

P.U.R.E.

Pursuing Uncompromised Righteous Examples

By Julie Ferwerda

P.U.R.E. is an 8 week study (can be done as a 2 full day/3 partial day retreat) to empower teen girls to cherish their purity by:

1. Giving them an understanding of the big picture of their romantic betrothal and eventual marriage to the ultimate Prince, Jesus Christ.
2. Recognizing the lies that Satan is using on them to steal their future dreams.

Each session features interactive games/icebreakers, object lessons, a teaching session, individual study questions/assignments, and group discussion. Seminar also comes with a manual for each girl to take home (for future reference) containing the different categories of lies Satan uses on them along with the truth that will disarm the lies.

Lesson #1: The Two Plans for YOUR life

Big idea: Whether or not we are aware of it, there are two plans in operation for our lives.

God's Plan

Jeremiah 29:11-13

1. To give you spiritual prosperity
2. To give you hope
3. To give you a future

Satan's Plan

John 10:10

1. To steal your spiritual prosperity
2. To kill your hope
3. To destroy your future

Lesson #2: Lies about God

Big idea: Satan's lies about God. Satan wants us gals to believe that God is not good. He and his demons are constantly misrepresenting God so that we won't trust Him and won't believe that He is good and has a good plan for our lives. This lesson brings out the lies Satan tells us about God to get us to distrust Him.

Lesson #3: Lies About Emotions

Big idea: Our feelings and circumstances change, but the truth doesn't change. Contrary to what we've always believed, we gals cannot trust our emotions. While they may be real feelings, they aren't necessarily accurate. Trusting our feelings can lead to big trouble and Satan will use them to trip us up as long as it works! This lesson brings out many of the lies girls believe about feelings.

Lesson #4: Lies about Yourself

Big Idea: You are priceless to God and it's never too late to be P.U.R.E. (or pure!) Satan wants us to believe we don't matter to God or that we've messed up too big. With God's plan of forgiveness, we get a brand new clean slate the minute we confess and turn from sin. We gals are of infinite value to Jesus—after all, we are His future bride!! This lesson brings out the lies girls tell themselves about themselves.

Lesson #5: Lies about Guys

Big idea: There is a guy out there in this world who will make you happy—NOT!! There is only ONE GUY who will ever make you happy and any lines you get from guys in this world are just that—lame, empty lines! A guy who is full of Jesus will respect and honor you just like Jesus

does, because he won't want you to be unfaithful to your true future husband! This lesson brings out many of the lies girls tell themselves about guys (or believe about them).

Lesson #6: Lies about Sin

Big Idea: Sin always looks good before it catches up with you. That's because Satan always promises more than he delivers. Sin may be fun for awhile, but it always leaves behind ruined dreams and lives—always! This lesson brings out the many lies girls tell themselves about sin.

Lesson #7: Lies about Dating & Marriage

Big Idea: Dating or marrying anyone but God's best for you will end up in misery and emptiness. This lesson brings out many of the lies we fall for and wrong reasons we gals date and marry the wrong men. Marriage has a purpose way beyond what the world has told us about—to show a little bit about what our relationship with Jesus is supposed to be like.

Also included this week is a resource: God's Best or a Frog? Ten Guidelines for Determining Mr. Right.

Lesson #8: Lies about Sex

Big Idea: While there may be some "good reasons" teens can give for having sex now, there are even better reasons to wait! This lesson will reveal the lies we gals tell ourselves about sex, and will reveal the emotional, relational, and spiritual advantages to waiting until marriage. God created sex. Sex according to His way is sex at its best!