



GOD
CALLS

Adventure

week 5
Purity & Modesty

■ **Discover
Spirituality**



Purity and Modesty

Purity and modesty must be part of our culture in the church and are counter-cultural to the world around us. By making purity integral to how we live, how we present ourselves and how we think, we can avoid making it a subject that only gets attention through our failures but is a part of our life dedicated to pursuing holiness for God. Be an example of purity in how you live, present your purity to show your faithfulness and think about pure things to rejoice in the life you live. Purity requires modesty, an integral part of temperance. Modesty protects the intimate centre of the person.

Modesty is actively pursuing the virtue of purity, from how we dress, how we speak and carry ourselves, to how we treat others around us. Practising purity, trying to obtain purity of heart, is striving to become Christ-like, to have a heart like Jesus and to love others as He loves us. Purity allows us to come to see Christ in everyone we meet. It is also how we desire to be viewed ourselves because we were made in the image and likeness of God. Modesty is not just for women, but also for men, both men and women desire authentic love. Our Lord Jesus Christ, instructing His disciples and apostles, imbued in them the necessity of observing purity of heart and thought.

Monday

How we speak to others should always be pleasing to God, in all our conversations. We can do this simply from refraining from bad/vulgar language and instead, praising God in our conversations. ‘My mouth is filled with your praise, and with your glory all day’. In practice, this simply means speaking in truth, humility and kindness and building up those we meet instead of taking part in unnecessary gossip or putting each other down.

Scripture Reading 1 Timothy 4:12

“Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity.”

- Ask yourself what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Tuesday

We thank God for every person’s beauty even in the moments we may find it especially hard to see the beauty and dignity within them. It affects how we treat others because it challenges us to always remember that Christ is within every person we encounter, and we should treat them as such. We should be loving towards them as we wish to be loved ourselves.

Scripture Reading 2 Corinthians 9:13

“Through the testing of this ministry you glorify God by your obedience to the confession of the gospel of Christ and by the generosity of your sharing with them and with all others,”

- Ask yourself what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Wednesday

Modesty is an important part of practicing chastity because it challenges us in that self-sacrificial love, agape love. It helps us live chastity and choose it in our everyday lives, it is another key to making chastity our way of life because it is reflected in our everyday choices, in this way we reveal our true selves and our hearts. But most importantly, we can see in others and reveal to others Christ’s love.

Scripture Reading 1 Corinthians 13

“If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. 3 If I give away all my possessions, and if I hand over my body so that I may boast,[a] but do not have love, I gain nothing....”

- Ask yourself what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Thursday

The world’s view of beauty can lead us to insecurity in who we are, and a lack of confidence, modesty and God’s vision of beauty says the opposite. By dressing modestly, we reveal that dignity given to us, to those around us. While modesty of dress means covering certain parts of the body, there is a beauty to be found in it, because your body is a temple of the Holy Spirit, and in practicing modesty we reveal the beauty of God within us. In dressing modestly, not only do we reveal God, but we also invite others to love Him through us.

Scripture reading 1 Timothy 2:9

“also that the women should dress themselves modestly and decently in suitable clothing, not with their hair braided, or with gold, pearls, or expensive clothes...”

- Ask yourself what can I learn from this reading?
- What will you ask God to help you with?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Friday



It is important to recognize that modesty does not say, ‘the body is bad’, it actually says that it is very good because God created us and saw that it was very good! And it is still possible to appear physically attractive while dressing modestly. Modesty, instead says, ‘I don’t lack confidence in my body, my body is so good that I don’t feel the need to prove it to you.’

Scripture Reading 1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies.

- Ask yourself what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Saturday

Modesty and preserving purity are important parts of living virtuously. When we are truly virtuous, we will find them freeing—something we do not become anxious over, but something we live out without fear. When we practice holy chastity as taught by God’s Commands, we also will obtain purity of mind and heart.

Scripture Reading Matthew 5:8.

“Blessed are the pure in heart, for they will see God.”

- Ask yourself what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Sunday

- Modesty is actively pursuing purity, the goal is to reveal our authentic masculinity and femininity, meaning the virtues and qualities that reveal who we are in Gods image. Practicing modesty and striving for purity can help us develop a spirit of humility, another virtue the Lord sees as beautiful.
- Scripture Reading 'For I am meek and humble of heart.' (Matthew 11:29).
- Ask yourself what do I need to learn from this reading?
- What will you ask God to help you with regarding this reading?
- What can you do practically today to begin to change your life and be conformed to Jesus?

Conclusion of the week:

- In your examination of consciousness today, reflect on what you have learned this week.
- What have you found difficult or challenging?
- What has given you joy or peace this week?
- What do changes will you make to your life going forward?

