



## DAY 1

On average, men have a sexual thought every 20 seconds. 77% of prime time TV shows include sexual content. In 2004, romance novels in the U.S. comprised 55% of all books sold. Also in the U.S., pornography is a \$58 billion industry - more

than the NFL, NBA and the MLB combined! Sex is on the brain! The issue though, is that we think TOO LITTLE of sex.

READ the following statements.

Which most resonates with your personal view of sexual intimacy?

- 1 Sex is fueled by a natural desire and is simply a physical act.
- 2 Sex is dirty as a result of a broken world and our best hope is to try to keep it under control within the context of marriage.
- 3 Sex was given to mankind in the garden before the fall, as a gift - in order to be a blessing.

For every blessing and gift of great value God has given us, Satan offers a counterfeit. Think about the analogy of sexual intimacy and fire. A fire provides light and warmth and is intimate and romantic while providing comfort and security. What happens when fire isn't protected? That same fire, intended for comfort and security can become a dangerous and devastating force which consumes and destroys everything in its path. READ GENESIS 2:18-24.

ASK God to give you His view of sex. THANK Him for the gift of sex and the blessings a husband and wife receive as they honor and protect sexual intimacy. COMMIT to honor the blessing of sexual intimacy in your thoughts, words, and behaviors. COMMIT to protect this gift.

## DAY 2

God gives you virginity once in your life to share with ONE person. When you give yourself to someone else, you create an emotional, relational, physical and spiritual bond with him/her. Is virginity THAT important? Should it be embarrassing or celebrated? Does it reflect old-fashioned morals or a timeless virtue? Does it represent an illogical and unrealistic ideal or is it a reflection of the wisdom and love of God? What do you think?

VIRGINITY IS... waiting and saving yourself to share the physical act of sex with the one person you commit to spend the rest of your life with in a marriage relationship. It's protecting and preserving yourself not only physically but mentally, relationally and emotionally in order to give your spouse the priceless gift of yourself - a gift for him/her alone. In what ways do you believe giving yourself in this way would be a blessing to your spouse? Do you think it would enhance the bond between the two of you? What would it say about the love and respect you have for one another?

What wisdom do you see in virginity? What are the consequences of not waiting? What are possible hurdles you and your spouse may have to overcome as a result of not waiting for one another?

TODAY - Are you waiting? CELEBRATE it and PRAY for the one you're waiting for. Did you wait? Celebrate it and continue to celebrate the gift that only the two of you share together. Are you torn apart? Have you left pieces of yourself with others?

\* If you're married, WATER THE GRASS of your marriage. The grass is NOT greener over there. The grass is greener where it's being watered. PRAY God would awaken your heart and to turn it toward your spouse.

\* If you're single, begin now to wait.

## DAY 3

What do you immediately think of when you hear the word "modesty?" Modesty is the concept that certain topics, parts of the body, and behaviors are meant by God to be protected from casual public display. Modesty is part of the "HOW..." of the "What do I do to remain pure?" And modesty covers all of life. It helps preserve virginity and purity and it's about MORE than the clothes we wear. What we see, think, talk about and focus on should be modest. Ask God to open your eyes to areas of your life where modesty is needed. Remember, the purpose of modesty is not to hide and cover what is sinful and wrong. Rather, it's about preserving and protecting all the good and pure that deserves to be treasured and protected.

THINK and PRAY about the following questions:

What do I look at? What do I watch on TV? Which movies do I see? On what does my mind focus? What mp3s/videos do I play and edit in my mind's eye? What videos do I create in my own mind? What do I talk about with my friends? What's my motive in wearing certain types of clothing? What am I trying to prove to others when I talk about intimate things? Modesty is also about the type of person and character we portray to others. Whom do I project? Someone willing to cross the lines or someone with confidence, security, and no compromise in my personal purity? What do you protect? READ EPHESIANS 5:1-21.

## DAY 4

PRAY that God will continue to show you the wisdom in His plans for our sexual intimacy. READ Song of Solomon Chapter 2. If you're not married, God calls you to wait. He calls you NOT to arouse or awaken love until it so desires -- to remain sexually pure until you're united in the marriage relationship. Why is it important to remain sexually pure even if you've been married before or in a sexually active relationship? God calls everyone to sexual purity until they're married again. READ VIRGINITY IS... from Day 2. Other than being a physical act, what else does sex involve? Because sexual intimacy is about more than the physical, God calls those who were previously married to virginity, too. All that is worthy to be honored and protected in virginity is worthy to be honored and protected AGAIN.

If you're willing to follow God's call to sexual purity, MAKE that commitment now. No matter what you've chosen in the past, choose today to live a life of sexual purity. PRAY that God will bless, strengthen and give you courage to journey forward... that He'll open your eyes to difficult situations and give you wisdom to avoid them... that He'd encourage you when you encounter ridicule and contempt from our sexually driven culture. SHARE your decision to be sexually pure with a close friend or family member. Ask that he/she holds you accountable to this commitment.

## DAY 5

LOOK up the lyrics and/or LISTEN to *Love is Waiting* by Brooke Fraser. This song was written for her future husband and her promises to him.

\* If you're single, consider writing a letter to your future mate. PROMISE him/her you'll WAIT emotionally, physically, relationally, totally, for him/her alone. That you'll DREAM and PRAY for him/her alone. PROMISE to pray for your future children and the legacy you two will create and leave for them. PRAY your life together will be an act of worship to God. Are you willing to make these promises to your future spouse? If so, WRITE it, mean it, SAVE it. PRAY that God gives you the strength to follow through with these promises and that, with His help, you'd live a life in which one day you could proudly give that letter and yourself to your spouse.

\* If you're married, CONSIDER promising your spouse that you'll protect your sexual intimacy -- guarding your heart, your mind and your emotions. What would your marriage look like if you made the same promises to your spouse? CONSIDER praying that God would renew, strengthen and perhaps even restore your marriage so it becomes one in which these promises can be upheld.

Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23

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