



## **HOW TO LIVE A LIFE OF SEXUAL PURITY**

You've heard the statistics, learned the devastating social, emotional and physical consequences of sex outside of marriage and are asking yourself - "how do I live a life of sexual purity in mind and actions?" Here are a few

suggestions:

Surround yourself with those who share the same belief system and are committed to remaining sexually pure in mind and actions.

Form a student group at school that will participate in activities that encourage sexual purity in mind and actions. That group of students should outreach to others with their message of sexual purity. Encourage your administration to promote sexual abstinence. Speak out boldly, but lovingly, against the message of sexual promiscuity and sexual experimentation. All sexual activity outside of marriage is wrong.

Keep your mind clean and uncluttered by "dirt." If you spend time reading or watching materials that contain sexual situations, listening or telling dirty jokes, or listening to sexually explicit music, it will be difficult to live a pure life. Avoid compromising situations.

Have creative outlets for your energies - church youth group activities, hobbies, exercise, sports, time with family, and community projects.

Know that you are not alone in your life-time commitment to remain sexually pure in mind and actions.