state, "I need help in being a man or woman of purity."
2. Purity IS possible. Without hope of living in consistent purity we are guaranteed to never pursue it with any success.

As you begin your journey to a lifestyle of purity take a moment to digest these two beliefs. If they are not present in your current thinking, stop reading this booklet and ask God to help you understand your need for help and give you a new hope for what may seem impossible; a lifestyle of purity.

Today's thought:

I am not the only person who struggles with living a lifestyle of purity. There is an entire community of humanity that can identify with my thoughts and behaviors.

Purity can be a reality in my daily life. I do not have to live without hope.

Day 2

Honesty & Humility – building blocks of purity & blessing

Proverbs 24:26 - An honest answer is like a kiss on the lips.

James 4:6 - But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble."

Truth is the doorway to freedom. Until you are willing to be brutally honest about your struggle with sexual acting out, you will never achieve consistent, daily purity. A lifestyle of purity begins with a commitment to honesty and humility.

Honesty is critical for several reasons.

1. Honesty prevents damaging secrets from infecting your relationships. It keeps everything out in the open, protecting you from the anguish of a double life.
2. Honesty offers you a clear conscience. When you are honest you never have to balance one lie against another, and you never need to look over your shoulder.
3. Honesty creates stability in your relationships. Being truthful with others creates a solid foundation for secure, lasting relationships.

Humility must also be present for purity to flourish. You must have an attitude that is willing to accept correction and admit that you need help in facing your struggle with sexual temptations. In many respects, humility is the key to being honest – it takes a humble person to come clean about their addictive, or damaging, habits.

A truly humble person is a strong person, not weak. True humility acknowledges weaknesses and seeks the help necessary to become stronger. In humility we receive God's grace, but it is the proud who are truly weak and come to eventual ruin (Proverbs 29:1).

Today's Thought:

I must be honest with myself and others about the damage my sexual acting out has caused. I will not hide from my mistakes any longer.

I must be humble in recognizing my need for help. I cannot cultivate a lifestyle of purity on my own.

Day 3

Integrity – making right choices when no one is looking

Proverbs 10:9a – He who walks with integrity walks securely...

Proverbs 11:3a – The integrity of the upright will guide them...

Integrity is closely tied to honesty. Honesty is the act of being truthful and integrity is the consistent exercise of such acts. Honesty is a moment in time, integrity is a lifestyle of doing the right thing.

A succinct way to define integrity is this:

Integrity is doing the right thing in the absence of an audience.

You may find it easy to be honest and upright when others are watching, but how do you act when no one is around? Are you truthful, ethical, and moral? Do you strive for excellence or do the very least that is required?

A lifestyle of purity is marked by integrity. You must be willing to commit yourself to doing the right thing no matter who is watching, or not watching. Integrity is a higher standard because to be a man or woman of integrity means you are living to please God, not man.

Integrity is the guide to a pure life. When you develop the disciplines of integrity you reap the fruit of purity – there is a cause-effect relationship between the two. You cannot enjoy a lifestyle of purity apart from the presence of integrity.

Do you truly want to live each day in purity? Then begin living each moment as if you are standing in the presence of God, because in reality... you are.

Today's Thought:

I must be a man or woman of integrity if I ever want to enjoy the benefits of purity. Purity is impossible to achieve apart from integrity.

I will reap significant peace and joy by cultivating integrity into my life. I cannot know such peace and joy apart from integrity.

Day 4

Faith – trusting in the One who has your best at heart

Hebrews 11:1 - What is faith? It is the confident assurance that what we hope for is going to happen. It is the evidence of things we cannot yet see. (NLT)

Romans 5:8 - But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Without faith nothing changes. Freedom from sexual acting out can never occur without faith. But even faith is useless if it is not faith in God. Because the faith itself is not what makes the difference, but the object of your faith.

When you realize the spiritual freedom that Christ bought for you through His sacrifice on the cross, you are faced with two decisions. First, will you believe that He died for your sins to give you life? Second, will you trust Him with your life completely? The first question of faith is simple – who wouldn't want to have all their sins paid for and receive the gift of never ending life? But the second question of faith isn't as easily accepted.

Trusting God requires releasing your grip on all that you hold dear. It means believing that He has your best interests at heart and is FOR you, not against you. Faith in God is an act of your will to submit everything you have and everything you are into His care. You may be reluctant to do this, but it is necessary if you want a life of purity.

