

Genesis 2:25 NIV

The man and his wife were both naked, and **they felt no shame.**

Genesis 3:7-10 NLT

At that moment their eyes were opened, and they suddenly felt **shame** at their nakedness. So they sewed fig leaves together to cover themselves. When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they **hid** from the Lord God among the trees. Then the Lord God called to the man, "Where are you?"

He replied, "I heard you walking in the garden, so I hid. I was **afraid** because I was naked."

Hebrew word for shame is '*buwsh*', which mean to feel completely worthless!

## Shame and Secrecy Kills Intimacy!

### Redraw the lines

Ephesians 5:3 NIV

But among you there must not be even a **hint** of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Matthew 5:27-28 NLT

"You have heard the commandment that says, 'You must not commit adultery.' But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart."

### Reduce Opportunities

Proverbs 5:8 NLT

Stay away from her! Don't go near the door of her house!

Romans 13:14 NASB

But put on the Lord Jesus Christ, and **make no provision** for the flesh in regard to its lusts.

Matthew 18:8-9a NLT

So if your hand or foot causes you to sin, cut it off and throw it away...And if your eye causes you to sin, gouge it out and throw it away.

### Reveal your struggles

Proverbs 28:13 NLT

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

Ephesians 5:8 NLT

Take no part in the worthless deeds of evil and darkness; instead, **expose them.**

### Renew your heart

Psalms 51:10 NIV

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalms 119:9-11 NIV

How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

The Vow of Purity:

I vow to confide in you, not hide from you!