**INTRODUCTION**

We naturally tend to find ourselves at this crossroad in life - Where we came from is usually behind, and it is made up of memories, choices that led us to where we stand, and our unique experiences. Before us is also an endless path that will be influenced by future choices we will make. Here is the tricky part: all our choices will affect our lives in one way or the other, BUT SOME CHOICES ARE GRAVER AND WILL PROFOUNDLY SHAPEN YOUR WHOLE LIFE THAN OTHERS.

As a young adult, life is usually full of a lot of things happening so fast like a roller coaster, especially in relationships, peer pressures around and the burning desperation for attraction. And to worsen it, our friends, the movies we see and even social media contents make it appear like the only cool way to live and be accepted, or to fit in, is to be sexually active.

At this point, it doesn’t matter what your goals in life are, or what your personal beliefs are - it just feels like everything and everyone needs you to have sex as soon as you hit puberty. Hold on a minute. Deep down, is that really all you want to do with the life God has given you?

What if you could take a step back and choose a path that is unique and 100% yours? What if you could prioritize the person you are aiming to be tomorrow, and not the pressure to conform?

And what if purity isn't anyone seeking to tell you how to live your life, but a choice that gives you strength, confidence and clarity as a young adult?

Mary Ellen Ashcroft in her book, "Temptations Women Face" narrated the story of a young girl, Sammie.

In her words, "Sammie is a ten year old girl who lives around the corner from us. She brags about the R-rated movies she had seen when her father passed-out, drunk. She dyes her hair blonde and dresses to show off her body that is just beginning to develop. When my thirteen year old son is around, she sits provocatively on our front steps, talking to my seven year old daughter, telling her how cute her older brother is".

These kinds of stories are rampant in the media and our environment today. The rate of juvenile delinquency and sexual activities among children is a devastating disaster, getting worse by the day, but maybe we are looking at the issue from a different perspective this time.

We cannot overemphasize the damages that the corruptness of today's society has caused the younger generations. I mean, a child who can basically read and write can have access to all manner of pornographic tapes, sex talks that are usually disguised as sex education, corrupt peers from all over the world encouraging and cheering them on, and so-called adults who make no effort to protect a child's mind from these baggage.

All of these factors come together to spike the curiosity in a child or teenager. This happens, and instead of their parents, the media and the society to remind them that there is time for everything, and that they need to focus on their education, skill building, talents, goals, simple friendships, and other profitable activities for a young person, these children are rather fueled or encouraged to give in to the wrong thoughts and pressures, and at the end of the day, they make the mistakes of their lives and deal with the consequences, or fall into depression.

Most times, people think its just sex, but that’s not the case because sex puts the mind, the body and the future at risk, meaning that, there's a whole lot at risk when it comes to premarital sex.

At just ten years old, Sammie has already been burdened with such pressures that’s rather a disaster for a child. Absent father, a drunkard, and she has a messed up ideology about how to live so she brags about explicit movies, dresses seductively for validation and even dyes her hair.

She believes that is the only way she will be important or loved. But the big question is, DOES SHE REALLY UNDERSTAND WHAT SHE IS DOING, OR IS SHE ONLY CONTROLLED BY THE PRESSURES SHE HAS BEEN EXPOSED TO IN HER SURROUNDINGS ?

I recall reading a journal and it had some comments on the subject. A particular lady commented: "what is all these noise about running away from premarital sex?" She went on to say that for her, even though shes a virgin, she feels very uncomfortable about the talks against premarital sex. In her point of view, as long as a young adult is in love, it is all good and there is nothing wrong with it.

Reading through her comment, one could easily tell that she has been exposed to peer pressure and she is only waiting to be in love and the rest will be left for fate. But the question is, Who told young people that love means sex?

Most youth see sex with "someone you love" as the new normal and would encourage as many people as they can to imbibe it. The time of the youthful age is an adventurous one for most youth who pursue it with strong passion. Hence, when this passion is misdirected into sex, the end result is always a colossal damage to the destiny of the person involved.

You're not Sammie. You have a bright future waiting for you to fulfil it. You don’t have to follow the confused crowd or risk it all to fit into a society that mixes up love, attraction and a person's worth. You're priceless, and you deserve so much better than all that baggage that comes with careless sex.

This is why the next chapters of this book will help you find your unique voice, decide the path you want to plough and make conscious decisions that serve your future and your authentic self.

**CHAPTER ONE**

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**IT’S NOT JUST ABOUT SAYING “NO”**

The first misconception about purity is the mindset that saying no is a restriction that stops you from living your best life.

Have you ever stared back at yourself in the mirror and asked, " who the hell am I?” Or, “what am I supposed to be doing with my life?” The profound answers to these questions will serve as a guide to search yourself and most importantly, bring you to terms with what you stand for.

Understanding yourself first is critical because when it comes to sexual purity, knowing who you are and who you will become can make all the difference.

Sexual purity isn't just the ideology of not having sex till after marriage, it’s so much more than you can exhaustively put into words. It is a reality, a mindset and a choice that screams, “I have so much respect for myself. I value my body above everyone else. I know my worth and I choose to do only what represents the respect I hold for myself. Hence, I will only do what is best for me and my future.”

**Exactly How Powerful Is Purity?**

To be very honest, the urge to do things that will cause everyone to like us can be overwhelming. Most times we watch people flaunt their pictures or relationships, and even rub their sexual activities on our faces if they are quite close to us.

Let’s face it; these things get to us a lot of times, and make us feel like acting like everyone else to fit in. But the funny thing is, purity offers us a way out of the pressure we feel but we mostly choose to dwell on the distractions.

You can wear a really cool smile and make it known that you don’t need to do what everyone else wants to do to feel valuable. You can say how powerful your standards make you feel and how much control you feel over yourself. The ability to stay pure unashamedly can be really empowering only if we let ourselves see this reality.

Not everyone can be you, and that is profoundly powerful and refreshing.

The Bible clearly states that we should not conform to these pressures and standards influenced by immorality and filth. Romans 12:2, “Do not conform 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.”

When we choose purity, we consciously choose to see ourselves in a different dimension and we decide the kind of lives we want to live. Choosing purity is our way of saying God’s plans for us will always beat temporary attractions and uncertainties.

**The Wiser Choice**

A lot of people limit purity to just the power of just saying no. But it is actually the positive choice of saying yes.

Choosing purity is saying a bold yes to a future without blemishes, to a healthy and a loyal heart, to self respect, and to a life that is free of regrets and pain.

Choosing to stay away from premarital sex symbolizes the hope we hold for a perfect future, the beauty of our purpose in life as well as the strength of our will to stay true to ourselves.

Each time you turn down an invitation to premarital sex, you strengthen the boundaries that ensure your safety. Just like guardrails we have on steep mountain trails, these boundaries ensure you stay on the safe path, to follow the right course on your journey and protect you from tripping and falling into fatal grounds.

Put simply; every day you decide to stay sexually pure is the day you add a new layer of protection to your mind, your future and heart.

**Our Present Choices, Our Future Realities - How Do They Go Together?**

Every single action we carry out in life either draws us closer to our dreamed future or pulls us farther away from those expectations. Our teenage and young adulthood is not a stage to be careless about because it's our most fertile season as human beings. This is a season to dream big, plan out our goals and begin to sow quality seeds for our future. But most times, the greatest distractions such as early involvement in sexual intercourse can confuse us, blur our visions, derail progress and move a teenager's focus away from the big picture.

Every good thing we achieve in life begins with a dream, but dreams without intentional actions are mere imaginations. It takes practice, discipline and intentional efforts to bring our dreams to reality. The Bible in Proverbs 29:18 clearly highlights this fact: "where there is no vision, the people perish." Put simply, without putting in the time, effort and discipline your future requires, it's very easy to be overwhelmed and get lost in sexual pleasures that will rob you of your long-term blessings and fulfillment. How do you make sure that you're doing the right thing which your future self will be proud of as a teenager or young adult?

**1. Ensuring that you're making wise investments in your daily decisions.**

Let's look at it this way: your time, focus and efforts is a currency. What you use these three things to purchase today will determine the things you'll own tomorrow.

Two paths,two choices before you - ( a.)you either invest your time,energy and focus on youthful careless sexual escapades, teenage drama, fights over girls/boys and relationships,crying over heartbreaks, the list is endless. Or, (b.) You invest your time, energy and resources in excellent grades, mind-blowing skills in either tech or ay industry of your choice, staying fit and healthy by engaging in exciting sports, gyming, building your spiritual soundness, leading in interesting social clubs, traveling to explore new experiences and basically building the future you look forward to.

The question is, is it going to be A or B? You can't have both and you can't live twice. You only live once, like they always say. But what are you going to live for? There's a cheat code though: this is simply the fact that you can have B first, and when you've achieved your goals, you can settle down with your desired partner and have all the sex you want for the rest of your life. I bet you're wondering if it can work the other way round. Haha! The truth is, IT CAN'T. The same way you say A before Z, and not Z before A. Why? This is because if you choose to have the so-called fun and mess with your time and resources first, at the end of the day when you're ready to start over, you'd have exhausted your time and resources on the worst things ever. Falling in love and having sex at 28, 30, 40 is beautiful, but the question is, how beautiful is it to get your first bachelor's degree at 40? How sweet is it to be learning a skill you should have acquired when you were 18 or 20, at 35? The truth is, by the time you're even approaching 30, you'll be desiring peace,stability and love, and you'll be fed up with the careless sex and games, but if you've not built the life to accommodate this peace already, you'll be broke,begging, frustrated and irresponsible. You'll most likely be a burden to everyone around you.

What's the summary of all that we are saying? It's simple! Your youthfulness is for smashing goals, not people. God gave you that energy as a youth, to build the life you want to enjoy when you're older. For everything, there is a season and a time for every matter under heaven(Ecclesiastes 3:1). While the earth remains, seed-time and harvest, day and night, cold and heat, winter and summer shall not cease.(Gen 8:22). This means that, the same law that binds the seasons of winter and summer, day and night, heat and cold, is the same law that ensures that every man will get the results of his actions in due time(seed time and harvest). So, if you don't have to pray for day and night to occur, then be rest assured that your harvest is coming based on what you sowed. It's a natural law,programmed to ensure the circle of life is not cheated. Once again, I ask you, what kind of investments are you making for your future? What kind of future are you going to have judging from your current lifestyle?

Consider a young woman who dreams of becoming a doctor. By staying focused on her studies and avoiding the distractions of an unhealthy relationship, she graduates with honors and achieves her lifelong ambition. Contrast this with a peer who became entangled in a toxic relationship, leading to emotional burnout, a drop in grades, and an unfulfilled dream.

**2. Banking on delayed gratification.**

In general terms, delayed gratification can be defined as the power to resist temporary desires and temptations for long-term rewards. This is the lifestyle of successful people. The Bible further justifies this in Galatians 6:9, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Delaying sexual intercourse gives you the space to go after your success and your purpose. If you ask most young people today what their purpose in life is, 90% of them would be clueless and probably tell you they still have time to enjoy their lives. Delaying temporary relationships allows you to focus on developing your skills, discovering your purpose, and building a strong character. It’s about saying “no” to immediate gratification so you can say “yes” to a brighter future.

Life Story: Simone Biles is an Olympic gold medalist today who chose to prioritize her training and career goals over entanglements during her formative years. Her dedication paid off, as she became one of the most celebrated athletes of her generation. The full story can be found in her portfolio. Her story is one of the simplest illustrations of the power of focus and the rewards of delayed gratification.

Again, our ultimate example of all times, Jesus Christ, endured the cross for the prize that was set before Him. Hebrews 12:2: "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God." Jesus Christ encourages us to hold fast onto our Godly faith and endurance. God does not abandon us when we pass through temptations or suffer. "Blessed are those who suffer for righteousness sake, for theirs is the kingdom of Heaven."(Matt.5:10).

**3. Never forgetting the fact that sexual entanglements can distract us from our dreams**.

Early sexual relationships come with relationship issues, drama, heartaches and confusions that often cloud our judgment and mess up our priorities. Relationships in itself are not a taboo, but the baggage that comes with relationships can be a child's worst nightmare. This is why it is better to fully abstain from these relationships until you're a grown adult who has their life together, and ready to settle down in marriage. This way, you encounter the wholesome, safe, rewarding side of relationships, not the toxic aspects.

Involvement in early sexual relationships creates unhealthy bonds that are hard to break. This forces young people to remain in toxic situations that they shouldn't be in because of fear. Corinthians 6:18 warns us to "flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body."

**4. Laying the bricks for a healthy future free from mistakes.**

Staying focused does not imply that you shouldn't keep friends or speak to people, but rather, it means doing this with wisdom. This pattern helps us fuel our dreams, not hindering it with mistakes.

a) Write down your goals. It is well known by research studies that when a goal is being written down, the chances of achieving them are higher. It serves as a personal check and daily reminder of who you are and what you're living for.

b) Create necessary boundaries. Ensure that you protect your energy, time and resources from time wasters and distractions.

c) Do not associate yourselves with people you don't want to be like. Make sure your friends and companions will positively influence your goals."Walk with the wise and become wise, for a companion of fools suffers harm."(Proverbs 13:20).

d) Have an accountability partner like a respectable mentor, friend or member of your family who motivates you to stay on track.

In the Bible, Joseph is a prime example of someone who kept his dreams in focus despite immense challenges. Sold into slavery and falsely accused, Joseph never wavered from his vision. His dedication and faithfulness eventually led to him becoming the second most powerful man in Egypt, fulfilling the dreams God had placed in his heart (Genesis 37–41).

Susan was a young entrepreneur who dreamed of starting her own business in the tech industry. Looking at the disadvantages that she saw in most toxic relationships, she decided to postpone dating to focus on her career. After channeling her energy into her passion for about six years, she launched a successful company by her mid-twenties. She later got into a healthy, mature relationship with someone who supported her vision, proving that dreams and love can coexist when pursued in the right order.

**5. Ensuring that your faith is intact when pursuing your goals.**

Without faith, it's impossible to even believe in the possibility of your future. The ability to trust God and His timing always brings the strength to say no relationships that don't align with God's purpose for you. Jeremiah 29:11 reminds us, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” No matter how smart, strong or rich you may be, never stop praying over your dreams and future to get clarity, peace and discernment on what to do and what not to do.

