



Frisco First Baptist Church

SPIRITUAL ADULTING: 1 CORINTHIANS PURITY IN OUR RELATIONSHIPS

1 CORINTHIANS 6:18-20 2/15/2026

MAIN POINT

The Lord calls us to purity in our relationships for our safety and His glory.

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

Have you ever drank water that wasn't purified? What risk do you take by drinking water that has not been filtered and purified?

If you had to purify your own water, how would you do it?

If you were to go outside and drink water straight out of a creek or a pond, you would risk several debilitating, and even possibly fatal, sicknesses. You could get intestinal parasites, Hepatitis A, and other illnesses from not boiling or filtering your water. This is not a risk that any of us want to take! Purity in our relationships is as important as the care we take when drinking water. If we allow impurity and unrighteousness into our lives, it's like trying to take only a little poison into our water. It will affect us, and it will cause damage to us and to others if we do not repent of it.

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

ASK VOLUNTEERS TO READ HEBREWS 13:4, EPHESIANS 5:3, AND PROVERBS 5:8.

What does it mean that the marriage bed must be kept undefiled and that marriage must be respected?

What qualifies as sexual immorality?

How is sexual immorality related to greed?

Why was Solomon so worried about the damage a sexually immoral person can do?

Marriage has always been the foundation and backbone of society. Through marriage, we pass on inheritance, have legitimate progeny, and foster the next generation. From the intimacy of a one man-one woman marriage, we learn much about ourselves, our need for sanctification, and the beauty of committed, covenant love. This is why marriage ought to be respected by all.

But when the covenant is broken through adultery, it breaks the covenant of love between husband and wife. Not only can the act of adultery do this, but also other forms of sexual immorality such as pornography and premarital sex. Certainly, there is grace from the Lord to cover all of our transgressions, but there are often long-term affects from defiling ourselves through sexual immorality.

To be greedy is to covet and take for yourself things that you don't need or that don't belong to you. Sexual immorality is being greedy for a person who does not belong to you through the marriage covenant. In essence, lust is sexual greed.

| ASK A VOLUNTEER TO READ 1 CORINTHIANS 6:18-20.

How do those who commit sexual immorality sin against their own bodies?

How does sexual immorality dishonor the Lord?

Sex is not merely a physical act; it has spiritual dimensions. God gave us sex for intimacy with our spouses, for procreation, and for fun, but this is only lawful inside of marriage. The Bible teaches us that when two people are married, "they become one flesh" (Genesis 2:24). Married couples are one body, and so to commit sexual immorality is to sin against oneself, one's spouse, and the Lord who united them in matrimony.

This represents several reasons why we must strive to keep ourselves sexually pure. First, we honor the Lord. He created our bodies, and He owns them. His command is that we keep ourselves for our spouse and only for our spouse. Sexual intimacy is given to us to bind us together, and the lifelong nature of this commitment demonstrates Christ's love for us despite our flaws and sins. Second, we keep from sinning against our own bodies. We will experience much grief and heartbreak if we give ourselves to others with whom we

are not joined in covenant. Finally, we honor our spouse in our purity, whether we are married or will be married in the future.

| ASK A VOLUNTEER TO READ PSALM 119:9-11.

How can we keep ourselves pure?

As Christians, how important is it that we understand the source of our purity?

We cannot keep ourselves pure. The Bible teaches us that “all have sinned and fall short of the glory of God” (Romans 3:23). This doesn’t mean that we don’t strive for holiness. What we must recognize is that we cannot achieve purity apart from the forgiveness of Christ, which we ought to seek for our sins each day.

The reason that this is so important is because many fall short in sexual sin. We must understand that Christ, not our self-discipline, is our righteousness, or we will discourage and hurt those who have sinned. Or, we will feel like “damaged goods” ourselves if we sin. Christ makes us pure. Christ makes us holy. We are not saved by works, we are saved by faith in Christ as a gift from God (Ephesians 2:8-9). Only through the death of Christ on the cross for our sins can we truly be made pure and holy, and only by being grateful for that sacrifice and following Christ as Lord can we make strides in holiness.

