

Purity of Your Body

1THES 4:3-5 NIV

It is God's will or plan to purify us all, but we have a role to play to this end!

We have to abstain from things that contaminate our bodies and one of them is sexual immorality

From previous classes we saw how we use members of our bodies for both bad and wrong depending on our choices

Paul's prayer for Thessalonians disciples was that they should be blameless in their bodies and this is my prayer for us all today

That we will be blameless entirely from our minds, tongue and every organ or body member

We must take control of our bodies, this brings honor to our own bodies and holiness to God

1 THESSALONIANS 5:20–24

V-S 23-24 (NLT) May your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful.

How do we keep our bodies pure?

The most important thing you need to realize is that your body belongs to you and no one else, it was created by God just for you.

Sometimes we deal with our bodies as if they belong to our neighbor

Purity of our bodies is very important if we are going to serve God acceptably

1COR 6:18-19

Again here we are encouraged to flee from sexual sins coz they contaminate our bodies but my focus is verse 19

The Bible says our bodies are a temple.

This word **temple**, in the Scriptures, can be translated into palace.

Our body is a palace Men!

Every time you hear anything about a palace, there are always **guards** to protect the contents. So how do you protect our palace?

EPHESIANS 6:10–12

Be strong in the Lord and in his mighty power. Then Put on the full armor of God so that you can take your stand against the devil's schemes.

We are in a battle. A battle for our purity!

VERSE 13-17

Bible says our armor is:

- **The belt of truth** (how truthful and honesty are we to ourselves and others?)
- **The breastplate of righteousness** (How righteous are we or right are we in what we are doing)
- **The sandals of peace** (Are we at peace inside of us or something is bothering us? It could be sin bothering you just confess)
- **The shield of faith** (How faithful are we with the things of God **HEB 11:6**) we can't please God without faith)
- **The helmet of salvation** (Are we protecting our Salvation, we should treat it so special **PHIL 2:12**)
- **The sword of the Spirit which is the Word of God.** (How is your Bible Study? Only through hiding God's Word in our hearts that we cannot sin against God **PSALMS 119:11**)

Each and every day, we need to put on the armor of God because the devil is on attack of our bodies

With all that in place

VERSE 18

- **Pray for yourself, pray for other Saints**
- **Be alert and persevere coz the battle is getting tough and we have to toughen-up**

Conclusions;

Remember to set healthy boundaries for your body before compromising situations comes up; remember that Christ lives in you and you can win this battle for our body purity

Amen