



Promoting abstinence and sexual purity

Description

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Abstinence and sexual purity are two important topics that are often discussed in the Christian faith. Abstinence is the practice of refraining from sexual activity, while sexual purity is the practice of abstaining from sexual activity outside of marriage. Both of these practices are important for Christians to understand and practice in order to live a life that is pleasing to God.

The Bible is clear on the importance of abstinence and sexual purity. In 1 Corinthians 6:18, the Bible says, "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body." This verse is a clear reminder that sexual immorality is a sin and should be avoided.

In addition, the Bible also speaks about the importance of waiting until marriage to engage in sexual activity. In 1 Corinthians 7:2, the Bible says, "But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband." This verse is a reminder that sexual activity should be reserved for marriage.

The Benefits of Abstinence and Sexual Purity

Abstinence and sexual purity have many benefits for those who practice them. Here are some of the benefits of abstinence and sexual purity:

1. Abstinence and sexual purity protect against sexually transmitted diseases. Abstaining from sexual activity and engaging in sexual activity only within the confines of marriage can help protect against the spread of sexually transmitted diseases.
2. Abstinence and sexual purity protect against unwanted pregnancies. Abstaining from sexual activity and engaging in sexual activity only within the confines of marriage can help protect against unwanted pregnancies.
3. Abstinence and sexual purity promote emotional health. Abstaining from sexual activity and engaging in sexual activity only within the confines of marriage can help promote emotional health by avoiding the potential for emotional pain that can come from engaging in sexual activity outside of marriage.
4. Abstinence and sexual purity promote spiritual health. Abstaining from sexual activity and engaging in sexual activity only within the confines of marriage can help promote spiritual health by avoiding the potential for spiritual pain that can come from engaging in sexual activity outside of marriage.
5. Abstinence and sexual purity promote physical health. Abstaining from sexual activity and engaging in sexual activity only within the confines of marriage can help promote physical health by avoiding the potential for physical pain that can come from engaging in sexual activity outside of marriage.

Salvation Prayers : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) If you prayed the above prayers kindly click here to get more information https://www.xgospel.net/harvest_form/form/?page=0&salvation=true

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Example: Joy, Love, 1 John 1:3

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How to Promote Abstinence and Sexual Purity

Promoting abstinence and sexual purity can be done in a variety of ways. Here are some tips for promoting abstinence and sexual purity:

1. Talk to your children about abstinence and sexual purity. It is important to talk to your children about abstinence and sexual purity in order to help them understand the importance of these practices.
2. Set a good example. Setting a good example by practicing abstinence and sexual purity yourself can help to promote these practices in your children.
3. Encourage your children to wait until marriage. Encouraging your children to wait until marriage to engage in sexual activity can help to promote abstinence and sexual purity.
4. Teach your children about the consequences of engaging in sexual activity outside of marriage. Teaching your children about the potential consequences of engaging in sexual activity outside of marriage can help to promote abstinence and sexual purity.
5. Pray for your children. Praying for your children can help to promote abstinence and sexual purity in their lives.

Rededication Prayers : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

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Quiz

1. What does the Bible say about sexual immorality?

- A. It is a sin
- B. It is acceptable
- C. It is a blessing
- D. It is a sign of love

2. What are some of the benefits of abstinence and sexual purity?

- A. Protection against sexually transmitted diseases
- B. Protection against unwanted pregnancies
- C. Promotion of emotional health
- D. All of the above

3. What is one way to promote abstinence and sexual purity?

- A. Talk to your children about abstinence and sexual purity
- B. Set a bad example
- C. Encourage your children to engage in sexual activity
- D. Teach your children about the benefits of engaging in sexual activity

4. What does the Bible say about waiting until marriage to engage in sexual activity?

- A. It is a sin
- B. It is acceptable
- C. It is a blessing
- D. It is a sign of love

5. What is one way to promote abstinence and sexual purity?

- A. Talk to your children about abstinence and sexual purity
- B. Set a bad example
- C. Encourage your children to engage in sexual activity
- D. Teach your children about the benefits of engaging in sexual activity

Answers: 1. A, 2. D, 3. A, 4. B, 5. A

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