We should strive for holiness in our lives by dedicating ourselves to obeying Christ in His Word. We should not dress overly provocatively to cause someone to stumble. We must flee fornication and adultery. We must not use pornography—not because it makes us dirty, but because pornography and sexual immorality hurts ourselves and others. Premarital sex involves stealing someone that doesn’t belong to us; when we look at pornography, we are exploiting others.

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

With the proliferation of internet pornography, how can we help one another keep our focus on Christ and holiness? How can we help ourselves?

How might we, as a church, show that we honor marriage? What sorts of things could our small group do to encourage and support married couples?

How can we foster a community that doesn't promote shame, but instead is nurturing and encouraging for those who have struggled with sexual immorality?

PRAYER

In a time of group prayer, thank the Father for the gift of His Son Jesus Christ. Thank the Father for making us pure through Him. Ask that we might pursue Jesus with all of our hearts, and that we might honor the Lord and our spouse by pursuing Christ's holiness by faith.

COMMENTARY

| HEBREWS 13:4

13:4. Verse 4 begins a section (13:4-6) that focuses on personal behavior. The section centers on matters that are inward and less public—in that the writer dealt with the believer's attitudes about sexual behavior and money.

In verse 4, the writer of Hebrews places marriage in its rightful place of honor. In Christianity, marriage is highly valued. The marriage bond must be honored, and spouses are to love one another. Verse 4 reflects the importance of purity in marriage in the earliest teachings of Christianity.

Marriage is a mystery that is now revealed (see Eph. 5:22-33); the husband-wife relationship is to be a reflection of the pure, loving relationship between Christ and His bride, the church. Therefore, the marriage relationship should be adorned with purity and faithfulness.

The pure marriage bed is a reference to the husband and wife remaining sexually faithful to each other. Adultery and other forms of sexual promiscuity were all too common in the Roman Empire. A Christian marriage that reflected purity, faithfulness, and sacrificial love stood out against the culture like a diamond in a vein of coal.

So it is in our day too. Sexual immorality is epidemic in our culture and too often among churchgoing families. In contrast, a godly marriage that is honored by both husband and wife showcases a grand and beautiful truth to our culture. Marriage glorifies Christ and reveals the impact of the gospel in a Christian home.

| EPHESIANS 5:3

5:3-4. The opposite of imitating God and giving oneself up for Him is living in “sexual immorality, impurity, and greed” (note the same Greek words for impurity and greed in 4:19). Paul says that it is not proper for these things even to be named among the children of God. These are sins of “deed.” In addition to sinful deeds, there ought not to be sinful “words.” Obscenity, foolish talk, coarse joking ought not be part of the speech patterns of Christians. Rather, we ought to speak from a heart of thankfulness to God.

| 1 CORINTHIANS 6:18-20

6:18-20 Sexual immorality is unique among sins insomuch as it is sin against the body, thus assaulting the sanctity of a believer’s sacred oneness with Christ (sealed by the Holy Spirit who is in you) and the oneness of holy matrimony (cp. 7:2). The point is that the believer’s body is a sacred vessel, bought at a price by the Son of God. Believers thus have no business doing anything with the Lord’s body that does not glorify Him.

| PSALM 119:9-11

119:9-11. The purifying power of God’s Word is the theme of this second stanza (vv. 9-16). The psalmist asks a most important question: How can a young man keep his way pure? He answers that personal holiness is realized by living, or obeying, God’s word. This outward obedience must arise from one’s inward heart that seeks the Lord. The Scripture alone has sanctifying power to keep a person from straying into sin. The psalmist confesses that he had hidden God’s word in his heart, that is, buried it within his soul like a valuable treasure. Through the Scripture’s power he is assured that he might not sin against God.