

## Singles and purity

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

### **John 24**

I decided to abstain from sex till marriage when I was 18 years old. I loved reading romantic novels, watching romantic films and soaps. Sometimes they cause me to think a lot about sex and I start fantasizing while having it which later led to lusts and masturbation. Does this mean I am not pure?

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

### What make our bodies impure?

- Poor/suggestive dressing
- Putting on "romantic eyes"
- Suggestive touches
- Kissing and caressing
- Masturbation
- Fantasies of having sex
- Intense Sexual thoughts, they come sometimes from watching movies, romantic songs and reading novels with sexual language and actions

### Fact

Many Singles have impure thoughts and actions but it is a sin before God.

**What to do;**

- Determine to keep your body pure for marriage
- Avoid situations that can lead you into sin/ sexual impurity

**Thought**

Search yourself right now; which thoughts have you been having and the things you have been doing. God has been watching everything, He wants you to repent of your sin and turn away from it. He wants you to be holy and honorable before Him.

**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