In conclusion, sexual purity is a profoundly powerful declaration of faith and self-respect. It leads the way for a life of fulfillment, focus and discipline by having God at the center of your life. Remember Philippians 4:13, "I can do all things through Christ who strengthens me."

Your dreams are worth the sacrifice. By aligning your choices with your goals and trusting in God’s plan, you can build a future that reflects His glory. Remember, every decision you make today is a step toward the person you’re becoming tomorrow. Choose wisely, dream boldly, and trust God every step of the way.

**CHAPTER TWO**

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**TARGETING INFERIORITY COMPLEX : RECOGNIZING IT, OVERCOMING IT AND EMBRACING A LIFE WITH PURPOSE.**

More often than we notice, an inferiority complex is developed as a result of bad behaviors and negative outcomes of our decisions. You must understand the effects of inferiority complex if you are looking to experience profound personal development and maintain healthy relationships in life. Let's get down to exploring how inferiority complex affects people, and how to break free from its claws.

**1. What is an Inferiority Complex?**

Inferiority complex is a result of a nagging/constant feeling of not being enough(inadequacy) which often leads to unhealthy compensatory acts. These actions can show up as timidity, withdrawal, overcompensation or even aggression. For instance, teenagers often bully other school children because they feel a sense of low self-esteem and seek to feel better through being mean(dominance). This is one way to see that a child is mirroring their silent battles in toxic ways. That's their coping mechanism.

Children who come from broken homes or other physically/psychologically challenging backgrounds mostly try to hide their secret struggles by looking for recognition or validation from unthinkable places/actions. An old childhood acquaintance who I'll like to call Nucleus to keep him anonymous is a perfect example of this concept.

Even though he was very charismatic and intelligent, he was dealing with emotional scars that pushed him into trying to prove a point to himself by having countless sexual relationships with as many girls as he would come across. Of course, the attention he got from people while at his lame games was a means for him to seek validations, but the results of this was escalated conflicts and painful consequences he wasn't prepared for. All the girls fought for the sorry crown and wanted to keep him so they struggled to gain the most attention from him.

This is not any different from the way teenagers and youth get involved in the act of sex. Hence some of them in their bid to gain prominence within some clique would fight it out through sex by bringing the high and the mighty down on their bed but they do not know that way leads to the grave (Prov. 7:21-27).

Nucleus is one of the many examples we have in society today that portrays how an untended inferiority complex or insecurities is a quick vehicle to devastating disasters.

**2. Self-Worth and Behaviors**

The way we see ourselves greatly influences the way we relate to people around us. A lot of young adults today constantly struggle for approval and validation from everyone else but themselves, and at some point, they make grave decisions that reflect their low self esteem.

The problem is, it doesn't stop at telling lies to feel secure or bullying the next kid to feel better. They go further into the worst kinds of sexual relationships to fit into circles, jeopardizing their spiritual and emotional well-being.

Remembering what we are made of is one profound way to avoid such pitfalls in life. The Bible clearly tells us how God made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous and how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day is recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me,\* O God! They are innumerable! I can't even count them; they outnumber the grains of sand! And when I wake up in the morning, you are still with me! Psalm 139:13-18. (NLT)

Sometimes lack of love and reassurance from parents can have these negative effects on teenagers. It's usually said that if you have children and you do not show them love, someone else (who does not truly love them) would come with a sugar coated tongue, speak to them sweetly and lure them away to abuse them. They will easily fall victims because even though you love them as your children, sweet words and pretense (especially when a parent isn't intentional enough) will make a child fall prey for a wolf in sheep's clothing.

This is very common in today's society and that is the reason why it is the children who come from broken homes that are oftentimes a nuisance in society. In other cases, some parents stick together but are violent and exchange all sorts of abusive languages at home. These are the negative influences on their own children and society. When this happens, what happens to their children? They turn elsewhere for love and affection which is usually the opposite sex or peer pressure, who will in the name of showing them love, begin to abuse and expose them sexually.

God is not ignorant of this and that was why he spoke through the Psalmist concerning you "For you formed my inward parts, you covered me in my mother's womb". All who claim me as their God will come, for I have made them for my glory. It was I who created them." (Is. 43:7)

Keep it in mind that the Love of God is not fleeting, but constant and intentional. God's Love is the best news for children who have inherited these traumatic effects from their environments. He says, "For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'"(Jer. 29:11). You've probably not realized that God filled every part of you intentionally and created you with His own essence so that he can show forth his glory through you. He is not like some earthly parents who don't care about your welfare and how you feel. He intentionally(not mistakenly) fitted your body together beautifully (you are fearfully and wonderfully made) for only His glory.

Have you ever looked at yourself before the mirror, and realized how perfect you are? Do you ever pause amidst your business to say, " God, I see that you made me so beautifully and full of your glory. Thank you for making me with so much love and grandeur"? . Take a moment every now and then to appreciate how He has done a wonderful work to bring forth a unique you. The beauty or handsomeness that He gave you is so that you can glorify him with it.

I urge you to never forget that God is in control even when it seems your life is falling apart and the pressures around you are overwhelming. Take some minutes and gaze at yourself in the mirror. You're unique, carefully and wonderfully made, and God made you different for a purpose. If He wanted you to act and live carelessly like everyone else, He would have made you look just like them.

The story of Sarah in Genesis 12: 14-20 and Genesis 20:2-4 tells us of the power of Self-Worth and faithfulness in God. Sarah maintained her dignity in spite of trials. Despite being placed in compromising situations, Sarah upheld her integrity and glorified God with her beauty and character. Here's the background of the story: when they arrived in Egypt, everyone spoke of Sarah's beauty. Even the palace officials sang her praises to their king, Pharaoh, and she was taken into his harem. Abraham told people there that his wife, Sarah, was his sister.

Impressed, Pharaoh gave Abram many gifts because of her - sheep, cattle, donkeys, male and female servants, and camels. But the Lord sent a terrible plague upon Pharaoh Household because of Sarah, Abram's wife. King Abimelech sent for her and had her brought to him at his palace. But one night God came to Abimelech in a dream and told him, "You are a dead man, for that woman you took is married." But Abimelech had not slept with her yet, so he said, "Lord, will you kill an innocent man?( Gen 20:2-4) So Pharaoh's household called for Abram and accused him sharply because of what happened. "What have you done to me?" he demanded. "Why didn't you tell me she was your wife? Why were you willing to let me marry her, saying she was your sister? Here is your wife! Take her and be gone!" Pharaoh then sent them out of the country under armed escort; Abram and his wife, with all their household and belongings.( Gen. 12:14-20).

Now do you know that Sarah was 65 years of age when the servants of Pharaoh took her to be given in marriage to Pharaoh? Abraham had put this beautiful woman in a tight corner to make her commit adultery by telling the Egyptians that she was his sister, and not wife. There is something that is worthy of note in that incident.

God communicated his mightiness to Pharaoh and his kingdom because a woman served God whole-heartedly in all humility even though she was beautiful. What was paramount in her heart is to seek to please the one who gave her the beauty because she knew he gave it to her so she could reflect his glory. At this point the Bible had not told us that Abraham had become rich. In Fact he ran to Egypt so he could get some food to eat and survive. What do you think the environment of Pharaoh's palace would look like to Sarah, bearing in mind that Pharaoh was one of the greatest kings in the world at that time? Think of the serene and clean environment she would move into. Think of the servants and maid who will be at her beck and call. She would not because of that crush the image of God in her that was fearfully and wonderfully made. She did not see herself as inferior to the king because the one who gave her the beauty will also give her the throne at the right time.

You are a young person and somebody who you see has some change to spread around town with which he had been intimidating your neighbor calls you to bed. Think about what would be your reply.

**Lessons To Pick Out From Sarah's Story**

1. Like Sarah, we must recognize our worth as a reflection of God’s glory. Our outward beauty and inner strength should align with(and not oppose) His purpose for us.

2. Your physical and emotional well-being are gifts from God. Preserving them requires intentionality.

3. True beauty beyond artificial makeups - While external enhancements can accentuate appearance, true beauty is nurtured through inner peace, good health, and confidence in God’s design.

4. Aligning always with God’s plans for us - By honoring God’s purpose for your life, you ensure your actions and decisions reflect His glory.

5. Avoiding the setup to devalue or undermine your worth - never misuse your gifts or allow others to exploit them. God gave them to you for a divine purpose.

6. Read and meditate on Psalm 139 and Jeremiah 29:11, understanding you were created for a reason.

7. "Guard your heart with all diligence because out of it are the issues of life."

8. Surround yourself with positive influences and seek God’s guidance in challenging times.

By understanding your unique design and embracing God’s love, you can overcome feelings of inferiority and live a purposeful life. Trust in His plans, and He will lead you toward a fulfilling and meaningful existence.

**CHAPTER THREE**

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**GIVING GOLD TO THE SWINE - THE TRUE COST OF COMPROMISE.**

There are certain treasures of immeasurable value we hold that we must always hold onto such as integrity, purity, self-worth and visions. These treasures are so priceless that losing them can potentially ruin our entire existence on earth. However, little things happen here and there which cause us to compromise, and compromise is usually disguised as just a tiny act of trying to fit in, a decision that doesn't seem that harmless or something we refer to as "a small sacrifice." But the problem with these seemingly tiny "sacrifices" is that the consequences are grave and destructive. Each time we trade our pride, dignity or value for mere fleeting moments, it is a stupid act of giving away the "gold" in our lives to the "swine"(of little approvals and momentary pleasures).

**A. How Do We Consciously or Unconsciously “Give Gold to the Swine”?**

The term “giving gold to the swine” is obtained in the book of Matthew 7:6: "Do not give what is holy to the dogs; nor cast your pearls before swine, lest they trample them under their feet, and turn and tear you in pieces."

According to the context, swine represent those leeches around us who are not worth losing something precious to. Gold on the other hand covers our wisdom, virginity or bodies, identities, dreams, etc. Compromising on these "golds" often results in us losing ourselves, loss of dignity, brokenness and regrets.

When we compromise on our stands, it usually doesn't seem like we are doing something so big - rather, it sneaks up on us in little harmless choices like flirting with our colleagues, a harmless exchange of kisses here and there, paying for an exam because you're not feeling up to it, and basically trying to please people by ignoring your personal values.

In Genesis 25:29–34, we see how Esau trades his rightful place and inheritance for a bowl of food. His hunger blinded him, which caused him to give up something priceless for his belly. Just like Esau, sacrificing your purity and virginity can make you feel robbed after the excitement calms down, having given out something of immeasurable value for a foolish reason.

**1. How Expensive is Compromise?**

a) Emotional Costs:

• Regret- when you can't undo what you've done to yourself, you can only live with the regret for the rest of your life. Nothing changes the past.

• Guilt - acting against what you know mostly leaves a gnawing sense of guilt in your gut.

• Broken Relationship - compromise can erode trust and respect in relationships, potentially ruining the future that could have been.

b) Physical Costs:

- Loss of Opportunities: Poor choices can derail your future goals, whether academic, professional, or personal.

-Loss of sound health : a good percentage of incurable diseases today stems from wrong choices and relationship such as HIV/AIDS, High Blood Pressure, Heart Attacks, STI, Depression, the list goes on.

- Diminished Self-Worth: Giving away what’s precious can make you feel unworthy and disconnected from your God-given identity.

c) Spiritual Costs:

- Distance from God: Compromise often leads to sin, which separates us from God. Isaiah 59:2 reminds us, “But your iniquities have separated you from your God; your sins have hidden His face from you.”

- Missed Blessings: God calls us to obedience not to restrict us, but to position us for His best. Compromise takes us out of alignment with His will.

**2. Society’s Role in Encouraging Compromise**

In today’s world, society often downplays the consequences of compromise. The media glorifies instant gratification, relationships devoid of commitment, and success achieved at any cost. Social media portrays lifestyles and relationships that are often unattainable or fake, pressuring young people to conform. However, this pursuit often leads to comparing oneself to others and making poor choices to fit in.

Example from Modern Culture: Celebrities or influencers may glamorize behaviors such as casual relationships or excessive partying, but the behind-the-scenes stories of brokenness and struggles often remain untold.

**3. Protecting Your Gold – Practical Steps to Resist Compromise**

To avoid the trap of giving what is valuable to the swine of compromise, here are practical ways to stay grounded in your values:

1. Know Your Worth.

Understand that you are a child of God, created with purpose and value. Psalm 139:14 declares, “I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.”

2. Set Clear Boundaries.

Write down your personal and spiritual values. Establish clear boundaries for relationships, entertainment, and lifestyle choices. When you know where you stand, it becomes easier to say no to anything that doesn’t align.

3. Choose Accountability.

Surround yourself with like-minded friends who share your values and will encourage you to stay on track. Seek out mentors who can guide you in wisdom and love.

4. Focus on the Bigger Picture.

When tempted to compromise, think about the long-term consequences. Ask yourself:

- Will this choice bring me closer to my goals or further away?

- Does this honor God and the person I want to become?

5. Stay Connected to God

Regular prayer, Bible study, and worship strengthen your resolve and help you discern right from wrong. Proverbs 3:5-6 reminds us, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

2 Timothy 2:22 encourages us, “Flee the evil desires of youth and pursue righteousness, faith, love, and peace, along with those who call on the Lord out of a pure heart.” By choosing purity, you’re not missing out—you’re protecting your future and the treasures God has entrusted to you.

Your purity, dreams, and identity are treasures worth protecting. Don’t trade what is precious for temporary satisfaction or societal approval. Instead, recognize your value, trust God’s plan, and stand firm in your convictions.

When faced with the choice between compromise and integrity, remember: the cost of compromise is always greater than its so-called reward. Choose to honor God, pursue your dreams, and guard your “gold” for the worthy life He has planned for you.

**B. Sexual Effects On The Brain - Attachment, Not Love.**

Sex is an experience that profoundly affects how we feel, interactions, and even the manner in which our minds function. It is beyond simply an act of touching. God created sex to be a strong connection that unites two individuals in a way that transcends their physical selves. Understanding the mechanism behind this bond will enable us understand why God's design for marital sex is a gift strictly for a couple's psychological and spiritual well-being, as well as a moral requirement.   
  
