

Session 6 – Perspiration, Purity, Communication

1) Perspiration

- a) Designed Differences

- b) Sinful Distortions

2) Purity

Some Basic Wise Guidelines

- a) Time spent
 - 1. Avoid being alone
 - 2. Frequency / Longevity
- b) Communication
 - 1. Level of heart sharing, confidentiality, or unique / special talk with any other
 - 2. Communicate as you would with every other member of opposite sex
 - 3. Communicate less than you would with spouse
 - 4. Without flirting or unique kindnesses (give compliments on professional level)
- c) Touch
 - 1. Only ever in Public
 - 2. Frequency / Longevity
 - 3. Be More Restrained than seems Necessary
- d) Thoughts
 - 1. Abstain from all lustful thoughts, images, fantasies, coveting
 - 2. Strategically ignore attention or compliments that come from another
 - 3. Comparing others with your spouse (except to value your spouse)
 - 4. Having any special place in your thoughts about another
- e) Strangers
 - 1. Be especially aware of letting your guard down in momentary interactions with strangers
 - 2. Set a double guard over your eye intake of the beauty of strangers (movies, pornography, restaurants, planes, gym, etc.)
- f) Repent / Restraint
 - 1. Repent immediately if you cross your boundary
 - 2. Restrain yourself from walking on slippery edge of the cliff – essentially don't trust yourself or tempt others in such a dangerous area of life
 - 3. Pray for yourself and others (in general & upon any struggle)

3) Communication

a) Goal of our Communication: Relational Intimacy

1. Honesty
2. Humility
3. Holiness

- Application: Practice “Spiritual Discourse”

b) Content of our Communication

1. Edifying – Eph 4:29

2. Differing

- Personal / Impersonal
- Objective / Subjective
- General / Detailed

3. Comprehensive in Communication

4. Conversation Thieves

- Laziness masquerading as Fatigue
- Pride keeping me Protected
- Selfishness disguised as Inability
- Hobby displacing Honey

5. Cultivation takes Planning

- Set aside time – daily, weekly, periodically|
- Expect, Accommodate for, and Assist in Busy Seasons
- Expect that Communication will ebb & flow – be patient, but also proactive.