If you haven't experienced consistent freedom from your sexual acting out chances are you have not developed an intimate faith in God. Faith is a measure of trust, not strength. God is more than sufficient to defeat any struggle, temptation, or sin we face. We, on the other hand, are weak, frail, and powerless against such difficulties. But "if you have faith as a mustard seed...nothing will be impossible for you." (Matt. 17:20)

Today's Thought:

I must have faith in God to experience ongoing, consistent purity. I must learn to release everything I have and everything I am into the hands of God, trusting that He has my best interests in mind.

God is FOR me, not against me. He knows better than I do what I need. I trust Him today.

Day 5

Loving Accountability – inviting blows that sharpen

Proverbs 27:17 - As iron sharpens iron, So a man sharpens the countenance of his friend.

Hebrews 10:24-25 - And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

You need other people. It is a fact of life. You cannot live in purity without the help of others. You can try. But you cannot maintain what is necessary to live every day in sexual thought purity on your own. And there is no shame in this fact.

One of the best gifts God has given you is the relationship you have with other Christians. God wants you to be sharpened by the loving accountability of those closest to you. You must be willing to invite several people into your life who are allowed to offer critical evaluation of your attitudes and behaviors. You also must be free to review and challenge these individuals as well. This type of relationship will prove to be your most valuable in maintaining a lifestyle of purity.

Real accountability is not about gossip or shame. True brotherly love is caring enough about others to cry when they hurt, celebrate when they experience victory, and protect when they approach danger. You are not responsible for anyone else's behavior, but you can be instrumental in helping support and encourage a struggling brother or sister.

Are you willing to invite people into your life who will love you enough to plainly tell you when you are doing wrong? If you do not invite such people into your life you will never experience lasting freedom from sexual sin the way God desires you to. You must invite loving blows that sharpen your character and strengthen your resolve against temptation.

Day 6

Perspective – keeping the long road in sight

Matthew 6:19-21 - Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

It has been said that the trouble with life is that it is so daily. That is never truer than when struggling with sexual issues. The temptations are flying at you virtually every moment of every day. You can hardly look out your window without being blasted with some sex-saturated message. It becomes easy to miss the forest for the trees.

Pursuing a lifestyle of purity requires perspective. You must step back periodically and take in the big picture of what you are trying to accomplish. It is crucial that you view your pursuit of purity in terms of a journey, not a destination.

You must also understand that a lifestyle of purity does not come about overnight. It requires practice, practice, and more practice. It is much like honing your skills as an athlete. You don't reach the Olympics after one practice session.

When you begin to view purity in terms of a long-term journey you will eliminate much of the stress surrounding your struggle with sexual acting out. You will develop a greater appreciation for your days of purity and learn more thoroughly from your mistakes along the way. Perspective creates a sort of "ease" to the process of living in purity. It doesn't make it *easy* but it does help to refocus your attention on the reality of what it takes to maintain a pure lifestyle.

Live today with fervor and a passion for purity, but keep it all in perspective of where you are ultimately building your treasure. Work today on doing the right thing so that you will reap rewards in eternity.

Day 7

Persistence – moving forward despite obstacles

Philippians 3:14 - I press toward the goal for the prize of the upward call of God in Christ Jesus.

Galatians 6:9 - And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

If you have attempted to resist sexual temptations and walk in purity then you know how difficult it is to maintain such pure behaviors. It's hard work! You get tired, angry, stressed, and sometimes just fed up with "doing the right thing." But you also know that there is never any lasting satisfaction to acting in impure ways.

Persistence is absolutely critical to developing a lifestyle of purity. Perspective gives us the long-term vision, but persistence is what carries it out in the trenches of life. You simply must commit to never giving up no matter how difficult the temptations become and no matter how many times you fall. Never give up!

There is one universal truth of every person living in consistent purity – they never quit. There is also another universal truth concerning individuals who continually fail in their sexual struggle – they eventually gave up. As long as you continue to get back up and press on toward purity you cannot be called a failure. You ARE a success if you resolve to always get up and move one step closer to God on your journey of purity.

Life is hard. Battling sexual temptations can be excruciatingly difficult. But if you decide in your heart that nothing will deter you from continuing to take one more step forward to purity then you will reap rewards not only in this life but also in the life to come. You will experience peace, joy, and true satisfaction that cannot be obtained through acting out sexually. You will finally possess what temptation always promises but never delivers.

Do you want freedom? Then persist!

For additional resources & help contact:

be broken ministries, inc.

18965 FM 2252, Suite 101

Garden Ridge, TX 78266

Phone: (210) 657.2396

Email: contact@bebroken.com

www.bebroken.com