

(T) Welcome to **Discipleship training On The Air**. In this meditation and memorisation series you may learn to become a disciple of Jesus Christ. Two teachers will meditate on the meaning of a Bible verse about one characteristic of a disciple of Jesus Christ and then memorise it together. As you listen to this programme, make notes in a notebook or record the programme. In this fourth series God teaches that there are 5 important traits in the Christian character: Christlikeness, purity, love, faith and humility. The topic of today's meditation and memorisation is: A DISCIPLE DEVELOPS THE CHRISTIAN CHARACTER OF PURITY.

(S) **POINT 1. MEDITATION OF THE NEW BIBLE VERSE**

The new Bible that verse we will meditate and memorise is 1 Thessalonians 4:3. We will ask one another questions in order to help us to meditate on the truths written in the Bible. Let me read 1 Thessalonians 4:3 in its context, 1 Thessalonians 4:1-8. "Finally, brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more. For you know what instructions we gave you by the authority of the Lord Jesus. It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honourable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit."

The memorisation verse is: Purity. 1 Thessalonians 4:3. "It is God's will that you should be sanctified: that you should avoid sexual immorality." 1 Thessalonians 4:3.

(T) **First.** Let us meditate on verse 3. **Avoid sexual immorality.**

What is the difference between sexual immorality and adultery?

Hebrews 13:4 says, "Marriage should be honoured by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral." *Sexual immorality* is every kind of unlawful sexual act with anybody besides the person to whom you are married! It includes the act of sex in one's thoughts, in one's desires and in one's talk. Adultery is every kind of unlawful sexual act with the spouse of another person. It is unlawful interference in another person's marriage. It includes being the guilty partner of a divorce. Both words can also refer to apostasy from God and idolatry, which is spiritual immorality or spiritual adultery. To summarise. Sexual immorality is all kinds of sex *before* your marriage and adultery is all kinds of sex *outside* your marriage. The conclusion is that the Bible very clearly teaches that the only lawful sex is with your marriage partner and then only *after* you are married. The Bible warns that God will judge the sexual immoral and the adulterer!

(S) **Second.** Let us meditate on verse 4. **Learn how to control your body.**

1 Thessalonians 4:3-4 say, "Avoid sexual immorality; that each of you should learn to control his own body".

This means that I am sexually immoral when I do not control my own body.

"How do I learn to control my own body"?

One. Learn to control your tongue. Ephesians 5:3-4 says, "But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving." *Obscenity* is indecent speech like gossiping about the sex-life of other people or using sex-words in swearing. *Coarse joking* is telling dirty jokes or jokes with a sexual connotation. Christians must give healthy sex education to their children and in a serious manner discuss how to develop the sexual relationship inside marriage, but they should not gossip or joke about sex

(T) Two. Learn to control your eyes. In Job 31:1, Job says, "I made a covenant with my eyes not to look lustfully at a girl." Make an agreement with God to avoid places that expose immoral women, to avoid looking at sexual immoral magazines or movies and to avoid reading immoral books. Make an agreement with God that when you encounter such people or such pictures, not to let your look linger. Do not look at them a second time. Also make an agreement with God to avoid listening to immoral music, immoral gossip or immoral jokes.

(S) Three. Learn to control your heart or mind. Proverbs 6:25 says, "Do not lust in your heart after her beauty or let her captivate you with her eyes." God has created most women beautiful. Some women, however, misuse their beauty to trap men into unlawful sexual immorality. With the way they dress or with the way they move their bodies or wink with their eyes, they want to seduce men to sin. The Bible says, do not even consider

their beauty or their efforts to capture you. Do not allow your heart to desire them. Allow the Holy Spirit living in you to control your mind and heart. In 2 Corinthians 10:5, the Bible says that we must take every thought in our minds captive and make it obedient to Christ.

(T) Four. Learn to control your feet. Proverbs 5:7-10, “Now then, my sons, listen to me; do not turn aside from what I say. Keep to a path far from her, do not go near to the door of her house, lest you give your best strength to others and your years to one who is cruel, lest strangers feast on your wealth and your toil enrich another man’s house.” Every city in the world has prostitutes and pimps. Every village has women and men of bad reputation. You usually know where they live and where they walk trying to catch people in their traps. Avoid all these places. The Bible says, “Keep to a path far from her, do not go near to the door of her house.” Avoid the “red light district” and avoid the bars, massage parlours, discos and clubs where these people are waiting to trap you. Avoid friendship with girls or boys of bad reputation in your school. We must learn to control our feet and not walk close to any of these places.

(S) Five. Learn to control your hands. Proverbs 5:15-21 says, “Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer - may her breasts satisfy you always, may you ever be captivated by her love. Why be captivated, my son, by an adulteress? Why embrace the bosom of another man’s wife? For a man’s ways are in full view of the Lord, and he examines all his paths.” Modern relationships between young men and young women everywhere in the world often do not have any boundaries. Young people think that they can do anything they like without having to fear the consequences. Many young people do not control their hands and when they meet another person of the opposite sex, they caress any part of the other person’s body and even put their hands under the clothes of the other person. The Bible describes very clear boundaries in all the areas of sex. The Bible sets very clear boundaries how people of the opposite sex should relate to one another.

(T) What are the boundaries that God set when people of the opposite sex meet?

