**Live on Your Own**

**Day 1: Livin’ Pure**

Review the video for this session.

**Engage**

Read [Mark 7:1–23](https://ref.ly/logosref/Bible.Mk7.1-23).

**Consider**

It’s interesting to see what the religious leaders pointed out about Jesus and His disciples. These leaders seemed to be more engaged in their own traditions than they were in who Jesus was or the reason He came. The religious leaders chose to question Jesus on why His disciples didn’t wash their hands. The leaders had a rule and wanted everyone to follow it exactly. The danger for each of us is that we can also put traditions or others’ opinions over God’s expectations.

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| **QUESTION**Why do you think people hold on so strongly to their traditions? |

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| **QUESTION**How does what comes out of our heart show us what needs to change on the inside? |

**Activate**

In our Bible story, we see how the religious leaders let tradition overshadow God’s real priorities. Even today, people question or overlook things about God and the Bible. People want to know why Jesus doesn’t fit within their way of thinking or doing things. Instead, we need to ask ourself why we don’t try to fit within the expectations of God.

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| **QUESTION**Are there things you’ve allowed to get in the way of living for Jesus? |

**Activate**

Make a list of emotions or attitudes that may be defiling your walk with Jesus. These can be jealousy, hatred, bitterness, anger, wrong sexual thoughts, or other things. Ask Jesus to help you overcome these impure areas and develop a pure heart in you.

**Pray**

Dear Jesus, help me to overcome each attitude, thought, and action that can get in the way of my relationship with You. Help me to have a pure heart toward You and others. I ask that other people in my life would guard against anything that would defile them as well. Amen.

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**Day 2: Sincere Love**

**Engage**

Read [John 14:15–21](https://ref.ly/logosref/Bible.Jn14.15-21).

**Consider**

Jesus gave His disciples the key to showing their love for Him—by obeying His commands. We all obey something or someone in life. It may be traditions of how to do things, or it could be our own ideas of why we do things. But is this what Jesus taught? Is there a right way to honor Him? Yes. We honor Jesus when we are obedient to His words. When we obey Jesus, we not only honor Him, but we also show the world who it is we follow.

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| **QUESTION**How does obeying the commands of Jesus reveal our heart is pure? |

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| **QUESTION**How does the Holy Spirit help us according to this passage? |

**Reflect**

The Holy Spirit leads us into truth. God’s truth shows us how our own traditions and ways of thinking may be wrong. Jesus came to show us how to live a pure life. We can live that life by accepting and obeying Jesus and His commands, and allowing the Holy Spirit to lead us in truth.

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| **QUESTION**What is something from this passage that stood out to you? |

**Activate**

As you go through your day, picture yourself walking with the Holy Spirit. See Him going with you throughout your day, helping you follow Jesus, obeying Him, and showing Jesus to others.

**Pray**

Dear God, help me to learn to be led by the Holy Spirit. He is with me to help me live a pure life and honor You. I also ask that I would grow in obeying You each day. In Jesus’ name, I pray. Amen.

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**Day 3: Practice Makes Perfect**

**Engage**

Read [Philippians 4:4–9](https://ref.ly/logosref/Bible.Php4.4-9).

**Consider**

The apostle Paul wrote this letter to the church in Philippi encouraging them with one final thought: to live a pure life. Why? Jesus is coming soon. We need to be prepared for this, and we do so by living for Him. Paul specifically focused on our thoughts. Remember, each activity we engage in began as a thought. When we think wrong thoughts, we act in wrong ways. When we think pure thoughts, our lives reflect that purity.

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| **QUESTION**How would you define what it means to fix your thoughts on what is pure? |

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| **QUESTION**How does the way you think affect how you live out your life? |

**Reflect**

That last question may have been a tough one. Paul’s actions were led by a pure heart for Jesus. Following Paul’s encouragement to fix our thoughts on things that are pure, he challenged us to put into practice all he did. Paul encouraged others to practice what he practiced. Paul shared how living for Jesus was done by practicing what he preached.

