

SPIRITUAL EXERCISES WORKOUT SHEET 8

THE EXERCISE OF PURITY

Take some time this week when you can be alone with the Father.

Remember that you are his child, that he loves you more than you can ever imagine, and that he sent his Son to die for you so that you can be free and know true life.

Remember also that nothing is hidden from him – so resolve to be real.

Ask him now to send his Holy Spirit to help you honestly look at the following and show you what to do about it.

A) PASSION

What particular situations cause you to be tempted in the area of sex?

- Decide now on practical steps you are going to take to avoid those situations. Be ruthless. Plan ahead, act decisively to nip temptation in the bud before it has a chance to take hold.
- Ask the Lord to show you a Christian friend of the same sex, to whom you can be accountable, who will encourage you and pray for you. Or you may be able to be accountable in this way in a prayer triplet, or a small group.

B) POSSESSIONS

Do you crave any of the following to the point where they dominate your thoughts? A better house, a better car, a better neighbourhood, better clothes, a better lifestyle, a better image, a better holiday, a better bank balance, a better.....

As Christians, we are called to 'travel light', to live simply, to share what we have, to give to the Lord's work, and to be generous to those in need.

Take an honest look at your lifestyle and your spending, and prayerfully decide whether you need to start making some changes.

C) POWER

This is the desire to control or dominate others.

Think about your family, your friends, your job, your worshipping community, your small group.

Go through the following checklist.

- Can you accept that your way may not be the best/only way?
- Can you have discussion or listen to a differing opinion without feeling threatened?
- Can you accept that others will be better at some things than you are?
- Can you handle responsibility without 'acting important'?
- Can you accept that some will be called to a higher position than yourself?
- Can you accept the legitimate authority of those placed in leadership?
- Do you feel secure in the knowledge that God loves you, and has a unique plan for your life?

If you have answered 'no' to any of these, spend some time meditating on Romans chapter 12 and Mark 10:42-45.

Ask the Father

- to make you a humble servant, like Jesus.
- to make you secure in his love and unique calling on your life, like Jesus.



Loving heavenly Father, help me each day to die to myself so that the life of Jesus may reign in me. Amen.