**The Hormonal Impact of Oxytocin and Dopamine**   
Intense substances are produced by the brain during intimacy between two people. They foster connection and emotional ties. Oxytocin and dopamine are two important hormones that are involved in this process:   
 **1. The "Bonding Hormone" scientifically known as Oxytocin.**   
Given that it promotes emotions of trust, closeness, and connection, oxytocin is frequently referred to as the "bonding hormone." Oxytocin, which is released in large quantities during physical contact, particularly during sexual activity, effectively serves as an emotional glue to hold two people together. In the framework of a dedicated, loving marriage, this connection is ideal and lovely. The bad news is, it can also cause bonds outside of marriage that impede people's ability to leave unhealthy settings and complicate relationships. For instance, the emotional connection oxytocin creates might make it extremely difficult to end a casual sexual relationship if one subsequently discovers it is poisonous or incompatible.   
  
"Above all else, guard your heart, for everything you do flows from it," cautions Proverbs 4:23. Oxytocin serves as an example of how this is a scientific as well as a spiritual truth. Premarital sex can prevent needless emotional entanglements if we don't protect our hearts.   
 **2. The "Feel-Good Chemical": Dopamine**  
The neurotransmitter dopamine is in charge of rewarding pleasurable emotions. It is released when engaging in joyful activities including eating, exercising, and having sex. It can be quite tempting to pursue sexual closeness outside of God's purpose since dopamine makes it feel good. Emotional crashes can result from pursuing this fleeting high without the support of a committed partnership.   
- When physical intimacy-based relationships fail, the loss of the dopamine "high" can lead to sadness, feelings of worthlessness, and heartbreak. This can cause an unhealthy circle for us such as cheating on a spouse we love by the inability to let go of the past, or even falling into depression after ending a wrong friendship or relationship.  
  
"Do you not realize that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?" is what 1 Corinthians 6:19–20 informs us. You were purchased; you are not your own. Thus, use your body to praise God. Understanding the potent effects of dopamine ought to motivate us to utilize our bodies for purposes that glorify God rather than for fleeting pleasure.

**Emotional Effects and Repercussions of Early Sexual Attachments.**

There are various effects created by emotional ties from oxytocin and dopamine.

I. Unrealistic Expectations from an obvious mistake.

A sexual connection can frequently be mistaken for true love. This may lead you to ignore warning signs or continue in harmful partnerships.

II. Heartbreak: The emotional pain of breaking these relationships is greater than that of a normal breakup. In essence, the brain experiences withdrawal from dopamine and oxytocin, just like when an addiction is broken.

III. The inability to move on: It may be more difficult to build strong links in subsequent relationships if sexual attachments are formed too soon. The emotional baggage from prior experiences might lead to trust issues, insecurity, or fear of commitment.

According to Matthew 6:22–23, "The eye is the lamp of the body." Your entire body will be illuminated if your eyes are healthy. However, if your eyes are not healthy, darkness will permeate every part of your body. We run the risk of making our lives more confusing and painful when we prioritize bodily pleasure over emotional and spiritual well-being.

**Useful Suggestions for Protecting Your Mental Health and Heart.**

**1.** Establish Clear Physical Boundaries:   
Establish your emotional and physical limits in relationships and be sure to express them properly. Being aware of your boundaries enables you to stay out of potentially tempting circumstances or mistakes.   
  
2. Establish Moral and Emotional Understanding:   
Prioritize developing a deep emotional bond via supportive interactions, shared ideals, and meaningful dialogue. This lays the groundwork for a relationship that lasts without the need for physical closeness.   
  
3. Ensure that you surround yourself with support:   
Look for mentors and friends who are as dedicated to purity as you are. You may maintain your integrity by surrounding yourself with people who share your ideals.   
  
4. Renew Your Mind with Scriptures: Frequent study of God's Word can help you remember His purpose for your life. The Bible encourages us to concentrate on "whatever is true, whatever is noble, whatever is right." Philippians 4:8.   
  
5. Pray for strength and direction:   
In your relationships, always ask God to help you honor Him. One effective strategy for maintaining chastity is prayer because the adversary, the devil, is like a roaring lion looking for whom to devour.

In conclusion, It’s easy to get caught up in the moment and think that certain choices won’t matter down the line. But the truth is, every choice we make has a consequence. When we give in to pressures and compromise our values, we might feel a temporary sense of excitement or thrill, but more often than we admit, it’s followed by regret. The thrill fades, but the consequences linger.

Think of purity as protecting your future self. Imagine the person you want to be five, ten, or even fifteen years from now. How do you want to look back on the decisions you’re making today? Will you be proud of them? Will you be able to say that you honored your values and protected your heart?

Give gold to the pig and see what it is likely to do with it. Of all the things God created, where do you think you fall, the last and best of his creation? Or something less? Remember Nucleus as the beginning of this book; as many girls as he saw wanted his attention, he gave it to them, made a mess of their body and within a few weeks he sent them off and that was the kind of life he lived. Why are you going out of your way to give your gold to the swine? It will mess it up. Some people even seek to defend the swine, and will say, "Harry is just going through a tough time, he will change. He appreciates me and takes good care of me." Truth is, No man can take care of you like God would, so why are you not submitting to Him? Do so today and He will fulfill His promises in your life.

**CHAPTER FOUR:**

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**UNDERSTANDING YOUR TRUE WORTH BY SEEING YOURSELF THROUGH THE CREATOR'S EYES.**

When last did you pause what you're doing and take a moment to think about what you're truly worth? I'm not talking about social media popularity or the number of likes and followers we have, I'm referring to your profound, unfaltering worth that doesn't change like the weather, and the value you hold irrespective of your current situation in life. I need you to understand that this kind of worth is not gotten from the people and connections we have; it comes from knowing who you are in the eyes of God.

A lot of us have found ourselves in situations in life that make us question how much worth we have, or even make it impossible to believe we are valuable. However, there are other questions that are more important than how we look, who we know, or how people see us. And chief among them is - HOW DOES GOD SEE YOU?

**A. Seeing Yourself Through God's Eyes:**

One of the sweetest realities about our relationship with Our Father is that He sees us even in our darkest moments and sees us fully (including our fears, strengths, dreams, flaws, and basically everything the eyes of man are too limited to see).

1. 1 Samuel 16:7 ESV - But the Lord said to Samuel, “Do not look at his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.”
2. 1 John 3:1 -See what kind of love the Father has given to us, that **we should be called children of God; and so we are**. The reason why the world does not know us is that it did not know him.
3. Ephesians 2:10 - For we are **his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.**
4. 5. 1 Peter 2:9 - **But you are a chosen generation, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.**
5. Psalm 139:13-16 - For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for **I am fearfully and wonderfully made.** Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.
6. Romans 5:8 - But God shows his love for us in that **while we were still sinners, Christ died for us.**
7. Romans 8:38-39 - **For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.**
8. Ephesians 1:4-5 - Even as he chose us in him before the foundation of the world, **that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will.**
9. Matthew 5:14 - “You ar**e the light of the world**. A city set on a hill cannot be hidden.
10. 1 Corinthians 3:16 - Do you not know that you are **God's temple** and that God's Spirit dwells in you?
11. Colossians 2:13-14 - And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, **having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.**
12. John 15:15 ESV - No longer do I call you servants, for the servant does not know what his master is doing; **but I have called you friends,** for all that I have heard from my Father I have made known to you.
13. Galatians 4:6-7 - And because you are sons, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father!” **So you are no longer a slave, but a son, and if a son, then an heir through God.**
14. 2 Corinthians 5:21- For our sake he made him to be sin who knew no sin, so that in him we might **become the righteousness of God.**
15. Romans 8:14-15 - For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, **but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”**
16. Matthew 5:13 - **“You are the salt of the earth**, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.
17. Galatians 3:26-27 - **For in Christ Jesus you are all sons of God, through faith.** For as many of you as were baptized into Christ have put on Christ.
18. Psalm 139:14 - I praise you, for I am **fearfully and wonderfully made.** Wonderful are your works; my soul knows it very well.
19. 2 Timothy 1:7 - **For God gave us a spirit not of fear but of power and love and self-control.**
20. Ephesians 2:19 - So then you are no longer strangers and aliens, but you are **fellow citizens with the saints and members of the household of God,**
21. 2 Corinthians 5:17-21- Therefore, if anyone is in Christ, he is **a new creation.** The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, **not counting their trespasses against them**, and entrusting to us the message of reconciliation. Therefore, **we are ambassadors for Christ, God making his appeal through us.** We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him **we might become the righteousness of God.**
22. Romans 8:37 - No, in all these things **we are more than conquerors through him who loved us.**
23. Romans 5:1-2 - Therefore, since we have been justified by faith, **we have peace with God through our Lord Jesus Christ.** Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.
24. John 15:13 - **Greater love has no one than this, that someone lay down his life for his friends.**
25. Psalm 147:5 - Great is our Lord, and abundant in power; H**is understanding is beyond measure.**
26. Ephesians 2:4-5 - But God, **being rich in mercy, because of the great love with which he loved us,** even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—
27. Ephesians 1:4 - Even as he chose us in him before the foundation of the world, that we should **be holy and blameless before him. In love.**

Take a moment to meditate and understand the verses above. You didn't come into this world by chance, but you were intentionally created, and you are cherished and profoundly loved by God. Let that sink in. When you have really gotten the value God has placed on you, you realize that random societal standards or people's ideas of worth have nothing to do with how much you're worth in God's eyes. God will still give His own Son all over again if He had to do that to reconcile you to Himself. He designed you with a purpose and keeping yourself pure and free from sexual immorality is one way to respect/honor His purpose, and value yourself as He values you. Never lose sight of how God sees you.

**B. How Do You See Yourself? The Power of Self-Respect:**

After God, the next person who determines your value is YOU. Whether we acknowledge it or not, our decisions and choices will always be a measuring scales for the value we place on ourselves. If only we knew the effects of accepting disrespect for our values and boundaries, we would do better in making choices that only aligns with honor and dignity. Failure to do this has the potential capacity to ruin your confidence and self esteem, as well as the courage to embrace your purpose.

**How Do You Represent The Respect You Hold For Yourself?**

1. Only entertain relationships that aligns with your value. The moment a relationship begins to fall short of your dignity or purity, or even becomes toxic, do not wait for something fatal to happen before you realize that its no longer a safe space for you.
2. When you set goals, stick to them. A lot of people that come into our lives are elements of distractions and confusions, and you must not compromise your standards and targets to accommodate these distractions.
3. Prioritize and value your time because if you don’t, no one else will. Its as easy as anything. If people realize you have forever to waste your time and engage is meaningless relationships, they will go for it and drain you till they find the next interesting thing. Learn to say no when it is called for, and keep everyone where they ought to remain in your life. Do not make long term choices with temporary people.
4. Protect your peace and do not give room for situation-ships. Most times when we are at a point to choose our peace or entertain drama, we are often faced with manipulations and accusations to make us stick with chaos. Protecting your peace involves distancing yourself from people who only bring chaos, confusion and disrespect into our lives and ultimately walking away from any relationship that doesn’t align with who you are.
5. Don’t downplay on your appearance. Always look put together because our appearance introduces us first, before anyone gets to have a conversation with us. If you show up as a whore, you will be treated as one, and if you show up as a person with dignity and self respect, you will earn respect. Also, have a good posture and stand tall while at it, your body language also allows people to peek into your mind.
6. Do not downplay on your physical and mental well being. Eat healthy meals, stay fit by exercising, have a healthy body care routine, get maximum rest no matter how hard you work, go for check ups and seek help when you need it. Your well being and the efforts you put into it are non negotiable.
7. Investing in knowledge and skills a one of the most profound ways to show your value. When you chase growth, be it in improving in areas you were lagging behind, or in something novel, it show ho much believe you have in your potentials and the person God has made you to be.

**CHAPTER FIVE**

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### CLARIFYING THE FALSE NARATIVES THE WORLD TELL ABOUT SEX.

People always say “ if you tell a lie repeatedly, and tell it loud enough, it slowly begins to seem like the truth..” That is exactly what the world does. The lies they tell are convincing, persuasive, loud, and very relentless when it comes to premarital sex. It is so bad that everywhere we turn, such as TV series, music, movies, news, social media, and the rest, we are being lied to and made to believe that everyone is doing it. Waiting now appears unnecessarily and old-fashioned, and people are holding on to the narrative that sex equals love.

The heartbreaking part of these lies is that not only are they misleading, they are dangerous. This chapter explores the false myths and lies we are told, and throws ample light on what each and every one of us needs to know about these myths.

**Lie No. 01 - “Sex Proves Love.”**

#### Sex and love are mostly considered as synonyms and that is a fallacy. True love satisfies and endures, and goes far beyond sexual intercourse. The tingling in your body and cravings to peel off your clothes is not love. Love sprouts from true commitment, respect for one another, loyalty and selflessness. *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."* 1 Corinthians 13:4-7.

People mostly go into relationships because of the body they see and the sex they look forward to, and this makes it difficult to find fulfillment or true commitment in these relationships. *Journal of Sex Research* published a study that proves that people who find themselves in relationships that revolve around sex(not love)exhibit low self-esteem and regrets, compared to other people who only practice intimacy in wholesome relationships. While society tells us that careless sex is a sign of love, God intends sex to be a covenant between man and wife and anything that works against that is bound for chaos.

**Lie No. 02 - “ If You Don't Explore, You Won't Find Yourself”**

First of all, your identity as a person can never be discovered by the number of sex you've had as a person; it is identified by your individual purpose in life, your unique path, and ultimately, your relationship with your Creator. The so-called modern culture tells you that having different sexual relationships is one way to discover your identity, but the truth is, they just want you to be like them, and to believe that without doing these things you're missing out on something important.

Understand this lie as a trap and know that experimenting can seem exciting, but you don't need people's validation to be what God says you will be. Don't waste your time chasing people and assuming you'll find yourself in them; invest that energy into exploring your gifts, talents, passions and faith in God and you’ll discover who you really are. *“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* Ephesians 2:10. Your identity is rooted in the fact that you were created with intention and purpose, not in multiple sexual experiences.

**Lie No. 03 - “There Is No Harm In Casual Sex Or Relationships.”**

It’s common to hear people say, “don’t worry we’re just having fun and there’s no strings attached.” That’s a pathetic lie they tell themselves to feel better. There are lots of strings attached. Every relationship we enter into has an effect on us whether we realize it or not. Imagine gluing two pieces of paper together, and then trying to separate the two sheets. It doesn’t go as smoothly as you planned, does it?

