



## ***Personal Exercise – Relationships and Sexual Purity***

### **Understanding Myself**

*Many times women who are dissatisfied with their bodies need continual affirmation and reassurance that they are attractive. Our feelings about our bodies affect our ability to control sexual desires (so that they don't boil over into unrestrained lust or result in suppressed desires.) If we see our bodies as God sees them, we will have a greater respect for them, and we will discipline ourselves and use our bodies the way God intended.*

- Complete the following fifteen-minute life-changing exercise: Write out Psalm 139:14 and tape it to your bathroom mirror. Stand in front of the mirror, and thank God for every part of your body. Start with the top of your head, and go all the way down to your toes, praising God that you are “fearfully and wonderfully made.”

After completing the mirror exercise did anything surprise you? Has your perspective changed? If so in what ways?

- Write your own personal Vision Statement of who you desire to be on your wedding day. This is IMPORTANT. It can be in the form of a poem, an acrostic, a contract, a song or even a simple paragraph. Be creative!

### **Listening to the Word**

Read 1 Thessalonians 4:3-7, Ephesians 5:3-4, and 1 Corinthians 6:18-19.

- What person is affecting or impacting you:
  - negatively?
  - positively?
- Are there any changes you need to make in order to live according to God's Word?

Read Romans 12:2, 1 Timothy 2:9, Philippians 4:8, 1 Peter 3:3-4.

- What do you watch, read, listen to or wear that may be (even subtly) affecting you:
  - negatively?
  - positively?
- Are there areas in which you need to set or reset boundaries in “dress”, “time” or “touch”?