

# Friends Club



Pure Heart

## Additional Project Ideas

**Take a trip.** Take the girls to a jeweler for a lesson on gemstone and fine metal purity. Call ahead and ask if someone would be available to talk to the girls about the importance of purity and clarity in gemstones. While you're there, let the girls look at wedding and engagement rings. Talk to the girls about the importance of maintaining purity and the special bond of marriage.

**Make new friends.** Pair each girl with a trusted woman (post-high school or older) within the church. You can meet at church or at another location. The pair should conduct an activity together. Depending on each pair's individual interest and expertise, let them choose a project together (learn to do a craft together, cook or bake, organize a party, write a Bible study, etc.). Have the girls journal about what they learned from working with a mature Christian woman.

**Talk about it.** Have the girls interview a parent or individual they respect in the church. Have the girls ask about what peer pressure was like when the individual was growing up, how they dealt with it, and what they would do differently now. Have the girls share what they find with the group. (Be prepared with a list of willing mature Christian participants for girls who don't have Christian parents.)

**Have a party.** Organize a Queen Esther party. Have the girls give each other manicures, pedicures, and facials. Talk to the girls about Queen Esther and how she spent a whole year preparing herself to meet the king. Remind the girls that we spend time preparing our outward bodies, but we can't forget to prepare our hearts and allow God to purify our hearts to match our outward body.

**Character study.** Help the girls choose a Bible character to study. Have the girls focus on the choices the individual made and the consequences of those choices. When did they exhibit purity? When not? What happened? Have the girls write about what they find out and allow time for the girls to share with the group what they find.

**Go shopping.** 1 Thessalonians 4:4-5 (NIV) says, "That each of you should learn to control his [or her] own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God." The problem is that we shop at the same stores as the heathen. Unless we all start making our own clothes (which is a viable option) we're still going to have to shop at the mall. So, why not take a trip to the mall and show the girls how to shop with modesty in mind. If you find yourself to be a little trend-challenged, enlist the help of an older girl who consistently dresses modestly.

# Resource Ideas

- *And the Bride Wore White: Seven Secrets to Sexual Purity* by Dannah Gresh, Moody, 1999.

# Additional Discussion Questions

## Discovery #1

- What could taint your heart?
- Why did one person sinning ruin purity for all of us?
- How can we be made pure again?

## Discovery #2

- What does the story of Esther teach us about purity?
- How was Esther's purity reflected in every area of her life?
- What can you do to live a life of purity now?

## Discovery #3

- Why isn't purity important in today's society?
- What do the Corinthian believers teach us about purity?
- What does "hiding God's Word in your heart" mean? How does this help you live a life of purity?

## Discovery #4

- Why does it matter what you spend time thinking about?
- What can you do to help keep your mind thinking pure thoughts?
- How can your imagination cause problems in your thoughts? How can your imagination be beneficial in your thoughts?

## Discovery #5

- Why is it important to dress modestly?
- What should you do if you find yourself in an impure conversation?
- What should you do if you end up somewhere you know you shouldn't be?

## Discovery #6

- What does David teach us about having a pure heart?
- Do you have any friends like Nathan who will confront you if you're doing something wrong? What is it important to have a friend like Nathan?
- What should you do if you still feel guilty after you've confessed your sins?