Each time you get intimate with anyone and tear away from them, it leaves you both wounded and a part of you remains with each other. That’s not all; you become so torn over time that when you eventually decide to settle down with your spouse, it’s almost impossible to offer a whole unbroken version of yourself to them because you’re coming with a lot of emotional holes and baggage which you carried elsewhere to your future . So yes, there are always lots of strings attached. Proverbs 4:23 tells us, *“Above all else, guard your heart, for everything you do flows from it.”*

**Lie No. 04- “If You Love Me, You’ll Give Me Your Body.”**

This misconception is nothing but a manipulation to steal your most valuable gold and it mostly comes from a swine. If you're not firm on your decisions, you find yourself in a trap to sell your soul for validation just because you think you’re in love.

This leaves you wounded and in most cases, you’ll need therapy to recover from such a toxic liar. True love understands boundaries and it is not selfish.

**Lie No. 05 - "You're Wasting Your Time, Everyone Does It Sooner Or Later.**"

The world would make you assume everyone is having premarital sex just to make you feel out of place. They paint premarital sex as being unavoidable and inevitable.

But while the number of people upholding this narrative is alarming, we also have a great number of self aware people who are intentionally choosing to remain unstained and wait till marriage to enjoy sex the way God approves of it. It's okay to not follow the noise. In 1 Peter 1:16, God tells us, *"Be holy, because I am holy."* Waiting is very possible and always worth it.

**Lie No. 06 - “Waiting Is A Burden.”**

When it comes to the subject of sex, people around us often downplay the importance of self control. They're all in for instant gratification. Worst is, they make self control seem like such a sad burden, and it makes one wonder, when did having self-control ever become a burden? Purity comes with long lasting rewards that will always outweigh the temporary pleasure from casual sex.

A study conducted by the University of Chicago found that couples who waited until marriage to have sex reported significantly higher levels of happiness and sexual fulfillment in their relationships. Why? Because their foundation was built on trust, communication, and emotional intimacy—not fleeting physical attraction.

The world portrays waiting as a burden, but in reality, it’s an investment. By waiting, you’re protecting your heart, preserving your self-worth, and setting yourself up for a future relationship that’s built on respect and mutual honor. As Jesus said in John 10:10:  
*"The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."*

When you choose purity, you’re choosing the abundant life Jesus promises—a life of peace, joy, and unshakable confidence in His plan for you. *"But those who wait in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."(Isaiah 40:31).*

**Lie No. 07- "It's Your Body and You Can Do Whatever You Wish "**

Humans have free will to make their own choices and whatnot, but often fail to remember that we do not own our bodies because we didn't create ourselves. They belong to the Maker of these bodies we claim is ours to explore.

Prioritizing spiritual obedience must always come before personal desires as God's chosen people.*" Do you not know that your body is the temple of the Holy Ghost which is in you, which you have of God, and you are not your own? For you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."* When you finally realize that your body is God's sacred temple, you begin to see why your choices must reflect God's holiness, purity and love for you.

**Lie No. 08 - "If You Ever Made A Mistake Before Now, There's No Point In Stopping Now "**

A lot of people feel guilty and unworthy of God's forgiveness and love because of this stinking lie. But, who did Christ come for? For the righteous? Or to reconcile sinners to God? Saying there is no going back once you've made a mistake is a trap to keep you in sin. And the more time you spend wasting yourself in sin, the more ruins you bring to yourself. Paul asks, shall we continue to sin that grace may abound? Of course not, because if that happens, we take the grace of God for granted.

God’s mercy knows no bounds, and no matter the mistake you think you've made, He is going to put you back together again. Do not let yourself rot away in self condemnation. Psalm 103:12 reassures us of God’s forgiveness: *"As far as the east is from the west, so far has he removed our transgressions from us."*   
Never forget that your mistake can be corrected only if you find your way back to The Father and genuinely let Him transform your life. No matter the damage that has been done, it is not too late to start afresh and save your future.

Jeremiah 29:11 reminds us of God’s plan:  
*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*  
Trusting God with your future means honoring Him with your present choices.

**Lie No. 09:** “**Sex Completes You As An Adult”**

This lie seeks to deceive people to believe sexual intimacy is a solution to emotional voids. Here, a girl with an absentee father might try to fill that vacuum with immoral relationships. The men on the other hand may even assume sex is what completes a man or gives their lives meaning. But this is what happens; they have tons of sex with people of different shapes, sizes and races, but the emptiness only gets worse. They end up lonely in the midst of plenty and sad with fake smiles on their lips. Psalm 16:11 reminds us:  
*"You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures in your right hand."* Fulfillment comes from walking in God’s purpose and experiencing His joy, not from temporary pleasures.

Searching for completion from sexual relationships leads to the worst kinds of disappointments. **Colossians 2:10 And you have been made complete in Christ**, who is the head over every ruler and authority.

**Lie No. 10: “You're Not Jesus Christ, You Need To Enjoy Yourself Because God Knows You Can't Overcome Temptations.”**

This particular lie strips listeners of their faith in God's grace and sustenance. However, God has reassured us that He will never leave us alone in our struggles and His grace is sufficient to carry us through. *"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."*  
God always provides a way to resist temptation. With prayer, accountability, and reliance on His strength, victory is possible.1 Corinthians 10:13.

These aren't all the lies the society tries to shove into our heads, but the spirit of God will always be there to help you discern the lies that come from the pit of hell to trap our lives and thwart our destinies. By identifying and countering these lies, you can walk in truth, protect your heart, and align your life with God’s purpose for you. Waiting isn’t deprivation—it’s an earnest preparation for the mindful life God has planned for you.

### Practical Wisdom to Counter These Lies.

*"And ye shall know the truth, and the truth shall make you free.”* (John 8:32)

The devil loves to manipulate and deceive people with lies and half truths, but God has given you the Holy Spirit for discernment, wisdom and faith. Understanding the lies is only a part of it, you need to be grounded in ways to stay safe from their traps. The following steps will serve as a guide:

1. **Choose A Likemimded Support System**

Be around friends, mentors and believers community that promotes purity and godly living. Accountability partner can help you stay committed and motivated to achieve your life goals.

**2. Be Thrilled To Embark On The Journey**

Living a life that is in accordance with God's words gives you freedom, peace and the gift of Holy Spirit. Be happy to be in this path, that's different from the world's. Celebrate your spiritual growth as every step takes you closer to God's perfect plan for your life.

**3. Keep Growing Your Understanding Of Gods Word**

Enrich your mind with God’s words. Romans 12:2 says,  
*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

The more you enrich yourself in the words of God, the more you'll have power to overcome the world's deceits and temptations.

**3. Be Highly Selective Of What Influences You**

Be mindful of the content you receive from the media, the friends you surround yourself with, and the environment you find yourself in. Surround yourself with positive people and content that uplifts your commitment to the ways of your Maker.

**4. Keep Your Eyes On The Reward of Tomorrow**

Don't only think about today, think about your future. What you do today dictates what your future will be. Before you take an important step, ask yourself: Will this choice bring me closer to my life goals? Does it honor God and His purpose for me?

For Instance, a young woman called Mary in the Bible decided to remain pure despite peer pressure. She was not only pure with her body but also pure heart. God sees a great life she's lived and chose her to give birth to our Lord Jesus Christ.

**5. Have Absolute Trust In The Plans Of God**

God has the best plans for you, even more than the plans you have for yourself. He loves you dearly, more than anyone could ever love you. Trust him, abide by his will and live a life that's in accordance with Hi will. Trust that His ways are higher than yours (Isaiah 55:8-9).

**6. Take Your Eyes Off The World And Its Patterns**

Your choices today can have a significant impact on your future. While the world concentrates on short-term pleasure, God wants you to store your treasures in heaven. **Matthew 6:19-21:** "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also".

Waiting for God's timing is an act of obedience that enables everlasting blessings.

As the world continues to be more loud about sex, you should not engage them. You've chosen to honor God with your body and your life and its greatly rewarding. You're protecting yourself from immorality of life, and setting your life for meaningful relationship that honors God.

Let the Words of Jesus always resound in your heart . When you walk in truth, you experience the freedom, joy, and peace that the world can never offer. Choose the truth. Choose purity. Choose God’s best for your life.

By overcoming these lies with God's word which is truth, you enable yourself to live a fulfilling life. Jesus came so we can have power over sins, and overcome the world and its deceit. Avoid the fake promises from your peers. Choose God, and experience the fullness of the great life God has for you.

### CHAPTER SIX

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### LOVE AND LUST: THE BATTLE OF THE MIND

In the spring, at the time when kings go off to war, David sent Joab out with the king’s men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem. One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her. The man said, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.”

Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. The woman conceived and sent word to David, saying, “I am pregnant.” So David sent this word to Joab: “Send me Uriah the Hittite.” And Joab sent him to David. When Uriah came to him, David asked him how Joab was, how the soldiers were and how the war was going.

Then David said to Uriah, “Go down to your house and wash your feet.” So Uriah left the palace, and a gift from the king was sent after him. But Uriah slept at the entrance to the palace with all his master’s servants and did not go down to his house.

David was told, “Uriah did not go home.” So he asked Uriah, “Haven’t you just come from a military campaign? Why didn’t you go home?”Uriah said to David, “The ark and Israel and Judah are staying in tents,[[a](https://www.biblegateway.com/passage/?search=2 Samuel 11&version=NIV" \l "fen-NIV-8271a" \o "See footnote a)] and my commander Joab and my lord’s men are camped in the open country. How could I go to my house to eat and drink and make love to my wife? As surely as you live, I will not do such a thing!”

Then David said to him, “Stay here one more day, and tomorrow I will send you back.” So Uriah remained in Jerusalem that day and the next. At David’s invitation, he ate and drank with him, and David made him drunk. But in the evening Uriah went out to sleep on his mat among his master’s servants; he did not go home.

In the morning David wrote a letter to Joab and sent it with Uriah. In it he wrote, “Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die.” So while Joab had the city under siege, he put Uriah at a place where he knew the strongest defenders were.When the men of the city came out and fought against Joab, some of the men in David’s army fell; moreover, Uriah the Hittite died.

Joab sent David a full account of the battle.He instructed the messenger: “When you have finished giving the king this account of the battle, the king’s anger may flare up, and he may ask you, ‘Why did you get so close to the city to fight? Didn’t you know they would shoot arrows from the wall? Who killed Abimelek son of Jerub-Besheth[[b](https://www.biblegateway.com/passage/?search=2 Samuel 11&version=NIV" \l "fen-NIV-8281b" \o "See footnote b)]? Didn’t a woman drop an upper millstone on him from the wall, so that he died in Thebez? Why did you get so close to the wall?’ If he asks you this, then say to him, ‘Moreover, your servant Uriah the Hittite is dead.’”

The messenger set out, and when he arrived he told David everything Joab had sent him to say.The messenger said to David, “The men overpowered us and came out against us in the open, but we drove them back to the entrance of the city gate. Then the archers shot arrows at your servants from the wall, and some of the king’s men died. Moreover, your servant Uriah the Hittite is dead.” David told the messenger, “Say this to Joab: ‘Don’t let this upset you; the sword devours one as well as another. Press the attack against the city and destroy it.’ Say this to encourage Joab.”

When Uriah’s wife heard that her husband was dead, she mourned for him.After the time of mourning was over, David had her brought to his house, and she became his wife and bore him a son. But the thing David had done displeased the Lord. (2 Samuel 11).

**A. The Destructive Nature of Lust - Lessons From The Story of David.**

1. **Lust often leads to wickedness, deception and more layers of sin as in David’s lust which led to manipulations and murder.**
2. Lust should be taken seriously because it comes with a lot of harm and room for evil if not carefully checked and corrected. As upright as David was prior to this time, his lust caused him to commit adultery and break Gods commandment without second thoughts.
3. Allowing your eyes to linger where it shouldn’t be would most times cause your unhealthy desires to take control. By entertaining lustful thoughts, we can be led into a web of complications that would be difficult to undo.
4. We set ourselves up for temptations by not diligent and purposeful in our places of duty. Idleness is usually an opening for sin. David was supposed to be in the field with his army behind him, but rather, he stayed back and found his way into temptation.
5. Lust often leads to abuse of power where people manipulate their positions to have their way just as in the case of David. The repercussion of this filthy action is that God sees even the innermost content of a mans heart and his intentions. Even though forgiveness may come later, the consequences will always be excruciating.

**B. Now That We Know What Lust Looks Like, What Is Love?**

Love can be described as a genuine affection and care for anotherperson, that is deep, unselfish and scrificial. While love is mostly deeme as just an emotion of wanting or caring for someone, it is rather more of an intentional decision to cherish, honor and keep someone safe. The Bible's definition of love will always be timeless in 1 Corinthians 13: 4-7; "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

John 3: 16 tells us of the greatest love story ever known, of how much God loves the world hence, He had to send His only begotten son to die for our sins just to reconcile us to Himself.

In Genesis 29:20 as well, Jacob and Rachel paints love from the perspective of endurance. Seven years was nothing when Jacob had to work to marry Rachel because of his genuine love for her. Lust wouldn't have endured that, but would have moved on to someone else thinking it's not worth it, but Jacob's love was not just patient but sacrificial.

Lust on the other hand drives at the urge to satisfy one's selfish, self-centered and impatient desires. Ammon and Tamar in 2nd Samuel 13 is a good example of lust's destructive desire. Ammon was infatuated by the beauty of his half-sister Tamar, but his feelings were brazen lust, not love. He was not in love with her but manipulated her, and forcefully raped her when she brought him food when he pretended to be sick. Afterwards, Ammon hated Tamar more than he had loved her before the rape.

This is a polar apposite of Jacob's love for Rachel in **Genesis 29:20**. Lust is mostly a transactional business which focuses on immediate pleasure, rather that long lasting fulfilment. David's story above paints a perfect picture of the selfish, destructive nature of lust. "For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world." (1 John 2:16)

**C. Love and lust are polar opposites but they have certain similarities that can leave one confused, or mix up the both. These are:**

√ They both involve strong affections towards each other. Both love and lust can evoke strong feelings of passion, desire, and attachment and these emotions can make it hard to distinguish between the two, especially early in a relationship.

√ Both love and lust have common desire to be around each other. Love and lust both spark a longing to be with the other person. However, while love desires emotional, spiritual, and physical closeness, lust focuses almost exclusively on the physical.

