

# Abstinence: It's not a choice, it's a command

BY DAWN PATTERSON



**A**bstinence means to voluntarily refrain from something. Obedience in remaining sexually pure is a command given by God, not merely a choice that some hyperactive fanatical Christians choose to do. God specifically says in 1 Corinthians Chapter 7 that it's not good for a man to touch a woman. "Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman. Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband." (1 Corinthians 7: 1-3) There are several scriptures that support this commandment. Abstinence is not just for teens. Abstinence is for anyone who is not in a husband, wife marriage relationship. This command is not popular by all means, but it is the truth. In today's sex raged society staying sexually pure is a challenge for teens, and adults alike. God created us with desires. But he gave rules and specific instructions on how to conduct ourselves. Obedience is always the best choice Jeremiah 6:16 says "Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls." Obedience will bring a satisfied heart.

One can help to stay pure by fleeing from all appearances of evil. I personally suggest to stay

away from profane television shows, and magazine aisles at your local grocery store that have suggestive literature. Also, stay away from negatively rated movies. There are some good movies, but if they appeal to your flesh then more than likely you need to dismiss yourself from them. Stay away from freely surfing the Internet. The Internet is loaded with impure sexual content. If you surf, you are bound to run into it at in one angle or the other. Let's face it, you never know what's gonna pop up on your screen. Stay away from environments that you don't have control over. Setting rules for yourself, like to never view anything you wouldn't feel comfortable looking at or watching in the presence of your pastor is a great way to build a wall against sexual temptations. This may sound silly, but it works. Once you set rules and stick with them you will find that they will become more easily followed the more you train your flesh to do so. Don't expose yourself to sexually impure things and it will become easier for you to resist the temptations.

If you are in the dating stage set rules such as:

## #1 Never to touch.

If you don't touch, you don't have to worry about becoming sexually impure. Look at purity as a beautiful rose that God has given you. Each time you decide to hug, kiss, hold hands, touch in places that you shouldn't, and have sex the rose God has given you wilts. No one wants a wilted rose. Wilted roses are not desirable. Your

purity is something priceless that you will have to offer to your husband or wife on the day of your marriage. You have no business giving that away to anyone but him or her. Save it for your husband or wife. Believe me they will be thankful.

## #2 Don't find yourself in situations where you and your boyfriend/girlfriend are totally alone.

When you're alone the desires you have toward one another become enraged. Being intimate is special. But it's commanded to be done inside a husband/ wife marriage relationship. Be creative, think of things you can do with groups of friends, or places you can go in a public setting. Always remember if you're not alone, it won't happen.

## #3 Remember you are made of flesh.

No one can handle being strong enough to overcome temptation on his or her own. If you think you're mature enough, and spiritual enough to handle it, you're wrong. Thousands upon thousands of people have proven this true. Always remember this tip and it will help you. I'm not strong enough, so I don't need to put myself in a situation when I could be easily persuaded.

## #4 Always keep all your clothes on.

Never change into something more comfortable. Modesty for men and women alike is a very important part in remaining sexually pure, and keeping you from temptation. Never go swimming, or wear your pajamas in front of one