

PERSONAL EXERCISE – RELATIONSHIPS AND SEXUAL PURITY

Understanding Myself

Many women who are dissatisfied with their bodies need continual affirmation and reassurance that they are attractive. 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.

Write out Psalm 139:14 and tape it to your bathroom mirror. Each morning praise 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?

Listening to the Word

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

Are there any changes you need to make in order to live according to God’s Word?

Read Romans 12:2, Philippians 4:8, 1 Peter 3:3–4.

What do you watch, read or listen to that may be (even subtly) affecting you negatively?

positively?

Are there areas in which you need to set or reset boundaries?