

Discipleship Groups — Level 7

WEEK 4

Life Check: My Purity

Hello everyone

We are in the fourth week of level 7 of our discipleship classes. The purpose of level 7 is to examine our lives. To date we have talked about my spiritual leadership, my self-control, and my responsibility as a man.

When we, as men, do not examine ourselves, we end up living our lives in a very superficial way. Most of us tend to hide what happens to us. Many learn to be silent, to endure, to pretend that everything is fine.

All these things that are not resolved or reviewed, accumulate and this brings upon each of us a great burden. Maybe you and I can look strong on the outside and be very bad on the inside. This is what I call being superficial.

Maybe internally you are dry spiritually, or emotionally tired. You live tormented by temptations. Maybe you're frustrated and that makes you very distant from God.

Here it is very important to ask myself

How am I really doing?

God wants healthy men, men of integrity, free men, sensitive men, men led by the Holy Spirit, and men who are internally healthy. Examining our lives is not optional, it is something that we must do daily as a spiritual discipline.

In this lesson we're going to talk about my purity.

To me, something pure is something that is not mixed or contaminated. For me, purity is not perfection. Purity is integrity.

Purity does not begin in what we do, purity begins in the heart. Psalm 101:3 says, *"I will refuse to look at anything vile and vulgar."*

This leads us to think that purity does not begin in the body, but in the heart, in the mind and in the eyes. God wants men who learn to close doors to evil and discipline their lives. We live in a generation where impurity is everywhere. The immoral is no longer only sought after... now it is looking for you. It's on the phone, social media, TV, in advertisements, conversations, images, and in thoughts. That is why purity cannot be something accidental. Purity must be an intentional decision. We must decide what we let into our lives.

As men, we have to recognize that we struggle with the visual on a daily basis. As men, visual attraction has a lot of weight. What we see can awaken in us desire, fantasy, greed, and temptation. And when we don't stop these things in time, they can grow and damage our purity as men.

This brings me to the first point of today's lesson.

1. The eyes are the door to the heart

The Lord Jesus in Matthew 6:22-23 said, *“Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!”*

Many men believe that they can look at certain things without being affected by it, but Jesus taught that sin, not only is it consummated in action, but begins in the intention and in the gaze.

Matthew 5:28 Jesus taught it like this: *“But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.”* Looking at a woman with sexual passion is like wishing to have sexual relations with her.

Three important truths that we must highlight:

A. What you look at influences what you think.

In other words, what you look at feeds your thoughts. What you look at, and look at it repeatedly is going to begin to occupy a place in your thoughts.

B. What you think influences what you want.

This is a reality for men. What we think repeatedly, gradually begins to feed emotions, awaken desires, and push decisions. What you think on feeds what you are going to want.

C. What you want influences what you do.

Here's a great truth, sooner or later what a person longs for or desires on the inside begins to show itself on the outside. The cycle can be summarized as follows: first I look at it, then I think about it, then I want it—it generated an action.

And finally, we have consequences.

The risk is that these inner desires are going to affect our decisions, our habits, and our actions. They will affect our lives. What the heart desires often ends up guiding our steps.

The eyes can be a door to life... or a door for contamination.

Today you and I can make a big decision. Repeat this one with me.

Starting today...

- I'll be careful what I see when I'm alone.
- I'll be careful what I see on my phone or TV.
- I'll be careful about the accounts I follow.
- I'll be careful about the images I tolerate,
- I'll be careful about the doors I leave open.

2. **Because it costs us so much to stand firm.**

As men, we have to understand that many of our falls began with something that seemed harmless. Maybe an image, a conversation, or a prolonged stare at things we should not have seen.

The Bible, in James 1:14-15 reads as follows: "*Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.*"

Be careful with what you look at. Remember, what you look at brings thoughts and these become desires. In other words, there are things that feed the flesh and strengthen wrong desires.

As men, to maintain purity—that is—A life without pollution, we must stop feeding fantasies, leading a double life, watching sensual content or pornography and impure conversations. To stand firm, pure, and not fall, we must feed our spirit and not our flesh.

Galatians 6:8 says, "*For he who sows to his flesh will reap corruption from the flesh...*"

Something very important:

- Purity does not stand alone.
- Purity is not automatic.
- Purity does not depend only on "having good intentions."

As men we must understand that purity requires discipline and decision on a daily basis. Paul tells Timothy, in 2 Timothy 2:22 (NLT), "*Flee from everything that stimulates the passions.*"

He says: flee. Sometimes the most spiritual response is not to "resist more," but to move away faster.

A wise man makes concrete decisions. For example:

- Deleting content or contacts that weaken you
- Unfollow certain accounts
- Install filters
- Avoid ambiguous conversations
- Do not feed fantasies
- Ask for help and be accountable.

Conclusion

Purity is not just "stop doing something wrong." Purity is learning to honor God with:

- My Eyes
- My thoughts,
- My desires and with my secret life.

God doesn't just want men who appear holy in public. God wants men of integrity, clean, and free in private. Purity is preserving your fellowship with God, your spiritual authority, your marriage, your testimony, and your future.

Reflection Questions

What concrete decisions do I need to make this week to protect my purity?

What am I allowing to enter through my eyes?

What is feeding my mind and desires?

What concrete decision should I make today to live in purity?

Memory Verse:

Proverbs 4:23 — *"Guard Your Heart"*

This concludes the fourth week of level 7 of the men's discipleship small groups. We hope that all that we have taught will be of great benefit and blessing for your life.

See you in the next lesson.

Blessings.