√ Both love and lust creates an overwhelming feeling of longing, but the outcome decides which is what. The initial stages of both love and lust can be overwhelming, filling you with excitement and nervous energy. However, while love deepens over time, lust often fades as quickly as it began.

**D. However, There are key differences of love that should never be taken for granted.**

1. While lust is impulsive and hasty, love takes its time.(1 Cor. 13:4)

2. Lust usually looks for what it can get, while love seeks for how it can give.(John 3:16)

3. Love builds trust, genuine respect and intimacy in its purest form, while lust ruins or destroys these elements because of selfish interests.

4. Lust does not have any regard for the other party, love uphold honor and dignity. "Be devoted to one another in love. Honor one another above yourselves." (Romans 12:10)

#### 5. Love creates peace and emotional satisfaction, love brings anxiety, chaos and traumas. (Romans 8:6).

**E . How To Always Know If It's Lust You're Dealing With, Or Love.**

1. Speak to yourself and answer certain questions honestly: is this person helping me to grow closer to God?

2. Evaluate the things they do: How much do they respect my beliefs, personality or boundaries?

3. Examine your intentions: are you seeking to instantly quench a longing, or do you wish to build a future together?

### **F. Practical Ways to Walk In Love**

1. **Guard Your Heart:**   
   Proverbs 4:23 tells us, *“Above all else, guard your heart, for everything you do flows from it.”* Be careful about the things you listen to, the content to read, the conversations you engage in, and person you be in a relationship with.
2. **Set Clear Boundaries**
3. Have clear boundaries to protect yourself from some certain things that may have negative impact on your life. Have your standards and let your standards align with the words of God.
4. **Seek God’s Guidance:** Always seek God's guidance on any relationship journey you want to embark on. Ask God any questions you may have, he loves you and he will always be there to assist you in any way you want him to

**V. Surround Yourself with Accountability :** Build relationships with people that can help you in your pursuit of purity. Feel free to seek advice from your mentors or parents who have experience and can guide in the right path.

### **G. Steps To Consider When Looking Out For The Purest Form Of Love.**

### Compare and study how love is meant to be in 1 Corinthians 13 and follow other examples from the scriptures. Let God’s Word guide your understanding of love in your relationships.

* Ask for God's gift of discernment so that you can recognize the difference between love and lust. Pray for the strength to walk away from any relationship that's based on lust and pursue the one that's built on love.
* Build a strong friendship first before diving into a romantic relationship. Friendship will make you understand each other deeply. True love usually grows out of good friendship.

Summary, even though these two things have certain similarities , their repercussions are like fire and rain, different. However, understanding what love and lust looks like will help you stay on the right path and choose what's best for your destiny. John 10:10, “The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.” Lust is a thief—it steals purity, kills trust, and destroys hearts. Love, however, brings life in abundance.

Choosing love will always keep you honoring God, and truly valuing the person you love.

**CHAPTER SEVEN**

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### A HOLISTIC APPROACH TO PURITY THAT IS BEYOND SEXUALITY - NURTURING GODLY FRIENDSHIPS AND RELATIONSHIPS.

We’ve all heard the saying, *“Show me your friends, and I’ll show you who you truly are.”* This statement highlights a profound truth: the people we surround ourselves with greatly influence our character, values, and direction in life. When we hear the word "purity," it’s often associated with sexuality.

However, purity is much broader than abstaining from sexual immorality. True biblical purity encompasses every aspect of our lives: our thoughts, words, actions and our daily associations. It’s a daily, intentional pursuit of reflecting God’s holiness in all we do.Friendships and relationships have the power to either encourage you in your walk with God or lead you down paths of compromise.

Achieving holistic purity entails bringing your body, mind, and emotions into harmony with God's will. Avoiding sexual immorality is only one aspect of it. Every decision you take daily should actively pursue righteousness, honesty, compassion, and love. When we follow this path, our way of life will ultimately demonstrate our devotion to Christ.*“Blessed are the pure in heart, for they shall see God.”* (Matthew 5:8)

1. **Purity In Thoughts - Protecting our Minds:**  
   Temptations, anxieties, and immoral thoughts frequently target our minds, which are like a battlefield. Purity in thinking involves our conscious concentration on what is honorable, true, and pure.

**How To Protect Your Mind:**

a. Reflect on the undiluted Word of God for His leading. The Bible feeds our minds and shields our imaginations from negative thoughts, desires and influences. "Be transformed by the renewing of your mind, and do not conform to the pattern of this world." (Romans 12:2)

b. Steer clear of toxic or unhealthy media. Our thoughts are influenced by the things we invest our eyes and ears on. Pay attention to what you read, watch, and hear. For instance, if a certain channel you were watching on TV suddenly starts displaying unhealthy content, it may be time to switch to a more positive TV program.

C. Always be thankful to God for how far He has sustained you. Consciously develop an attitude of gratitude. Substitute thankfulness for pessimistic or envious thoughts.

In simple terms, it is important to note that your personality and actions is like a garden, while your mind is the fertile soil. This implies that whatever seeds you plant will bloom in abundance. It doesn't matter if it's good or bad. Hence, negative thoughts equals a negative life/reality and godly or pure thoughts equals a beautiful harvest of righteousness.

### 2. Purity In Our Speech: Speaking Grace-Filled Words.

Think of when God created the universe. He spoke and it became everything He uttered. Most times we don't realize how powerful our words are as children of God. Our simple utterances can raise someone up, or ruin them, hence why it is our place to consistently speak life, hope, love, healing, kindness, goldliness and purity to everyone around us. *“Let no unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.”* (Ephesians 4:29)

### 3. Being Pure In Our Deeds: Living A Life of Integrity.

Our actions and deeds portrays purity when these actions aligns with the ways of God. How do you treat others? How do you react in challenges? And most importantly, does your actions align with God's commandments?

Purity in actions means aligning your behavior with God’s commandments. This includes how you treat others, how you use your time, and how you respond to challenges. *“The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.” (Proverbs 11:3)*

In a world that often prioritizes superficial connections, building godly friendships and relationships can be a challenge. Yet, these relationships are critical to living a life that honors God and fulfilling your God-given purpose.

### 4. Being Pure In Relationships: The Point In Surrounding Ourselves With Like-minded People.

1. **Our Friends Positively or Negatively Influence Our Behaviors.**

*“Do not be misled: ‘Bad company corrupts good character.’”* (1 Corinthians 15:33)  
Also 1 Kings 11:4 shows us how King Solomon who was known for his wisdom eventually compromised his commitment and devotion to The Almighty God after he started relating with the pagan wives. They led him to their idols.

1. **They Hold Us Accountable And Encourage Us To Stay On The Right Path.**

*“As iron sharpens iron, so one person sharpens another.”* (Proverbs 27:17)

Sometimes we are prone to certain mistakes and weaknesses but the Holy Spirit nudges us, and also sends help through our godly associates to remain upright.

1. **They Render Encouragement In Difficult Times.**

*“Therefore encourage one another and build each other up….”* (1 Thessalonians 5:11). Jonathan and David’s friendship in the book of 1 Samuel 18:1-4 portrays how relevant and impactful our friends can be when chasing a course.

### How To Look Out For Red Flags In Our Associations And Avoid Temptations.

### Now that we understand the importance of choosing healthy relationships, below are critical red flags to be wary of.

1. **They Encourage Compromise**  
   If someone pressures you to lower your standards, engage in sinful behavior, or ignore God’s principles, this is a clear sign that the relationship is unhealthy.  
   Bible Verse: *“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers.”* (Psalm 1:1)

**Example**: In Judges 16, Samson’s relationship with Delilah serves as a cautionary tale. Her constant manipulation led Samson to compromise his calling, resulting in devastating consequences.

1. **They Lack Respect for Your Values**  
   A godly relationship should honor your convictions. If someone dismisses or mocks your faith and values, they are not helping you grow closer to God.

**3.They Bring Chaos Instead of Peace**  
Any relationship that doesn't come with clarity, but brings constant heartaches, confusion and drama is unhealthy for your mental and spiritual health.

A healthy relationship brings peace, joy, and clarity—not constant drama, confusion, or turmoil. God is a God of peace, and relationships that are chaotic often indicate they are not aligned with His will.  
*“For God is not a God of disorder but of peace.”* (1 Corinthians 14:33)

**4. They Make You Forsake God**

It's quite common to meet people, who don't do the will of God and have no regards for his commandments. They don't only love worldly things but also encourage people around them to follow their path. They may ridicule your godly lifestyle, question your fath in God and encourage to engage in activities that are contrary to the words of God.

There is an adage that says "When the sheep developed a fond of walking with Dog, the sheep would form the habit of consuming feces"

For instance, that your wild friend can convince you to skip going to church on Sunday for a party or a hangout with a party of friends. They have no regards for your spiritual relationship with God, and they're not ready to emulate your spiritual life. In fact, it gives them extreme joy and satisfaction when they make you derail from purity.

*“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night.”* (Psalm 1:1-3)

**5. They Are Controlling or Manipulative**

Anyone who tries to make you act against God's doctrine, control your decisions and manipulate you emotionally doesn't love you and have zero respect for you. This is not godly love. Godly love is a form of love that's unconditional, enduring, kind, forgiving and caring. Love never fails but people fail love. When people's relationship and marriage fail, they tend to blame love. He never loves me, he stopped loving me. They blame everything on love but forget that love never fails it's people that fail love.

There are lots of so called love in the world today but pure godly love is what you should seek. It's pure godly love when someone love you and your God. When they make you move closer to God and not taking you away from him. Anyone who makes you embark on a journey that is wild, worldly and ungodly will eventually make you forsake God. Someone who tries to control your decisions, isolate you from others, or manipulate you emotionally is not acting out of love or respect. This behavior often reflects insecurity or selfishness, not godly love.  
**Example**: Delilah manipulated Samson (Judges 16:15-16), wearing him down emotionally to achieve her own selfish goals.

**6. They Facilitate Hatred and Negativity**

Relationships that are built on gossip, backbiting or seeing the downfall of people are meant to fail woefully. Every relationship must be built on love, and because God is love, such relationship lasts forever.

The pillar of every relationship is important, hence, we must genuinely answer this question: What brings you guys together? Is it backbiting or gossip? This is essential because this is what will dictate whether it'll go well or end up being one terrible decision you've ever made.

Relationship that thrive on backbiting, and gossip are not godly, hence, they may end up changing the course one's destiny.  
*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.”* (Ephesians 4:29)

1. **They Don’t Give You Room For Your Personal Endeavors.**

Healthy relationship cares, values and respect your physical, emotional and spiritual boundaries. Your relationship shouldn't make you lose your true self, rather it should make your discover yourself.

If someone puts you under the pressure of doing things that please them always but has no regards for your feelings and no respect for your boundaries, it's a serious red flag. You need to be meticulous in choosing the people you want to be with.

For instance: A friend who constantly do things they know you hate passionately, ignore your feelings and emotions have no love for you. .

*"Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.”* (1 Corinthians 6:18)

**8. They Are Self-Centered**

Most people believe that relationships are meant to satisfy their own personal needs. They talk about themselves every time and when they have any problems they seek help from you. They do not care about what you're going through, just only about themselves. It only pleases them when they're talk of the day, because they're self-centered. True friendship or love is sacrificial and mutual not self-centered.

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”* (Philippians 2:3)

**9. They Promote Unhealthy Habits**

Unhealthy habits are at every corners of the world today, and it's the call of the day. Unhealthy habits are often got from bad friends, because bad company corrupt good character.

If someone encourages you to harmful habits such as hard drugs, excessive partying or immoral dressing, they are not helping you honor your body as the God's temple.

Your body is the temple of God, a body that doesn't honor of God is doomed for destruction. For instance hard drugs can cause psychotic behavior, seizures or death due to overdose.

Living a godly life is for your own benefits, it's not really God's benefit. God loves you, hence why he gave you his holy Spirit to distinguish between what's good and bad, and so we can live healthy life.   
  
"*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.”* (1 Corinthians 6:19)

**10. They Create Division and Strife**

People who constantly cause division among friends, stir up arguments or create drama can hinder your peace your and growth in Christ. Jesus Christ taught us to be peaceful and not be violent.   
 *“Blessed are the peacemakers, for they will be called children of God.”* (Matthew 5:9)

**11. They Lack a Desire for Spiritual Growth**

It's very important to be with someone that help you grow spiritually. It's not a wise decision to be with someone who's hostile towards God's words and your spiritual growth. They're angry when you're reading the Bible, they hate it that you attend Bible studies. They want you to be like them and join them in doing worldly things. These people are not good for you and it can be challenging to maintain a relationship grounded in godly love . **Example**: King Ahab and Queen Jezebel—Jezebel’s pagan influence led Ahab further away from God (1 Kings 21:25-26).

**12. They Do Not Celebrate Your Wins**

True friends and partners are happy about your success and are happy assist you in achiving your goals. If someone is resentful of your achievements, it shows that they do not love you. People who are resentful about your achievements are not people you should be around with, because they'd do anything to see your downfall.

*“Rejoice with those who rejoice; mourn with those who mourn.”* (Romans 12:15)

**13. They Pressure You into Quick Decisions**

Health relationships allows patience and give room for thoughtful decisions. If someone pressurize you into doing things against your will, it's a red flag. Remember your self worth and do not settle for less.   
Healthy relationships allow for patience and thoughtful decisions. If someone pressures you into making rash commitments or life-altering choices, it’s a red flag.  
**Example**: In Genesis 25:29-34, Esau made a rash decision to sell his birthright for a meal, and it led to lasting regret.

**14. They Lack Humility and Forgiveness**

There are times when we hurt people we love and they hurt us too, these things happen. Relationship requires the willingness to forgive and forget.

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* (Ephesians 4:32)

**15. They Discourage Your Purpose**

Our purpose does not always make sense to some people around us, but people shouldn’t find it comfortable to trivialize or make jest of God’s purpose in your life.  
God places a calling and purpose on each of our lives. If someone belittles your dreams or discourages you from pursuing God’s plan, they are not aligned with His will for you.

