

## The Spiritual Discipline of Chastity

Definition: The spiritual discipline of chastity is when we purposefully turn away from dwelling upon or engaging in the sexual dimension of our relationship to others.—Dallas Willard

### I. The call to chastity (1 Thessalonians 4:3-7)

<sup>3</sup>For this is the will of God, your sanctification; *that is*, that you abstain from sexual immorality; <sup>4</sup>that each of you know how to possess his own vessel in sanctification and honor, <sup>5</sup>not in lustful passion, like the Gentiles who do not know God; <sup>6</sup>and that no man transgress and defraud his brother in the matter because the Lord is *the* avenger in all these things, just as we also told you before and solemnly warned *you*. <sup>7</sup>For God has not called us for the purpose of impurity, but in sanctification. 1 Thessalonians 4:3-7 (NASB)

<sup>1</sup>Now concerning the things about which you wrote, it is good for a man not to touch a woman. <sup>2</sup>But because of immoralities, each man is to have his own wife, and each woman is to have her own husband. 1 Corinthians 7:1-2 (NASB)

#### A. It applies to thoughts as well as behaviors- Matthew 5:27-28

<sup>27</sup>"You have heard that it was said, 'YOU SHALL NOT COMMIT ADULTERY'; <sup>28</sup>but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart. Matthew 5:27-28

#### B. It applies even in marriage- 1 Cor. 7:5

<sup>5</sup>Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control. 1 Corinthians 7:5 (NASB)

### II. How to pursue chastity

#### A. Start with a heart wholly devoted to Jesus Christ.

<sup>8</sup>Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. Philippians 4:8 (NASB)

B. Maintain loving, positive involvement with members of the opposite gender.

C. Set appropriate boundaries to minimize temptation.

<sup>1</sup>"I have made a covenant with my eyes; How then could I gaze at a virgin? Job 31:1 (NASB)

D. Gather friends who will hold you accountable