



Help! I Want to Stay Pure

How to use this journal:

- Read through *Help! I Want to Stay Pure* by Zach Sparkman.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**¹ after you read each chapter. Space for journaling your answers is provided.

<p>Introduction/ Chapter 1</p> <p><i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>
<p>Chapter 1</p> <p><i>Questions for Reflection:</i></p>	<ul style="list-style-type: none">• Have you previously been involved in pornography? Or are you currently looking at pornography?• Which of the consequences of pornography impacted you? Do you think fear of consequences is a strong enough reason to not get involved in it?• Pornography is a sin that thrives in the darkness. If you are struggling with it, bring it into the light and invite a trusted adult (a spiritual mentor, youth leader, or parent) to help you work through this. Purity is possible! Who will you invite to walk beside you?

¹ The *Questions for Reflection* are taken from *Help! I Want to Stay Pure* by Zach Sparkman, (Shepherd Press, 2024).

<p>Chapter 2 <i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>
<p>Chapter 2 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none">• Does it surprise you that temptation often comes after spiritual “highs”? What steps can you take after a spiritual ‘high’ or victory to keep you from letting your guard down? • In what ways are you being desensitized and relaxed? • What are some examples of making provision for the flesh in the area of lust?
<p>Chapter 3 <i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>

<p>Chapter 3 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • Do you have a relationship with Jesus as Savior? If not, why not? • What steps are you taking to saturate yourself in Scripture and depend on the Lord in prayer? • What accountability do you have currently set up (people and guardrails)? What accountability do you need to put into place moving forward?
<p>Chapter 4 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 4 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • Think about your battles against lust and answer the following: <ul style="list-style-type: none"> ○ What are your triggers? ○ What lies do you often tell yourself?

○ What truths about God are you not believing?

○ What ways of escape are available to you in these moments?

● Have you ever considered the power of fighting desire for lust with the greater desire of enjoying Jesus? How does that change the way you battle temptation?