Pure on Purpose: A 7-Day Teen Study on Sexual Purity



Purity is powerful freedom and identity, not shame, embracing God's best and a purposeful, faithful life.





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Let's be real—when it comes to sex, the world talks *loud*. Movies, TikTok, music, friends—it can feel like everyone is doing it, thinking about it, or joking about it. Saying you're **waiting until marriage** or choosing to live sexually pure? That's considered "weird" by culture's standards. But here's the truth: **God's way isn't weird—it's powerful**. This study isn't about shame. It's about **freedom, strength, and identity**. You're not just avoiding sexual sin—you're saying "yes" to God's best. Purity isn't about being "good enough for God." It's about understanding who you are in Christ and protecting what's valuable: **your body, your future, and your heart**. Over these 7 days, you and your friends will walk through what the Bible says about purity, temptation, grace, and strength. You'll get real about the struggles teens face and discover how to live **pure on purpose**—not by fear, but by faith. This isn't just about "don't." It's about what you're saying "yes" to:

- Peace of mind
- Healthy boundaries
- ✓ True love that waits
- A future without regret
- ✓ A heart full of purpose Ready to stand out for what matters? Let's go.

















Your Verse

1 Thessalonians 4:3–5 (NIV) "It is God's will that you should be sanctified: that you should avoid sexual immorality... not in passionate lust like the pagans, who do not know God."

Supporting Scriptures

• Psalm 119:9 (NIV)

"How can a young person stay on the path of purity? By living according to your word."







Poevotional

Purity doesn't start in your body—it starts in your **heart** and your **mind**. It begins with a decision: *I want to live for God.* That decision shapes how you talk, how you think, how you date, and how you treat others.

1 Thessalonians 4 shows us that purity isn't just a random rule—it's **God's** will. Why? Because He created sex to be powerful and sacred—something to be honored within marriage, not played around with for fun or attention.

Psalm 119 asks a question you might be asking: "How do I stay pure in a world like this?" The answer? By living according to God's Word. That means going to Him with your questions, your feelings, your temptations, and even your failures.

Purity isn't about being perfect. It's about walking in God's direction, even when the world pulls the other way. If you know your *why*, it's easier to say *no* to temptation and *yes* to purpose.







Reflect and Apply

•	Why do you think God cares about purity so much?
•	What's the difference between purity the world talks about and what God offers?
	What do you think your life would look like if you stayed pure on purpose?







Journaling Prompts

1.	Why do you personally want to stay sexually pure?
	Where do you feel the most pressure to compromise—online, in relationships, in your thoughts?
	What kind of future do you believe God wants to protect through your purity?







Prayer for Today

God,

You created me for purpose—not pressure. Help me to choose purity, not because I have to, but because I trust You. Strengthen my heart and help me see that your way leads to freedom. I want to honor You with my body, my mind, and my future.

In Jesus' name, Amen.















Your Verse

Proverbs 4:23 (NIV)

"Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

• 1 Corinthians 6:18 (NIV)

"Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually sins against their own body."







Poevotional

Think about a fence. It's not there to trap you—it's there to protect you from falling off a cliff. That's what **boundaries** do in your life.

God's Word calls you to **flee** sexual sin—not flirt with it, joke about it, or test the line. Why? Because your body is **sacred**, and sexual sin has consequences that cut deep—emotionally, physically, and spiritually.

Proverbs 4:23 tells you to guard your heart. That means setting **boundaries before temptation shows up**. Boundaries in dating, in conversations, in your phone habits, in what you watch, and who you're with.

Don't wait until the moment of temptation to decide what your standards are. Decide now. Build fences around your purity so you can walk in freedom, not regret.

Boundaries don't limit your fun—they **protect your future**. That's not fear. That's wisdom.







Reflect and Apply

•	What do healthy boundaries look like in your relationships and habits?
•	Why is sexual sin so damaging compared to other sin?
•	How can you view boundaries as protection instead of restriction?







Journaling Prompts

1.	Where in your life are boundaries currently weak or missing?
2.	What boundaries do you want to put in place to guard your purity?
3.	Who can help you stay accountable and support those boundaries?







Prayer for Today

Lord,

Help me see boundaries not as limits, but as love. Teach me to guard my heart and to run from anything that pulls me away from purity. Give me strength, wisdom, and real accountability.