### What You Can Do When You Notice These Red Flags.

1. **Pray for Guidance**  
   Pray to God for the spirit of discernment and wisdom to recognize whether a relationship is helping or hindering your spiritual growth.  
    *“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”* (James 1:5)
2. **Seek Godly Counsel**  
   Feel free to seek a piece of advice from your trusted mentor, pastor, or godly friend.  
   **Proverbs 11:14** reminds us: *“For lack of guidance a nation falls, but victory is won through many advisers.”*

Building godly friendships and relationships takes intentionality, prayer, and discernment. By recognizing these red flags and seeking God’s guidance, you can cultivate connections that honor Him and support your journey toward His purpose for your life.

### Examples of Positive Friendships and Relationships

1. **Ruth and Naomi**

Ruth and Naomi had good relationhip that's based on loyalty, trust and mutual support.Despite the obstacles, they cared and encouraged each other.

1. **Paul and Timothy**

Paul groomed Timothy in God, he helped him grow in his faith in the Lord. They shared good faith and commitment in their relationship, and this helped advanced the kingdom of God.(2 Timothy 1:2-6).

1. **A Trusted Christian Community**  
   The early church in Acts 2:42-47 showed us how what Christians' relationships should be like. They shared what they have in love and unity, and prayed together in one accord. This helped them grew deeply in Christ, and when the time came, they were all endowed with the Holy Spirit

### Practical Ways To Build Relationships That Are Godly

1. **Pray for The Spirit Of Discernment**

Ask God to lead to your path to people who will help your grow spiritually and in faith. Your prayer will align your heart with God's will for your life and invites Holy Spirit to take control of your relationship.

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”* (Matthew 7:7)

1. **Be The Friend You Would Love To Have**

Be what you what your friends to be. Before seeking godly friends, strive on becoming one. Practice love, kindness, patience and humility in your lifestyle with others.   
*“So in everything, do to others what you would have them do to you.”* (Matthew 7:12).

1. **Join Believers' Communities**

Surround yourself with good-minded believers by attending church, Bible studies, or Christian events. These environments provide opportunities to form meaningful connections that promote godly life.

1. **Create Healthy Boundaries**  
   Safeguard your heart by establishing boundaries that honor God. Communicate your values clearly and refuse to compromise.
2. **Evaluate Your Relationships Constantly**  
   Take time to think about your friendships and relationships.Ask yourself this question: Are they helping you grow spiritually, make you move closer to God or pulling you away from Him? Be willing to let go of relationships that hinder your spiritual growth.

### The Reward In Meticulously Handpicked Friendships or Bonds

When you associate yourself with godly people, you grow spiritually and in love. These relationships can improve your life as the more you grow spiritually the more you're blessed with the spirit of discernment and truth.

Building godly relationships are more rewarding than worldly relationships.

They can be your support system in anything you go through in love. Being with people that honor God makes you feel what true love is and the blessings that comes with it.

Living an upright life that is blameless before God and oneself holiness will always give you a better version of yourself. You'll be amazed how happy and fulfilled you'll become.

HOW TO COME AROUND DATING IN A HOOKUP INFESTED SOCIETY

"I never thought it would come to this; you were never honest with me! I regret ever meeting you, my life would have been so much better without you!" The tears I've been holding back for weeks finally come rushing as I hide behind the curtains, sobbing quietly as I listen to my mum. I thought she was happy; I thought they were happy.

The other day Greg and I came home to bruises and a black eye on my mum, she pretended she fell. Or rather, she just watched quietly as my dad rattled on about how she slipped and fell off the stairs.

"Well, you shouldn't have bothered me if you're so happy without me!" My dad, the man I barely recognize from the other end of the room, sneered. Taking an inch closer to my mum, "You're lucky they're home. I'd have you begging for your life if not for them!" He whispered under his breath and I watched my mum shudder visibly.

"I want out! I want to be alone..." She cries. I fold the base of my dress and stuff it in my mouth to stop me from crying out. It's sad that they're having a divorce, but what's worse is the pain of watching them go from the perfect love birds to the worst experience they have ever had in life.

From what Aunt Lara once told us over a happy family dinner a couple years ago, my parents met on a dating app and the chemistry between them could set a room ablaze. It wasn't so long before my mum got pregnant with Me. That was fourteen years ago. She dropped out of Law School because she couldn't continue, and soon motherhood came. My dad was doing well financially working for a firm, but eventually lost his job and started having a hard time. My mum who was young and a drop-out had not started earning couldn't help out, and my dad soon started drinking. Then he started staying out late, and now, after years of everyone pretending to be okay at home, their façade and struggle is falling apart and I wonder if I will ever make it to college.

My name is Abigail Cobb, and I wonder what would have happened if I didn't come into the picture. Would they have been happier without kids? Are my parents made for each other? Was their love ever genuine? Why did they have me if they were going to end up making me hate marriage for the rest of my life? I hate to think that I was only a product of casual, careless sex between two infatuated adults and as much as I'd like to join the charade and pretend to belong to a healthy family, I wish I was never part of this trauma in the first place. I wish what they have is love.

Dating in a society that glamorizes casual sex, hookups, sex hawking and normalized prostitution can be one of the most confusing things to do in this generation. Not only does this kind of society damage the mindset of younger generations, it leaves everyone who hasn't joined the bandwagon feeling left out or less modern. But in the real sense, the society is just rotting away and sweeping every shallow-minded person away with it.

Dating sites and other promoters of casual sex / hookups preach a certain kind of falsehood that leaves their customers feeling like they're having the time of their lives.They portray it as a liberating, light-hearted and carefree experience that is devoid of trauma or stress, but fail to reveal the unmet expectations and the vacuums left in the heart of their victims. It's like a set-up where one expects an easy rosy route to love, intimate bonding, connection and fulfilment, but ends up in an unexpected hall of disappointments. Just as the story above, there are so many Mrs Cobb out there who believe in the fairytale of casual relationships bringing absolute fulfilment. These people end up wound up, bittered, full of resentment for the same partners they once thought they loved, full of blames for everyone who encouraged them to believe in such relationships.

The question is, did this relationship have any chance to be something fulfilling? Let's not rush the response. First, these guys met on a dating site, which implies that every hormone and expectation in their bodies were screaming, "are we a match? Is he tall? Does she have a nice body? How soon can we meet up and have sex? How does she like to be touched? " And a million other vain ideas that aren't the foundation of a relationship that is set to withstand the test of time.

Second, their future, destination or purpose wasn't considered. Mrs Cobb needed a partner who would have protected her first, who would have ensured that she graduated from Law School in flying colours, not someone who just needed to hookup and have sex until she got pregnant. Mr Cobb on the other hand needed a woman who is hard-working and able to pull him up when he hit a rock in his career. Having a drop-out for a partner at that point in his life made matters worse for the family.

Meeting on a dating site skipped the whole essence of true love and friendship as brethren in Christ. Their relationship was callous and careless, lacking principles which would have filtered out mistakes and future regrets.

The Holy Spirit was also not a party to that relationship and that was the worst for them. The Bible tells us in Ecclesiastes 4:12, "Though one may be overpowered, two can defend themselves. But a threefold cord is never easily broken." In a threefold cord, we have God being the first person in a marriage or relationship, the man being the second and the woman being the third. Marriages that have God as the centre and the bond will always prevail no matter the difficulties they face in their journey.

Humans were made to have intimacy and proper relationships. Choosing to visualise sex will always leave you starving for what God intended marriages to be. Some people even expect that over time, intimacy and connection will be built, but that's not how meaningful relationships work. It's like waiting for winter to come first, before deciding to gather your supplies. It's like holding a basket in the rain and hoping for the basket to get filled. You'll always be stranded.

If the understanding and friendship and marriage hasn't been established first, you have no business getting naked in front of that person you think you have a thing for. You'll either end up feeling used or stupid, or find yourself in a breakup that requires time to heal from.

**If all these are true, why do people go into casual relationships and hookups?**

1. To avoid commitment to the other party. A lot of people want the benefit of being married to you without actually being committed to you and sex is one of those benefits they seek. These users can also use these people financially or just to carry out activities that align with their selfish interests.

2. Some people use others to distract themselves especially after a terrible breakup, just to pass time and heal from the sadness they feel. These set of people move on and leave the other party broken as soon as they feel better about themselves.

3. Sometimes they just want to experiment and see how fun it could be to spend time with you until they find the next interesting person to have fun with.

4. Some people find casual sex and hookups exciting, taking advantage of the lack of rules and guidelines in hookups. Especially without the demand for commitment, it's like a free-way ride to have as much fun as they can get.

5. Others choose casual relationships because they're scared of risking their emotions and getting hurt.

**How Should We Handle Dating And Relationships In A Hookup Culture?**

The true life-story from Peggy Orenstein’s book called ‘’Girls and Sex’’ is a great example of how hookup culture works in this modern era. One of the stories was about a young woman whose story highlights the repercussions of casual relationships that are built on the foundation of sex.

1. **Olivia’s True Life Story: The Darkside Of Hookup Culture**

Olivia, a college freshman from a godly family found herself in a world where hookup culture is the order of the day. She discovers that most students on the campus don’t care about connection or love, but they just want to smash as many people as they can. To them, it's all fun and great excitement - a girl with a high body count means she’s a big girl, and a virgin means you are naive and missing out on the fun.

Olivia is fascinated by all these and couldn’t wait to join the train and experience the fun and liveliness. She wants to be able to talk about sex among her friends and brag about having sex. At a night party, one evening she eventually joins some people out, she meets a guy who looks very charming and he's famous for being one of the hottest guys on the campus.

They feel a spark of connection between them after a few dances and there was an intense urge to kiss and hook up immediately, and they did. It is an amazing experience for Olivia- It feels so good and liberating to make love to a hot guy without any relationship stress.

However, after sometime she discovers that she can’t get Jake out of her mind. She feels like seeing him again and just wants to be with him so badly. Though they had sex, their intimacy is only built on physical encounters- they have no friendship and emotional connections.

Olivia decides to go for it and confess her growing feelings to Jake because she can’t wait any longer- she texts Jake if he would like to go on a date and get to know each other on a deep level. Jake responds coldly with just a word, ‘’Maybe.’’ And he ghosts her.

Olivia felt foolish asking him such a question when he’s supposed to be the one reaching out to her. She tries to understand what is happening but she is overwhelmed with conflicting emotions and feels lost. She reaches out to her room-mate to seek advice, but the response she gets shatters her. “That is just how it works here. You smash and move on, don’t catch feelings; it ruins the fun and the excitement.’’ The room-mate said coldly.

However, Olivia still believes there is a strong connection between them and continues to try to talk to Jake for another chance to go on a date and then have sex. That seems to work. But after a couple of hookups with Jake, she realises that Jake just doesn't care about her- he just wants to have sex and dump her. He is not ready to be the kind of man she wants.

One night after a party hookup she confronts him and asks him if this is the only thing he only wants and nothing more. Caught off guard, Jake laughs out loud and goes, “Look girl, I am not in for anything serious.’’

The sex between them is merely a physical aspect to him, nothing more. Jake is not ready to be the kind of man she wants, while she on the other hand, influenced by all that dopamine and oxytocin has grown attached. In fact, it feels a part of him has grown on her.

Feeling heartbroken, Olivia thinks about her life and how the hookup culture is nothing more than sex - Far from what she ever wanted. She is in need of a man who would love her and care about her, not the nonsense she just experienced from Jake. She decides to forget about Jake and get away from the hookup culture and build friendship before going into any relationship.

Olivia somehow moves on and begins writing a journal about her experiences, the pain of being identified as only a sex object in hookup culture. This helps her understand that there is love out there but you only experience true love outside the hookup culture(in a more meaningful and wholesome setting).

**Lessons From Olivia’s Story**

Olivia's story shows how corrupt the hookup culture is and the importance of knowing your self-worth. She learns to:

1. Identify What She Needs In A Man: It’s normal to want physical intimacy but love, spiritual and emotional connection are essential.
2. Have Clear Conversation: It's important to have a deep conversation about what you are expecting from each other so that you can be on the same page.
3. Set Defined Boundaries: It is also essential to let the person know the things you don’t want in that relationship.
4. **Tim Teblow’s Story of Embracing Purity**

Tim Teblow who is a former NFL and baseball player is a great example of life of purity in a society that promotes hookup culture. Infamous for his incredible athletic skills and commitment to his Christian faith and moral values, Tim abstained from pre-marital sex.

He understands that premarital sex is against the commandments of God and he knows how much damage this can cause to his life and career.

In an interview in 2009, Tebow publicly discussed how he had decided to refrain himself from the hookup culture. He made it clear he is looking for a partner who would love him for who he is and not because of his money and fame. He went on and talked about the importance of having a relationship that is built on love and emotional connection rather than materialistic things.

Teblow's commitment to purity was met with both admiration and criticism from people. Especially in the Professional Sport world where hookup is a flex and order of the day, his commitment to his faith made him stand out.

In 2020, Tebow married Demi-Leigh Nel-Peters, a former Miss Universe. Teblow's relationship with Demi-Leigh Nel-Peters was built on the foundation of love, mutual respect and emotional connection.

Teblow story shows that you can commit to your faith and uphold purity in a corrupt society that elevates a hookup culture. It also tells us that such discipline is possible and rewarding. His story is evident that it requires self determination to achieve purity, and not mere wishes - it requires your strong determination and willingness to hold on to the doctrine of faith.

Their relationship was built on shared values, mutual respect, and a commitment to faith. Tebow's journey underscores the possibility of maintaining personal convictions in the face of societal norms and serves as an inspiration to those who choose to prioritize purity and intentionality in their relationships.

1. **Lecrae Devaughn Hopkins (Lecrae): A Life of Purity.**

Lecrae is a talented and Grammy Award-winning rapper and renowned Christian whose talents didn’t stop him from committing to the Christian Faith in a hookup oriented industry. His strength to overcome temptations and remain unstained is astonishing.

**His Early Lifestyle**

Lecrae grew up in a bad environment that introduced him to smoking, drugs and violence. In his early life, he made some bad decisions and found himself in casual relationships and hookup culture.

However everything changed when he found Jesus, he discovered what he has been doing is not the way of the Lord. He gave his life to Christ and started working towards achieving a great career in life. Lecrae realized that there’s love and joy in living a life of purity and separating oneself from casual relationships

Lecrae's new life was against the hookup culture which has overtaken the hip hop and entertainment industry where sexual encounters are paramount.

