



Champions Choose Chastity

(Student Guide)

Where to Start

In the Catechism we profess that part of what it means to not commit adultery is to “lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.” But striving to live in faith every day in sexual purity cannot begin with the Sixth Commandment. Purity of living does not begin with what we should strive to be but with what God makes us to be in Christ. He makes us champions!

The Making of a Champion

The athlete in any sport must train and work hard to ever attain “Champion” status. But such status is *given* to Christians! Look up the following passages to be reminded of what God does that makes us champions.

Psalm 139:13-14

1 Corinthians 6:19-20; Acts 20:28, Titus 2:14

Romans 6:1-4

Grace Training

Look up Titus 2:11-14. God’s grace brings us salvation as we have seen above. What else does God’s grace do?

How do these passages relate to “Grace Training”?

Romans 8:31-32

Philippians 4:13

James 4:5-7

Ephesians 3:20-21

Trained for What?

Read again Titus 2:11-12. Discuss those things Paul says grace trains us to do. The first is a negative, to renounce what is bad. The second a positive, to do what is good.

“renounce ungodliness and worldly passions.” Discuss how the following verses relate to this as we look at our culture today.

Genesis 2:24

Genesis 1:27-28; 2:18-23; Ephesians 5:3-11



“to live self-controlled, upright and goldy lives in the present age.” Discuss how the following verses apply to this in our present age.

1 Corinthians 7:4; Ephesians 5:21-25; Hebrews 13:4

1 Corinthians 6:18-20; Ephesians 5:3-4; Philippians 4:8

Where to Finish

We started with the Second Article and the grace of God in Jesus. That is where we need to finish. When we fail and wander from the will of our Trainer, we remain in His grace. Discuss the following with this in mind.

1 John 1:9

Philippians 3:12

2 Timothy 3:16

Colossians 2:8-15

1 Corinthians 11:23-26

We are champions! Therefore we can live in faith every day making good choices and living in sexual purity.



Leaders's Guide
follows.



Champions Choose Chastity

(Leader's Guide)

[This study follows closely the Life Sunday bulletin insert—Item LFL619BI available at www.cph.org. If you used these, you may want to refer to it or even use it in class.]

Where to Start

In the Catechism we profess that part of what it means to not commit adultery is to “lead a sexually pure and decent life in what we say and do, and husband and wife love and honor each other.” But striving to live in faith every day in sexual purity cannot begin with the Sixth Commandment. Purity of living does not begin with what we should strive to be but with what God makes us to be in Christ. He makes us champions!

The Making of a Champion

The athlete in any sport must train and work hard to ever attain “Champion” status. But such status is *given* to Christians! Look up the following passages to be reminded of what God does that makes us champions.

Psalm 139:13-14 **[Through His procreative biological process, God is intimately involved in the creation of each human life. We are handmade by God!]**

1 Corinthians 6:19-20; Acts 20:28, Titus 2:14 **[God loved what He made with His hands so much that when we lost His image and became sinful from conception (Psalm 51:5), He sent His Son to redeem us, buy us back. The price was His blood. You may want to point out in the Acts 20 passage that the antecedent of “blood” is God. God’s own blood! We are not used to talking that way, but it helps show the enormity of the price. The Titus passage reminds us that our striving for sexual purity begins with having been purified in Christ.]**

Romans 6:1-4 **[Through His Holy Spirit, God calls us to faith in Baptism and gives us His indwelling and a new life. We belong to God!]**

In summary, we are champions because we are created, redeemed, and called. Nothing else really matters! In sharp contrast to what the world thinks, our physical and mental capabilities having nothing to do with our value. We are champions because of what God has done! You may have the class look up Romans 8:31-39 as a summary. We are indeed *more* than “conquerors,” *more* than champions!]