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| **QUESTION**How are you doing at practicing what the Bible teaches in these verses? |

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| **QUESTION**What’s an area of your thought life that you can do better at as you follow Jesus? |

**Activate**

Fixing your thought life will be more than a one-time activity. You’ll need to practice doing it throughout your life. Do your best to fix your thoughts on things that are true, honorable, right, pure, lovely, and admirable. As you have thoughts, put them up against these six ways of thinking.

**Pray**

Dear Lord, help me to fix my thoughts on what is true, honorable, right, pure, lovely, and admirable. Help me to do this as I think about people or the situations I face in life. I pray You would renew my mind and the way I think. Amen.

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**Day 4: The Devil’s Trap**

**Engage**

Read [2 Timothy 2:22–26](https://ref.ly/logosref/Bible.2Ti2.22-26).

**Consider**

Timothy learned a lot from Paul and looked to him for guidance. Do you have someone you look to for guidance? Paul listed several ways for Timothy to live his life as a believer. He mentioned issues such as lust, arguments, and having patience. In the middle of this challenge to Timothy, Paul reminded him to enjoy the companionship of those with a pure heart.

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| **QUESTION**What does it mean to run from anything that stimulates lusts? |

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| **QUESTION**What qualities should a servant of the Lord demonstrate according to these verses? |

**Reflect**

Sadly, people get tricked by the devil into faulty thinking, and that can lead to a lack of purity in their life. It’s when we turn from living a pure life that we dishonor God in our thinking and actions. We argue foolishly, fight, and quarrel. All these are the devil’s tools to capture us. God’s truth is a powerful tool to help us come to our senses and break free from the impure things in life. It’s not usually something we can do overnight. But we can choose to honor God and abandon our previous mindset.

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| **QUESTION**Are there friends you need to avoid spending so much time with in order to honor God more? |

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| **QUESTION**Who is someone in your life you can learn from when it comes to growing in your relationship with Jesus? |

**Activate**

Let the person you wish to learn from know that you’d like to talk with them about following Jesus more closely. It may be a parent, pastor, youth leader, or friend who is walking closely with Jesus. Ask them if they would be willing to help you just as Paul helped Timothy.

**Pray**

Dear God, thank You for instructing me in so many areas of life. Help me as I read the Bible to understand what it means and to live it out in my daily life. Give me someone who lives a pure life that I can learn from. Help me to be that someone for someone else one day, too. In Jesus’ name, I pray. Amen.

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**Day 5: It Comes Down to Purity**

**Engage**

Read [1 John 3:1–6](https://ref.ly/logosref/Bible.1Jn3.1-6).

**Consider**

John wrote that all those who follow Jesus will aim to live a pure life. This is the way that we truly honor God. It is not by doing a list of things that we earn relationship with Jesus. It’s possible to read your Bible, pray, attend church, give an offering, and still not live a pure life. Purity becomes a priority when we realize that Jesus lived a pure life and we pursue being more like Him every day.

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| **QUESTION**How does knowing God loves us encourage us to live a pure life? |

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| **QUESTION**What does it mean to keep ourself pure? |

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| **QUESTION**Why do people struggle to live a pure life? |

**Reflect**

As we wait to see Jesus and live with Him for eternity, we are challenged to do our best to live a pure life. That’s not always an easy thing to do. Every day, we are faced with things that challenge us in this. The right response to these challenges is honoring God by taking steps to avoid sin in our life. It all comes down to choosing purity.

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| **QUESTION**Is there a sin you find yourself doing over and over again? |

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| **QUESTION**Are you ready to overcome this area? If so, what steps will you take? |

**Activate**

Is there a habit of sin in your life? It’s important that you take steps to overcome it. Victory comes by knowing what you struggle with and then doing something about it. Take a moment to confess your sin to God and then take steps to avoid opportunities to engage in the sin.

**Pray**

Dear God, You already know the sin I struggle with. Please forgive me. I ask You to help me overcome this sin in my life and to live my life honoring You. Guide me in the steps I need to take to achieve victory in this area. In Jesus’ name, I pray. Amen.