



The Vow The Vow of Purity

Look Back – Care, Praise, Loving Accountability, Vision – 20 mins This is a time to see how everyone’s week was. Were they successful in the previous week’s goals? Were they unsuccessful? It’s also a time to pour vision into your group. Give them the why behind things we are doing church wide.

- How did it go last week?

Look Up – What does the Bible say? Practice – 20 mins

- How would you describe what shame and secrecy can do to relationships? Why do you think this happens?
- Read Matthew 5:27-28. Why do you think Jesus drew such a strong line with lust?
- Read Psalm 119:9-11. How do you stay pure? How does this affect who you hang out with, what you watch, and where you go?
- Pastor Brad said, “It’s difficult to build a life of righteousness on a foundation of sin.” Describe what kind of foundation you want for your marriage or life.

Choose a question to create openness.

- Have you ever experienced the power of confession, forgiveness, and grace? Can you share some of your story?
- What could you do to eliminate temptation before it happens?

Look Forward – Set Goals (For Accountability), Commission and Pray – 20 mins

Commit to a step and live it out this week.

- Tell your spouse and/or someone you trust about any areas you’re feeling shame or struggling with purity.
- Memorize Proverbs 28:13.

Jesus, thank You for being the perfect sacrifice for our sins. Holy Spirit, give us the strength we need to resist temptation. Show us the sin we need to cut out of our lives so that we can be children of the light. Amen!