

Purity in Action Worksheet

Winning the War Against the Flesh

1. **Recognize** your potential for moral failure (1 Corinthians 10:12). All of us are prime targets for the lust of the eyes and of the flesh. The Scripture gives key examples of believers who fell prey to moral temptation (e.g., David, Samson, Noah's son Ham, Lot's daughters, etc.). Even the committed believer is susceptible if he relaxes his guard against the flesh.
2. **Realize** that you don't have to give in to a moral sin (1 Corinthians 10:13). You already have the grace to meet all temptations. God always provides a way of escape. Even if you have failed in the past, God can give you strength to be an overcomer now—you can decide not to give in.
3. **Resolve** once and for all to be pure (1 Peter 1:13-15). Decide to be what God asks—to be holy in mind and body. Make a commitment that regardless of what it takes, you will be pure. Start fighting a battle that you intend to win, not to merely "do better." Refuse to give in, even for a moment, to temptation.
4. **Remove** all bitterness (Hebrews 12:15-16). Bitterness is a root problem which breeds moral impurity. Its ability to defile fosters the corruption of inward morals. Deal with any unresolved hurt from your past.
5. **Restrain** your flesh in every area (Romans 13:14; 1 Corinthians 9:27). You cannot indulge your flesh in any area and expect to control it. Do not allow even one area of compromise to remain undealt with. Maintain discipline—especially as it relates to laziness, overeating, or lack of exercise—learning to say no to your body.
6. **Reject** anything in your life which would lead you back to bondage to the flesh (Proverbs 4:14-15, 23). Cleanse your home of any reminder of sensual living. Get rid of tempting magazines, books, and immodest clothing. Avoid close friendships with those who are not serious about being pure. Avoid tempting places, situations, and people. Learn to develop new habits, especially at times when you would be tempted to indulge in old ones.

7. **Run** from every form of evil (2 Timothy 2:22). If you find yourself in any compromising situation—flee! Don't stick around to battle it—run! Do not begin reasoning. Obey the first prompting of the Holy Spirit. If you stay there long enough to think about it, you will fall!
8. **Renew** your mind with the Word of God (Psalm 119:9, 133; Philippians 4:8). Program your mind to think rightly. Wrong thinking must be replaced. Respond to all wrong thoughts with the Word of God. Like Jesus did, don't let any temptation go unchecked or unrebuked.
9. **Recruit** the help of a godly believer or authority (James 5:16). It is doubtful you will come to total victory without shaming yourself to another. This attacks pride—the root of your sin—and it provides daily accountability to help you maintain consistent victory.
10. **Remind** yourself when tempted of the true consequences of your sin—what it really does to you, your children, your family, and your testimony (James 1:14-15). Minimize the temporary pleasures of sin.
11. **Refuse** to stay defeated and depressed if you fall (Proverbs 24:16). Forgiveness is available from God—you must forgive yourself as well. Praise God that He will use your defeat to make you all the more determined to be victorious in the future.
12. **Rely** on the power of the Holy Spirit to keep you pure (Galatians 5:16). Submit your members to God daily, and ask God to empower you to be all that He wants you to be. Call on Him by faith for strength to obey.