In Jesus' name, Amen.

















Your Verse

1 Corinthians 6:19–20 (NIV)

"Do you not know that your bodies are temples of the Holy Spirit... You are not your own; you were bought at a price. Therefore honor God with your bodies."

Supporting Scriptures

• Romans 12:1 (NIV)

"Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."







Devotional:

You are not cheap. You are not common. You are not disposable. You are the **temple** of the Holy Spirit. That means God's Spirit *lives in you*. He doesn't visit occasionally—you're His home.

The world says, "It's your body—do whatever you want." But the Bible says something more powerful: **You were bought at a price.** Jesus gave His life for you. Your body matters to God, and how you use it is a form of **worship**.

Sex isn't just physical—it's spiritual. That's why God designed it for marriage —a place of lifelong love, commitment, and safety. Outside of that? It often leaves pain, confusion, and regret.

But when you treat your body like God's temple, you're declaring:

"I know my worth."

"I'm not settling."

"I belong to Jesus, and I'll live like it."

Purity isn't about shame—it's about value. And you are worth everything Jesus paid for.







Reflect and Apply

•	What does it mean to you that your body is God's temple?
•	Have you ever believed the lie that your body doesn't matter?
•	How can seeing your body as God's temple change the way you live and love?







Journaling Prompts

1.	What lies has culture told you about your body and sex?
2.	What truths from God's Word correct those lies?
	What's one step you can take to honor God with your body starting today?







Prayer for Today

God,

Thank You for creating me with value and purpose. I am not my own—I belong to You. Help me treat my body like a temple, not for attention, but for Your glory. Remind me that purity is worship.

In Jesus' name, Amen.

















Your Verse

1 Corinthians 10:13 (NIV)

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear..."

Supporting Scriptures

• James 4:7 (NIV)

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Poevotional

Let's be real: **temptation is a battle**. Sexual temptation can sneak in through a text, a late-night scroll, or just being alone with someone you like. It can come fast and feel overwhelming. But here's the truth: **temptation isn't sin**—and it doesn't have to win.

1 Corinthians 10:13 reminds you that temptation is *common*—you're not weird or broken for struggling. And best of all? **God always provides a way out.** That means in every tempting moment, there is a choice. And with God's help, you can choose freedom.

James 4:7 gives a powerful strategy: **submit to God, then resist.** Don't try to fight temptation alone. Start by turning to God, asking for strength, and stepping away from what pulls you down. Block the site. Leave the room. Change the conversation. Text a friend. Pray out loud. Get out of there.

The enemy wants you to feel weak and ashamed. But when you resist, you're not running away from something—you're running **toward victory**.







Reflect and Apply

• 1	What does temptation usually look like in your life?
-	
	Why is it encouraging to know that even Jesus was tempted (but never sinned)?
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	What "escape route" has God already provided for your toughest emptations?
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Journaling Prompts

1.	What triggers temptation for you? Be honest.
2.	What are some practical ways you can resist in those moments?
3.	Who can you talk to when temptation feels too strong to fight alone?







Prayer for Today

Jesus,

You know what it's like to be tempted, and You never gave in. Give me that same strength. Help me choose the escape You provide, even when it's hard. Remind me that I'm not fighting alone—You're with me.

In Your name, Amen.

















Your Verse

Song of Songs 2:7 (NIV)

"Do not arouse or awaken love until it so desires."

Supporting Scriptures

• Psalm 139:14 (NIV)

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."







Poevotional

Culture says, "If it feels right, do it." But God says, "You're worth the wait." Waiting isn't weakness—it's wisdom, strength, and value.

Song of Songs 2:7 gives a clear message: *Don't rush intimacy*. Why? Because love, sex, and physical closeness were designed by God to be part of a lifelong, committed marriage. They're not meant to be awakened too soon—because once that door is open, it's hard to close.

Psalm 139 says you're wonderfully made—not meant to be treated like an object or used as a temporary thrill. When you understand your worth, you'll stop handing yourself over to anyone who doesn't value you the way God does.

Purity isn't about being afraid of sex—it's about waiting for what's real, whole, and lasting. You are not behind for waiting—you are brave for protecting your future. And one day, if God calls you to marriage, it will be worth every moment you waited in obedience.







