

## PURITY PLEDGE

It is a commitment a teenager makes to keep pure his/her mind and body from sexual thoughts and actions.

### **Sarah, 17 years**

I decided to abstain from sex till marriage when I was 16 years old. I love reading romantic novels (mills and booms), watching romantic films, listening to songs with sexual expressions. Sometimes they cause me to think a lot about sex and I started fantasizing as though having it. I also like it when a boy touches me sometimes. It makes me feel good. Does this mean I am not pure?

When a teenager makes a commitment to abstain from sex till marriage, it is so wonderful that they strive to be pure in body and mind.

### **Some of the things that make our bodies impure are:**

- Music and movies with sexual expressions
- Reading pornographic material
- Poor/suggestive dressing
- Putting on 'romantic eyes'
- Suggestive touches
- Kissing and caressing
- Masturbation
- Fantasies of having sex
- Intense Sexual thoughts that come sometimes from watching movies, romantic songs and reading novels with sexual language and actions.

### **Fact**

Many youth have impure thoughts and actions but it is wrong before God.

### **Thought**

Search yourself right now, which thoughts you have been having and what things you have been doing. God has been watching everything but He still loves you. He wants you to repent of your wrong doing and turn away from it. He wants you to be new and honorable before Him. It takes practice and commitment to be pure.

### **You can pray this prayer:**

Lord Jesus, I pray that you will forgive me for my impurity (mention it). Today I have known that it is wrong. Please wash me with your precious blood and make me clean. From today onwards, I pledge to live a pure life and continue to abstain from sex till marriage. Amen.