He got married to Darragh Moore and their marriage was built on trust, faith and love. Lecrae and Darragh, didn’t have a casual relationship, they had the intention of getting married and they focused on building friendship, spiritual and emotional connections before physical encounter. Their relationship is evidence that it’s rewarding to choose love over just a casual relationship.

**The Impact Of Purity On His Career**

Despite the difficulties and challenges he faced in refraining himself from the bad norms in the entertainment industry, Lecrae didn’t become weary. He remained steadfast in faith and his commitment to living a life that pleases God. He openly declared his Christian Faith and how he’s decided to set himself apart, and this made him a role model for many people around the world including his fans. Lecrae didn’t only declare this faith but also used his social media accounts and platform to talk about God’s love to every mankind.

Despite the pressure to conform to the norms of the entertainment industry, Lecrae remained firm in his beliefs. His openness about his faith and commitment to purity has not only set him apart but has also made him a role model for many of his fans. Lecrae has used his platform to advocate for living authentically, making decisions that align with one’s faith, and rejecting the superficial standards of fame and fortune.

**Lucrae Legacy**

Lucrae’s lifestyle is a living testimony to how God empowers his Children in a hookup oriented industry to overcome temptations that come their way. He’s given us power to overcome sins. By choosing the narrow path that leads heaven, Lecrae has become an array of hope for those who are weary to follow the path of righteousness in relationships. Lecre was given fame as well as temptations, and this means that you have the power to choose moral values and purity even when the society and people tell you otherwise.

**CHAPTER NINE**

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**DEALING WITH PAST MISTAKES - HOW TO MOVE FORWARD WITH GRACE.**

"Jesus went onto the mount of Olives. And early in the morning, he came again into the temple, and all the people came to him; and he sat down, and taught them.

And the scribes and Pharisees brought him a woman caught in adultery; and when they had set her in the midst, they said unto him, 'Master, this woman was taken in adultery, in the very act. Now Moses in the law commanded us, that such should be stoned: but what says thou?'

This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger, wrote on the ground, as though he heard them not. But when they continued asking him, He lifted up Himself, and said unto them, 'he that is without sin among you, let him first cast a stone at her.' And again He stooped down, and wrote on the ground.

And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst. When Jesus lifted up Himself, and saw none but the woman, He said unto her, 'Woman, where are those your accusers? Has no man condemned you?' She replied, 'No man, Lord.' And Jesus said to her, 'Neither do I condemn you: go, and sin no more.'

Then spoke Jesus again, saying, I am the light of the world: he that follows me shall not walk in darkness, but shall have the light of life." (John 8:1-12).

One of the best things about being a child of God is the fact that God does not hold our mistakes against us. In fact, unlike other religions where people are made to pay for their sins with offerings, sacrifices, or punishments, we as children of God have an advocate who sits at the right hand side of the Father interceding for us. This is why God Himself offered Jesus as an ultimate sacrifice, once and for all, to help us when we fall.

Right from the days of Adam and Eve, God saw our mistakes and impurities and have been establishing ways to draw man back to Himself. His love for us is so profound and unshakable that when we fall, He doesn't see a failure; He sees an opportunity to show us what His mercy, love and abundant grace in Him feels like. When we sin or grieve Him, He begins to wait, He looks forward to our repentance and waits for us to ask for His mercy. Hence, you don't fail God the day you made that drastic mistake, you fail God the day you turn your heart away from Him. You fail His love the day you fail to run back to Him. You fail yourself the day you ignore the Blood that is readily available at the cross to wash you clean.

The Bible calls this kind of unrepentant heart the heart of stone. Ezekiel 36:26-27 says, " And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules."

Satan understands how easy it is to embrace repentance that is why he poisons your mind and hardens your heart against opening up to the spirit of God. If only people ran back to God at the slightest falter, the devil will have no one to torment or torture with chronic sin. This is why the Bible also warns us to guard our hearts with all diligence because out of it are the issues of life.

**Now, back to where we began. How should we handle mistakes?**

Each and every one of us at least once came to a point in time where we did things we never planned or intended to do. Somehow, we find just find ourselves there - in places we vowed we'd never be, doing things we said it could never be us. These things make up the banks of mistakes that we learn from. These are scars, but guess what, our scars tell a story of the grace of God over our lives, of our strength, of a time we had reasons to give up but he held on to faith and hope in CHRIST.

Everybody makes mistakes, though in different ways and degrees. Yours might be better or worse but still, you're not the first who made a mistake in the past. Mistakes are meant to give you experience and experience, they say, teaches you.You need to learn from your mistake so you don’t experience the consequences of it again. You need to understand the emotional trauma that comes with casual sex and learn from it. If you have experienced health defects that comes with wrong relationships, you don’t need anyone to explain your lessons to you. And if you don’t learn from your mistake, you’ll continue to repeating the mistake until you finally learn from it.

I know a story of a barber who after finishing his apprenticeship, launched his new barbing salon in a really promising and bustling environment. It wasn’t long before he began to get customers, sadly, his very first customer was disappointed with the haircut. The clients hairline was uneven and crooked. In fact, it was terrible! However, after a few explanations and apologies, he got paid and was happy about that.

Another client walked in the following day, and the same mistake repeated itself. It was awful. The customer complained but this time around, he didn’t care, after all he’s been paid before rendering the service.

More customers experienced the same thing, and soon, he was well known for being terribly bad at his job. He now decided to go back for a brush up and correct his flaws, but before he could correct his mistakes, he had already lost a lot of customers. After having a few cases with some clients, he had to relocate from that environment completely. He did start over elsewhere and eventually became a really good barber after learning from his mistakes, though he could never undo the mistakes from the past.

*What is the point we are trying to make?* A great cobbler of today has once mended shoes wrongly , the popular barber you know was once prone to giving bad haircuts. But they’ve all learnt from their mistakes and become the finest versions of themselves today.

Mistakes make people who they are, especially when the lessons was properly understood. It’s okay to err, but remaining in that mess or not is what determines if your past would either mar you or make you. God wants us move forward in this life He has given to us and being stuck in a position is never part of His will for us.

These mistakes have shaped us in ways no words could exhaustively describe but somehow, it is our journey, it is our scar, it is our lesson to learn and it is our story to tell.

You may ask yourself, *did that thing have to happen? Why wasn't I warned that this seemingly harmless friendship would be the reason I get raped? Why didn't I know talking to this person would change me?*

The blatant truth is that, you knew! The Bible is that template you can always revert to any-time, any-day. We know the truth. Our conscience bears us witness about the things we should have done or not. If you were already a child of God, The Holy Spirit did warn you but your emotions would not let you listen. You had a few persons in your environment or in church who tried to talk you out of that path but you wouldn't listen. Of course you're above 18 and you think you can make decisions for yourself. But, **if only people knew where certain paths would take them, we would never have embarked on most of the journeys we embarked on.**

Very unfortunately for some people, they don't recognize the voice of the Holy Spirit and they probably don't even have a relationship with God yet, so they're just clueless without a leading or without direction. These are the ones hoping on social media trends, living recklessly, dating without purpose, having sex at the slightest chance and wasting the precious lives God has given them. The truth is, they always regret. They always come to a place where they wish someone had stopped them from doing whatever ruined them.

At the end of the day, we all have experienced this moment where our morals or principles fail us and we stumble. Some people get over mistakes easily, but for others, the weight of those actions crush them.

The shame begins to creep in and it feels suffocating, you begin to believe that your future is completely gone, you feel bleak and unworthy of healing and the worse is, you feel ashamed to face God.

It is in this moment of brokenness and torment that the Grace of God shows up as a lifeline. This is when you realize God's grace isn't a concept, but your **only** **hope**.

You tell yourself you've messed up, but God's grace tells you; where your strength failed, MY grace made you stronger. You tell yourself you're too filthy to come to the throne of God, but His grace reminds you that if it was about the righteous, He never would have had a need to die.

You think God hates you at your worse state, but that is when His love reaches out to you. Paul was on His way to persecute Christians when grace found him. The adulterous woman was caught red handed when Jesus advocated for her. Your mistakes do not define you! I repeat, your mistakes are nothing compared to the future God has in store for you. That's the beauty of the grace of God- it doesn't require your perfection, rather, it meets you right in the middle of your mess! It doesn't tell you to go get a shower and appear clean for consideration, rather it invites you to begin all over, to start anew, right where you are.

**The True Nature Of Regret And Learning To Forgive Yourself.**

Regret likes to move silently, creeping itself slowly when you're alone or hitting you heavily when you least expect it. Sometimes all it takes is just a name for that heaviness to be triggered.

Other times, you look at people living the life you always dreamt of and regret the choices you made that ruined that life for you. It just comes and makes you move around with a weight no one can help you with, a weight only you feels.

Now, the thing about regret is that it is normal to feel it, but it is not meant to be your prison. Rather that being a trap, it should become your teacher and a painful motivation for where you're suppose to be and what you're supposed to be doing. It can be your guide, not your chains.

Some people say things like, "I don't care if everyone forgives me, I will never forgive myself" and to them, that's a way of self atonement or to pay back for their mistakes. But self condemnation only keeps you stuck in your past, it does not heal you.

When Jesus addressed the woman caught in adultery, He didn't tell her, "I forgive you but you shouldn't forget what you did. You need to keep beating yourself up for a while to make up for this." He said ,"Go and sin no more." By saying this in that moment, he set her free, not only from her sin, but also from the shame which her sin brought her way. He gave her the permission to move on with grace, the same way He is giving you the permission to continue your life with His grace. It's not excusing your mistake, it's accepting that you're only human, and your worth isn't tied to your past.

**How To Start Afresh**

To start all over after faltering, you need to adjust your perspective in life. You cant erase the past,that's not possible. But you should ask yourself: 1. Why did this happen? 2. What am I supposed to learn from it? 3. How do I want this mistake to affect my future?

Allow what has happened to push you towards making better decisions for yourself. Think of your life as a book; one sad page doesn't define the whole book/story. With every fresh page you turn, you have an opportunity to add fulfilling narratives to your story.

You might ask yourself, *how do I do this? I don't know where to start.* Just begin from anywhere and allow the grace of God to do its job transforming you.

**The Role of Our Environment**

It's almost impossible for healing to happen in isolation but you must be very selective of the people you hang out with while going through this phase. Hanging around people who are comfortable in sin/premarital sex is the fastest way to find yourself doing the very same thing you feel sorry for. However, being around people who remind you of God's truth, who encourage and support your course makes all the difference. Sometimes it can be just a friend, or a counsellor, or a little group with like minded people but just having someone who makes you feel seen in your struggles and victories is priceless.

However, it is totally okay to keep to yourself if the people around you cant be trusted to be there for you in the right way. The last thing you need is people spreading gossips, or judging you when you're struggling to find yourself back to the right path.

**Lies The Wrong Associates Will Tell You When Trying To Start Over.**

Starting afresh is not so easy especially if you were a sex addict or already deep into sin. It is in fact one of the bravest decisions you'll make for yourself, but there will be people who will mock or ridicule your decision. They will consciously and unconsciously try to mess with your progress by sayings things to make you doubt yourself or reignite shame in yourself. The most painful part is, these lies come from family, acquaintances, or even trusted people. The very first step to trash these lies is by recognizing them for what they are -lies.

1.**"Changing is impossible, it's just who you are."**

People will bring up the things you did in the past and try to convince you that you can never escape that circle of sin and carelessness. They will tell you people don't really change and you shouldn't bother, or even claim that's the person you've always been.

The truth is, not only is change possible, it is also essential for your true purpose which God has in store for you. People who say this know nothing about human growth and the transformational nature of God's grace and forgiveness. Paul who was on his way to persecute Christians ended up preaching salvation to the very same people whom he was hoping to persecute, and nothing beats that.(Acts 9) Leave whatever you did in the past and focus on the choices you make going forward. Old things have passed away, and all things have become new(2 Corinthians 5:17).

2. **"Nobody forgets what you did, you'll always be judged by your actions."**

People will tell you how nothing you do can ever change how they see you and that is their burden to carry. They will say things like "no one can believe youre different now" or "I can never take you seriously." Truly, that's their business because they have chosen to live in your past.

This lie tries to prey on your wish for public acceptance and fear of people's criticism. The fear of man is a snare, but trusts in the Lord is safe(Proverbs 29:25). It's true that the world takes time to come around, but over time, your consistency in attitude and actions will reintroduce you louder than any past mistake of yours.

3. **"You can't start over now, it's too late for that."**

Every new day is a fresh opportunity to be the person you want to be. There's no timeline for starting over or living a new,positive life. Even Moses was already 80 when God called him on a journey to lead the Isrealites out of Egypyt. And Sarah was already 90 when she bore Isaac. It is never too late for God to do something good with your life. It is never too late for you to start over. In Joel 2:25, God promises," I will restore to you all the years that the locust have eaten." He doesn't need you perfect, broken things become blessed things when you let God do the mending.

1. **"You'll never find anything better than this relationship."**

People love to make you feel they are the best thing you will ever have when you decide to make drastic positive decisions for yourself like walking away from them. A big time flirt or sex addict would say things like, ‘oh you think anyone else will love you. No one else will be with someone like you, you should be grateful I even came your way.’ All this will question your worth, almost believing that they are so importance to you. But at this point, you need to listen to your heart, to what the Spirit of God is saying to you. You need to study the word of God and proclaim boldly that you are a chosen generation, a royal priesthood called forth to show the praises of HE who called you.1Peter2vs9.

This particular lie is a cheap set-up to leave you questioning your decisions, and if you are not careful, you will be caught up in that web that believes no one else would love you with your values and principles.

1. **"Your new choices cant last for long, you will go back faster than you think."**

It is true that starting on a new course can be a challenge especially after you have already formed old patterns. The lie the devil will try to throw into your mind is - "you already failed your morals and beliefs in the past, what makes you think you can do it differently this time around?"

This seeks to play down on your sincerely and repentance, undermining the growth, change and power of the Holy Spirit working in you to make the best out of you. **Isaiah 43:18-19** “Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and rivers in the deserts.

You must understand that the promises of God are clear and true. HE LOVES YOU. HE HAS FORGIVEN YOU. YOUR PAST HAS NOT DISQUALIFIED YOU FROM HIS LOVE. YOU ARE A CHANGED PERSON. IT IS STILL EARLY ENOUGH TO START OVER.