There are three very clear boundaries that God set when people of the opposite sex meet. One. Avoid sexual immorality. Two. Win your future marriage partner in a way that is holy and honourable, not in passionate lust. Three. Do not wrong your brother in any of these matters. Christian parents and Christian leaders should teach these boundaries to everyone that cares to listen. God commands every Christian to remain within these boundaries. When two Christians meet one another with a view to marriage they should commit themselves to God and they should agree with one another to stay within these boundaries. Their agreement should include the four following practical areas:

One. An agreement about the time they meet. When do you meet together? How often do you meet together? How long do you meet together? At what time should you end your meeting together?

Two. An agreement about the places they go. Where do you meet together? To which places may you go? To which places will you not go?

Three. An agreement about the activities you do. What things do you do together? What things will you not do? Acknowledge that God is seeing everything that you are doing.

Four. An agreement about the physical contact that you have. What kind of physical contact may you have when you remain within the boundaries of the Bible and maintain the standards of the Bible? What kind of physical contact may you *not* have? What kind of physical contact, although permissible according to the Bible, is not acceptable in your particular culture or town? What kind of touching will build one another up? What kind of touching, although biblically permissible, does not help your partner?

(S) What kind of situations should all Christians avoid?

All Christians should know what are *tempting situations* and they should avoid these situations. Tempting situations are the following: One. Undressing and dressing in one another’s presence. Two. Wearing clothes that would be termed *sexy*. Three. Wearing too little clothes. Four. Lying down together anywhere. Five. Being alone together in the dark. Six. Being alone with no fear of interruption. Seven. Being alone together late at night. Eight. Being alone together after an emotional event, like a quarrel. Nine. Being alone together after special occasions, like coming home from a meeting or a party. Ten. Being alone together after spending time together with people of lower standards. Eleven. Going to certain places, like a sexy movie or a wild party. Twelve. Even praying together late at night. In all these situations, you are either off your guard or too tired to be watchful and self-controlled. Rather than depending on yourself to say “no” when you are intensely pressured, it is much safer and more effective to totally avoid situations where you would need to say “no”! Hebrews 4:13 says, “Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give an account.” And Ecclesiastes 12:14 says, “God will bring every deed into judgement, including

every hidden thing, whether it is good or evil”. Even if you think you are alone and nobody can see what you are doing, the Bible says that God sees everything you do, even the things you are trying to hide!

(T) Third. Let us meditate on verse 8. Do not reject God’s instruction.

Why are these instructions important?

These instructions are very important, because in 1 Thessalonians 4:6-8 God says that he “will punish men for all such sins. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.” Many Christians do not know that God gives clear instructions about how men and women should relate to one another. 1 Thessalonians 4:1-8 very clearly commands Christians to live a holy life, which means, abstaining from sexual immorality, controlling their own bodies, winning their life-partners in a way that is holy and honourable, and not defrauding another person in the matter of sex. Whoever rejects this instruction, does not reject the apostle Paul or any other church leader, but rejects God! And God will punish every person who commits these sins!

(S) POINT 2. MEMORISATION OF THE NEW BIBLE VERSE

The method of memorising a new Bible verse has four steps:

Step 1. Meditate and understand the Bible verse before you memorise it.

Step 2. Write the Bible verse on a card or in a notebook. Write topic at the top. The topic today is “Purity”. Beneath that, write the Bible reference of the verse. The Bible reference today is 1 Thessalonians 4:3. And beneath that, write the whole verse.

Step 3. Memorise the verse in the right way. Always start with the name of the topic, the Bible reference and the first line of the verse. It is a good practice to learn the Bible reference twice, first at the beginning of the verse and then at the end of the verse.

Step 4. Review the new Bible verses every day for five weeks. And review the old Bible verses at least once every three weeks.

(T) Let us memorise the Bible verse together. Then let us take turns to say that part of the verse alone without looking at the Bible or notebook.

(T+S) Purity. 1 Thessalonians 4:3. “It is God’s will that you should be sanctified: that you should avoid sexual immorality.” 1 Thessalonians 4:3.

(S) Purity. 1 Thessalonians 4:3. “It is God’s will that you should be sanctified: that you should avoid sexual immorality.” 1 Thessalonians 4:3.

(T) POINT 3. REVIEW OF THE LAST BIBLE VERSES YOU HAVE MEMORISED

Let us review the last 5 Bible verses that we have memorised without looking at our notebooks.

Series “Discipleship”, verses 1-4, and series “Christian character”, verse 1.

(S) **Lordship. Romans 12:1-2.** Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is - his good, pleasing and perfect will. Romans 12:1-2.

(T) **Denial. Luke 9:23.** Then he said to them all: “If anyone would come after me, he must deny himself and take up his cross daily and follow me. Luke 9:23.

(S) **Serving. Mark 10:45.** For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many. Mark 10:45.

(T) **Giving. 2 Corinthians 9:6-7.** Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9:6-7.

(S) **Christlikeness. 2 Corinthians 3:18.** “And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into his likeness with ever increasing glory, which comes from the Lord, who is the Spirit.” 2 Corinthians 3:18.

(T) POINT 4. ASSIGNMENT FOR NEXT WEEK

First. Daily review the last five memorised Bible verses once every day for 5 weeks.

Second. See the workbooks “Go and make disciples” and Internet on www etc.

Third. Listen on short wave radio every SATURDAY to WEDNESDAY to “Discipleship training on the air”.