Reflect and Apply

•	What messages have you heard from culture about waiting or purity?
•	How do those messages compare to God's truth about your worth?
•	Why do you think God connects purity and timing so closely?







Journaling Prompts

1.	What does it mean to you that you're "fearfully and wonderfully made"?
	Have you ever felt pressure to "awaken love" too soon? How did you handle it?
	Write a letter to your future spouse (or future self) about why you're choosing to wait.







Prayer for Today

Father,

Thank You for creating me with worth. I want to wait—not because of fear, but because I trust Your design. Help me guard my heart, walk in purity, and remember that I am fearfully and wonderfully made.

In Jesus' name, Amen.

















Your Verse

1 John 1:9 (NIV)

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Supporting Scriptures

• Isaiah 1:18 (NIV)

"Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."







Oevotional

Maybe you're reading this plan and thinking, "It's too late for me. I've already messed up." If that's you, hear this loud and clear: God's grace is greater than your past.

Purity isn't just about never making a mistake. It's about **turning to Jesus every time you do.** 1 John 1:9 promises that when we confess our sin, God forgives us—and even better—He **purifies** us. He doesn't just wipe the slate clean. He restores your heart.

Isaiah 1:18 gives a powerful picture: God takes your darkest stains and makes them **white as snow**. That means no guilt, no shame, no labels—just grace. Through Jesus, you can start over today, no matter what's behind you.

If you've made sexual mistakes, it doesn't define you. What defines you is the **cross**—where Jesus paid for your past and gave you a new identity.

God is not done with you. He's calling you to walk forward, not with your head down, but with your head **held high in forgiveness and freedom**.







Reflect and Apply

	ny do you think guilt and shame stick around, even after we're given?
_	
	nat's the difference between condemnation and conviction?
- vv1	lat's the difference between condemnation and conviction:
	w does knowing God forgives instantly and fully change the way you w yourself?







Journaling Prompts

1.	Is there anything in your past that you need to bring to God today?
	What lies have you believed about your worth because of sexual sin or failure?
3.	Write out 3 truth statements from God's Word to replace those lies.







Prayer for Today

God,

Thank You for loving me even when I've messed up. I bring my past to You today—every mistake, every secret, every regret. I receive Your forgiveness. Make me clean again. I choose to walk in freedom, not shame. In Jesus' name, Amen.

















Your Verse

Philippians 1:6 (NIV)

"...he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Supporting Scriptures

• Matthew 5:8 (NIV)

"Blessed are the pure in heart, for they will see God."







Oevotional

You made it—**7 days of choosing purity**. That's not a checklist—that's a *starting line*. This isn't the end of your commitment to purity. It's the beginning of a new mindset, a new heart posture, and a new future.

Philippians 1:6 reminds you that you're not doing this alone. The God who started something good in you will **finish what He started**. That means He'll help you stay strong, even when temptation creeps in. He'll help you keep going, even if you stumble. Purity is a process—and He's with you every step.

Jesus said the **pure in heart will see God**. Purity isn't just about what you avoid —it's about what you **gain**. You get to walk closely with God. You get clarity, peace, joy, and a future that's not marked by regret, but by purpose.

So, choose today to live **pure on purpose**. Not for applause. Not for rules. But for the God who loves you, the future He's protecting, and the influence you carry.

This commitment is bold. It's rare. And it's worth everything.







Reflect and Apply

•	What's one major truth you're taking away from this study?
•	How has your view of purity changed over the last 7 days?
•	Who can you share this truth with or invite into the journey?







Journaling Prompts

1.	What's your purity promise to God? Write it like a covenant.
	What boundaries, habits, or relationships will help you stay strong moving forward?
3.	How will you lead others by your example in living pure on purpose?







Prayer for Today

Jesus,

Thank You for walking with me through this study. I want to live pure—not by pressure or fear, but because I love You. Strengthen me, guide me, and use me to shine in a world that needs Your truth. I'm not perfect, but I'm Yours and I'm choosing to live pure on purpose.

In Your name, Amen.



% Challenge:

Text your group or a close friend and say,

"Let's keep this going. I'm committed to purity. Are you in?"

Then support each other. Start a group chat. Keep each other accountable. You're not alone—this is a movement.







Where God's Word Meets Your Daily Life



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