Change doesn’t happen overnight, it is not magic. You will face a few challenges but with a renewed mind that the scripture provides, such as the fact that there is now therefore no condemnation to them that are in Christ, your boundaries against old habits will make it easier for you.

Ensure to celebrate every tiny victory such as simply turning down that date with the wrong person, or choosing to spend time studying the word of God rather than watching unhealthy TV programs.

### ****CHAPTER TEN****

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****PRACTICAL HABITS TO ACHIEVE SUCCESS IN SEXUAL PURITY(WISDOM FOR DAILY LIVING)****

****A.Understanding How Triggers Work To Negatively Control Your Actions.****

Triggers can be described as internal or external factors that drive your thoughts, actions or desires towards certain acts you wish to avoid. These things try to get your attention even against your will through captivating messages, seductive contents, images, cues and trends that pulls out parts of us we struggle to bury, causing our struggle for purity to become a battlefield.

One thing we need to understand is, the path to purity just about skipping traps and temptations, rather, its more about living a life that honours your faith and everything it represents(righteousness, peace, love, patiences,etc..) To be successful in this journey, it is important to point out those factors that are your major temptations or triggers, then develop realistic habits that serves as a defence and reinforce your commitment to living a life of purity.

**Triggers Commonly Found Around Us**

1. Social media videos, TV programs, or Movies with normalized explicit scenes which stirs up your body longings for premarital sex. A romantic TV show might seem harmless and swoon-worthy any-time, any-day, but unconsciously sows seeds of sexual desires in your head till you eventually find yourself in bed with the opposite sex fulfilling that lustful desires.
2. Gatherings like crazy parties with smokers and alcoholic enthusiasm often leads to intense sexual energy and impulsive sexual intercourse. At first, it seems harmless to go to that party because your friend or course-mate invited you, but when alcohol driven conversations and steamy games begin to test your boundaries with no where to escape to or with a lot of people cheering you to do it, you are gone.
3. Staying idle and not meditating on the word of God when you find yourself alone and less busy sometimes gives you room to indulge in filthy memories, thoughts, or imaginations. To worsen this, you can begin to randomly scroll through you phone till you bump into media content that causes you to click and keep going till you find your self sex-chatting, masturbating or even dressing up to go have one casual sex with someone whom you shouldn’t be doing that with.
4. Meeting up with people you have an immoral history with, or going to places associated with past sexual experiences have a way of reigniting old flames and ultimately causing you repeat old habits you're not proud of. For instance, if you broke up with someone who is not encouraging your stand for sexual purity, you have no business keeping them on your social media, or having their memories all over your phone. They should be blocked and deleted and forgotten if you intend to move on for good.

There are other common triggers which you can naturally identify in your environment, do well to list them out, recognizing that they have the potential of making you falter or fall in your journey.

**How To Identify What Triggers You Sexually**

1. Study and observe the patterns. At what point does your temptation become consuming? When do you usually feel the most tempted?
2. Reflect on loopholes and activities that played out in those patterns. What would you say caused you to feel so heated up? What led to that?
3. Take notes and journal your activities and emotions during these moments so as to keep track of these recurring patterns and know them for what they are.

### **Steps To Adhere To In Order To Neutralize Things That Trigger You.**

* **Take charge of your environment. This includes both your physical and digital spaces. Do away with magazines, books, tapes and anything that feeds your temptations. Also filter and free your devices of certain triggers such as unfollowing or blocking accounts that promote explicit content, and replacing them with faith-based pod-casts, personalities and songs.**
* **Be intentional about the boundaries you set to protect your mind from these traps by limiting or not engaging in certain conversations that are geared towards flirtation or immorality. Also avoid meeting up with the opposite gender in private settings because this could be a trap you are not even aware of. Additionally, let your boundaries with physical touch be known by your actions or words. If someone doesn't keep their hands to themselves or touches your body at the slightest opportunity, find a way to communicate this boundary to them because those touches have an effect on your mind sooner or later.**
* **Whenever wandering thoughts want to occur in your mind, snap out of it as fast as possible and do not engage with it. Ask the Holy Spirit to fill your mind with thoughts that are worthy of His presence. Temptations are birthed in the mind and it is your lace to filter the things you allow in your thoughts.**Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
* You can't be trying to avoid a certain behaviour while you keep hanging around people who practice what you wish to avoid. Be around people who are on the same path as you and your journey will be easier. Joining active Christian communities can also keep you focused by staying glued to kingdom projects and feeding your soul with the right activities. 1 Corinthians 15:33 warns, “Do not be misled: ‘Bad company corrupts good character.’” Be intentional about who you allow into your inner circle.

### **B. How To Build A Living Pattern Which Supports Your Journey**

In the A part of this chapter, we discussed triggers and how they work to make people derail. However, you should understand that knowing your triggers and staying away from them is only a fragment of the whole picture. We need to thrive, and to thrive, your old living habits must be replaced with new choices and habits that fuels your path to absolute righteousness.

Choosing a path of sexual purity is an intentional choice you make on daily basis as you stay disciplined and depend on God’s grace, it is not a one-off subscription that you just take and leave. Everyday we wake up to various kinds of distractions around us and remaining in purity through actions, thoughts and relationships demands practical daily habits that we abide by. Consider these habits a spiritual toolbox that are used to keep you on the right track, equipping you to lead a spiritually balanced life in faith. Here are practical strategies to help you stay committed to purity, one day at a time.

Let's explore a few of them:

1. Begin with a laid down goal that is clear and sincere.

Some people just say things sometimes to appear holy or for eye-service. However, in their hearts, they are simply practising self deceit because they can’t fool God.

Before you begin this journey, ask yourself; am I really honest about this decision? Having learned all that I understand now about sexual immorality and its baggages, do I want to abstain from sexual immorality and only have sex within the boundaries of a legal wedding? If yes, you're on the right track. Now ask yourself again, what does purity mean to me? Do I need to protect my mind from filthy thoughts? What boundaries do I need to put in place when dealing with relationships? How should I react when I am tempted?

Write down your practical and realistic responses to these questions. These reflections are essential because it is important to know where your journey is headed even before you embark on it. Clarifying your vision will keep you on track, focused and rooted to that course. Even the Bible has clearly stated that “where there is no vision, the people perish.”

2. Let your daily routine be induced with faith.

- Make sure that you do not begin any day without prayers and meditation on the scripture. When you put God first in the morning, you condition your mind to be alert against the arrows of the enemy.

- At the end of the day, never go to bed without absolute gratitude to God, thankful for how His grace saw you through the day despite the challenges you faced. Say a prayer of gratefulness before you retire to bed and meditate on His promises for you.

3. Work towards your dreams and purpose and put in the hard-work required to smash your targets.

-Staying focused on meaningful objectives keeps you occupied with worthy pursuits, rather than spending your time and resources chasing after immorality.

-Even if you don't have any key activity going on at the moment, volunteering in a firm that aligns with your passion is also a good way to start.

4.Buy a journal and document your journey. This is one life changing approach for staying accountable and reflecting on your journey. Journalling your journey is a tool that helps you analyse all your thoughts and filter them, point out your triggers and easily recognize them and track your entire journey.

- Put down your challenges and your victories.

- Reflect on the temptations God has delivered you from and recognize His strength in your life.

- Note down your struggles or setbacks and keep asking God for the grace to deal with them successfully. For example, you could write on “situations that tested my resolution today and how I will respond if those things occur again.”

Summarily, journalling teaches you to be honest with yourself and creates a safe space for sincere tracking of your journey.

5. Take your physical, emotional and mental health seriously. A healthy mind and body is a fertile ground for wise choices and decisions.

-Engage in daily exercises to manage fatigue and grow in strength.

- If you have unresolved emotional burdens or trauma, seek counselling to help you overcome any emotional burden that may slow you down if ignored.

6. Be accountable even in the little things so that you won't struggle when you eventually encounter bigger issues.

-Discussions on topics of interest can be a lamp that prepares you for what's ahead. It can be a mentor or a trusted friend/confidant.

-Have a routine in talking about challenges, progress and successes. James 5:16 encourages, “Confess your sins to one another and pray for one another, that you may be healed.” Staying accountable to the right partner gives strength and encouragement.

7.Always remember that God’s grace is sufficient when you make mistakes and ask for His mercy as often as you stumble.

- Go before Him at any point you feel lost, stuck or weary. He will lighten your burden.

- Reflect on your mistake and be determined to not fall into such temptation in future.

-Meditate on Romans 8:1: “There is now no condemnation for those who are in Christ Jesus.” Remember that a mistake isn't a sign of failure, but a reminder that you're human and you need the Grace of God at every point of your life to succeed.

### **Daily Affirmations For a Life Of Sexual Purity**

Maintaining a commitment to purity is quite similar to the first step of any great trip. Walking the fine line between personal hardships, social expectations, and times of weakness is not always simple. Here's the thing, though: your thoughts have great power. The words you say to yourself have the power to influence your attitude, fortify your determination, and direct your behaviour.   
Daily affirmations serve as anchors for your heart and mind, statements of your ideals, and reminders of your mission. They are more than just words. They provide protection from negativity and uncertainty as well as encouragement when things seem unclear.

By repeating these affirmations to yourself every day, you will be reminded of your value, your resilience, and your capacity to live a life filled with dignity, self-respect, and purpose.

Progress, not flawlessness, is the focus of these affirmations. These are resources to help you refocus, maintain your composure, and confidently go toward your objectives. Whether you're just beginning your trip or you're looking for the willpower to keep going, let these affirmations inspire you to keep going. You can certainly live out what you believe in with courage and grace, and you are not alone.

Center your mind, take a deep breath, and confidently say these affirmations. Let them be your daily reminder that purity is about embracing clarity, strength, and a purposeful future rather than merely the things you avoid.

### **Empowering Daily Affirmations for Purity**

1. **“My actions honour my value at every point because I am wonderfully and fearfully made.” This means my soul, my body and my heart are sacred and I always treat them with dignity and respect.**
2. **“The strength of God in me overwhelms and overpowers the temptations I encounter daily.” Hence, I have been given all it takes to thrive in purity and faith.**
3. **“ I am not in any way bound to my past. The grace of God has redeemed and renewed me and I stand right with God.” Going forward, I have the chance to embrace a new life of purpose and fulfilment on daily basis.**
4. **“My purity aligns with the mind-blowing future God has laid out for me and I choose it with ease.” The decisions I make represent the version of me that exists in my future.**
5. **“The wisdom of God guards my heart because it is the wellspring of life.” I allow only things that nourish my body and soul to come in.**
6. **“I find only the God kind of love that cherishes, honours and protects me.” I am not made to settle for the selfish lust that comes from the world.**
7. **“I find grace to turn my back to everything that opposed my principles and walk with God.” And by doing this, my joy and satisfaction with God is protected.**
8. **“I find happiness in living a life of abstinence as it represents my love for God and my value for myself.” Purity is a joyful decision and act of worship.”**
9. **“I have absolute trust in God and I know He is putting things together to fulfil every desire of my heart in His perfect time.” I know that God’s plan for me is worth every patience and sacrifice I make today.**
10. **“My path is victorious and my feet shall not slide.” I am clothed in victory and strength and I have everything I need to remain triumphant.**
11. **“The Holy Spirit in me is a priceless Gift of God.” My actions do not grieve Him. He finds expression through me.**
12. **“There is no temptation I meet that I am not armoured against.” As a child of God, nothing takes me by surprise and my victory over temptations is sure.**
13. **“My thoughts are pure, my mind is guarded with truth and decency.” My mind is not a fertile ground for impurities or distractions.**
14. **“My future is not determined by any mistake from the past, but in the promises of God.” I am therefore not condemned by the things that are behind me because I press forward toward the mark of Christ.**

**Feel free to write as many words of affirmations that resonates with your struggle, as the Holy Spirit will guide you, and take out time to declare them daily till it melts into your subconscious and becomes your reality.**

To lead a life of sexual cleanliness in our world today is not an easy feat, but it can become one of the most profitable paths you ever embarked on. When you work towards bringing in these patterns into your daily living, you set yourself up for a successful journey. When you struggle, don’t forget that its not a journey of perfection, but one of learning and hard-work, of reliance on God’s grace. Each situation you find yourself is a chance to exercise your muscles of purity, to grow in faith, and to live in the glory of a Godly, devoted life.

### **CONCLUSION**

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### **THE BOLD CHOICE OF PURITY – A LIFE OF STRENGTH AND PURPOSE.**

Your decision to lead a pure life has the capacity to transform not only your own life but also the lives of people in your immediate surroundings. You are establishing a new benchmark, defying social norms, and leaving a legacy of determination and faith.

Consider the ramifications of your choice—how your bravery can encourage others to rise above the chaos and live a meaningful life. "Blessed are the pure in hearts for they shall see God," said Jesus Himself (Matthew 5:8). This is about living in the fullness of God's presence and blessings, rather than simply about abiding by the laws. You are aligning yourself with His plan when you choose purity, and that plan is always superior to everything else.If you have previously suffered or made decisions you later regret, know that your journey is not yet done .

Purity is a daily choice, and God's grace is always there to support you in making a fresh start. It's never too late to start over, which is the wonderful thing about this experience.   
In other words, don't fret. Accept God's boundless grace and let go of your shame. He is aware of your hardships, sees your heart, and rejoices in each step you take in His direction.   
Now is your time. A chance to rise above all the noise, maintain your moral principles, and enjoy the remarkable life that purity brings.

I will be real with you, it won't always be easy; the most wonderful things in life are rarely easy. When doubts start to creep in, keep in mind that you are worth the wait. It's worth the sacrifice for your future. Your goal is worth the struggle.

Allow this choice to serve as a statement to the world and to yourself: I am resilient. I am deserving. I'm after the bigger picture. And while you stick to this path, be proud that you are choosing power, freedom, and a life of lasting significance rather than just purity. Therefore, move forward with confidence. Be bold in every aspect of your life. Tell your story to inspire others and remember that each time you choose sexual purity,you are simultaneously making the decision to live a life that represents the unfathomable love and purpose of your Creator.And guess what? Your treasures are still much. The best is on its way.

**CHAPTER EIGHT**

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**HOW TO COME AROUND DATING IN A HOOKUP-INFESTED SOCIETY (INSPIRING NARRATIVES OF ACTUAL INDIVIDUALS WHO CHOSE PURITY IN SPITE OF THE STRUGGLES THEY FACED).**