Grace Training

Look up Titus 2:11-14. God’s grace brings us salvation as we have seen above. What else does God’s grace do? **[His grace trains us. At this point do not get into training for what. Ask the class what they think “grace training” is all about. Grace training is not about doing what we are supposed to**



do because something bad might happen if we don't or something good might happen if we do—fear of punishment and hope of reward. Often we train for sexual purity by warning against STD's and emotional scars. Or we extol the virtues of waiting for marriage to have sex, the "it's worth waiting for" idea. These certainly have their place. Grace training moves us to purity because we are pure! It motivates us through Christ's great love for us. We desire to please Him, not so He will be pleased with us but because He is *already* pleased with us.]

How do these passages relate to "Grace Training"?

Romans 8:31-32 [Because God is for us and has demonstrated that in the giving of His Son, than nothing—world, the devil, sinful flesh—can be against us. We can resist these. We can make good choices.]

Philippians 4:13 [In the context, Paul talks about being in a variety of situations—want, plenty, etc. Drawing on the strength of Christ and what He has done for us, we too can face difficult and tempting situations.]

James 4:5-7 [We often quote the "resist the devil" part. But where does this flow from? It flows from submission to God and trusting completely in His grace, which He pours out abundantly.]

Ephesians 3:20-21 [Again, look at the context. Paul prays that we may know the love of Christ (19) and be filled with the "fullness of God." The Spirit of Christ dwells in us. His strength is at work in us.]

Trained for What?

Read again Titus 2:11-12. Discuss those things Paul says grace trains us to do. The first is a negative, to renounce what is bad. The second a positive, to do what is good.

"renounce ungodliness and worldly passions." Discuss how the following verses relate to this as we look at our culture today.

Genesis 2:24 [We need to renounce the constant trend to redefine marriage. It is not a popular nor politically correct thing to do these days, but our silence and apathy only adds to the problem. You may want to refer to LFL's statement on marriage available at www.lutheransforlife.org/article/marriage-a-statement-by-lutherans-for-life.]

Genesis 1:27-28; 2:18-23; Ephesians 5:3-11 [You may go into as much detail as you have time for, but the point is to show that God created both man and woman as equals in His image, but we have differing roles and vocations. We must uphold these and renounce the trends in our society that belittle or deny these truths. Be cautious about the group drifting toward renouncing *people* rather than the *ideas*



they hold or the *behavior* they exhibit.]

“to live self-controlled, upright and godly lives in the present age.” Discuss how the following verses apply to this in our present age.

1 Corinthians 7:4; Ephesians 5:21-25; Hebrews 13:4 **[Discuss as desired. These are for married people. We are to honor our spouses and our marriages always turning to Christ and His relationship to the Church as our model and source of strength.]**

1 Corinthians 6:18-20; Ephesians 5:3-4; Philippians 4:8 **[These focus more on the unmarried. Because of our “grace training,” we can respond daily striving to live in sexual purity of thought, word, and deed. Remind the class again that we are champions. We do ourselves a disservice when we treat ourselves or fellow Christians as if we cannot make good decisions about living in purity. You may want to review the materials LFL has available for young people in this area at www.cph.org]**

Where to Finish

We started with the Second Article and the grace of God in Jesus. That is where we need to finish. When we fail and wander from the will of our Trainer, we remain in His grace. Discuss the following with this in mind.

1 John 1:9 **[When we fall before our Trainer on penitent knees, He forgives, cleanses, and purifies anew.]**

Philippians 3:12 **[We press on toward the goal of sexual purity to make it our own because Jesus has made us His own.]**

2 Timothy 3:16 **[We cannot expect to be daily trained if we disregard the “trainer’s manual.” Be sure to point out, however, that the “manual,” God’s Word, does more than tell us what to do and not to do. It tells us primarily what God has done for us—made us champions!—so that we can now do for Him.]**

Colossians 2:8-15 **[Zero in on baptism here. As we daily recall what God did for us in our baptisms, we are renewed as His champions!]**

1 Corinthians 11:23-26 **[Regularly receiving Christ’s body and blood cleanses us of unholy living and strengthens us for living in faith every day.]**

[In summary of the last three, point out the importance of using God’s means of grace for our training.]

We are champions! Therefore we can live in faith every day making good choices and living in sexual purity.

