

# PURITY

SHE IS MINISTRY



Over time, our perception of life changes. This is the same with our perception of purity. As "baby Christians", we may perceive purity as abstaining from sex or sexual intercourse.

Rightly so. Some people go through phases where they wear purity rings, for instance. There is nothing wrong with having these visual symbols that signify purity. Purity rings may act as visual reminders of one's commitment to God in terms of staying pure. As we grow, however, as we mature in faith, we experience different things in life. Slowly, our perception of purity is altered. Some may begin to reflect on their actions and ponder upon what purity really means. This may lead to the realization that purity is more than just abstaining from sex.

The dictionary defines purity as:

- "Freedom from immorality especially of a sexual nature"
  - "A state of not being mixed with anything else"
  - "Freedom from spiritual or moral defilement"
  - "Innocence or chastity"

What is established here is the fact that purity is a state of being undefiled, not being mixed up with anything that can result in impurity. Now let's look at what the Bible says about purity.

**Matthew 5:8**

**“Blessed are the pure in heart, for they shall see God.**

**1 Corinthians 6:18**

**“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.”**

**Psalm 51:10**

**“Create in me a clean heart, O God, and renew a right spirit within me.”**

**1 Thessalonians 4:3-5**

**“For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God.”**

Two aspects of purity are revealed in the verses above - sexual purity and purity/cleanliness of the heart. Firstly, a pure heart draws us closer to our Creator. It helps us to see Him, to know Him. Secondly, a sexually moral person maintains his/her holiness and exercises self-control - a quality that is of great importance as human beings and more specifically, as Christians. It is, therefore, evident that as Christians, we must maintain our purity by keeping away from sexual immorality. However it is also important to have pure hearts and minds. Why is this? What can cause our hearts and minds to be unclean?

Well, there are certain impurities that can defile us.

The verse below describes the works of the flesh that ultimately cause us to be impure. This verse highlights a number of factors that defile human beings.

**Galatians 5:19-21**

**“Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.”**

Being pure, therefore, is not limited to the physical/sexual. From the verse above we get to understand that the works of the flesh have an impact on us. They cause spiritual and moral defilement. As Christians, we are meant to keep our whole being clean in terms of what we listen to, what we read, what we see, what we think, what we say and what we do. It also important to consider the people who are in our circle as they either have a negative or positive influence on us.

Our bodies, hearts and minds must be kept pure. We are meant to be intentional about maintaining our purity. One might be sexually pure (in a physically sense) yet have a polluted mind and heart.

So then, how can we as Christians maintain our purity on a daily basis? The psalmist asked a similar question in the Bible in **Psalm 119:9**. He also gave an answer to the question. David said, “How can a young man keep his way pure? By guarding it according to Your word”

Here are some verses that show us **how** we can keep ourselves pure in accordance to God's word

**Romans 13:14**

**Colossians 3:5**

**James 4:8**

**Titus 2:12**

**Psalm 119:37**

So when it doubt, when you are struggling, remember that there is a way to keep yourself pure. This may differ from person to person in terms of practicality but one thing is certain. We have to be intentional about it keeping in mind that the word of God will guard and guide us if we allow it to.



