

The Purity Prayer

The following is a prayer for purity, based on Scripture (NIV). I encourage you to pray this regularly, for the "Word of God is living and active, sharper than any two-edged sword" (Heb 4:12). Feel free to give this to others, or to add/delete verses or rearrange their order (at present they are basically in order of Biblical books). And may the Lord grant us purity of mind and integrity of heart that we might bring glory to His Name!

Today Lord, I "make a covenant with my eyes not to look lustfully at any girl" (Job 31:1)

I ask that You would grant me "clean hands and a pure heart," that I may stand in Your presence (Ps 24:4)

May You help me to "refuse to look at anything vile and vulgar" (Ps 101:3 –NLT) and to completely "guard my heart" (Pr 4:23).

I declare with Your Word that today I will not "lust in my heart after a woman's beauty or let her captivate me with her eyes" (Pr 6:25).

I ask Lord, that You would grant me "a pure heart, so I can see You" (Mt 5:8)

Your Word says that "anyone who looks lustfully at a woman has committed adultery with her in his heart" (Mt 5:28), so by Your grace I refuse to look at any woman lustfully. And I pray Father, that You would "keep me from such temptation and deliver me from the enemy" (Mt 6:13). And help me to "pray so that I won't fall into temptation" (Mt 26:41).

Cleanse my heart Lord, for "out of the heart come evil thoughts" (Mt 15:19). Make me "pure and holy through Your Word of Truth" (John 17:17)

I ask that You would help me to "be transformed by the renewing of my mind" (Rom 12:2).

Help me to "clothe myself with the Lord Jesus Christ, and not to even think about how to gratify the desires of the sinful nature" (Rom 13:14). Instead, help me to "take captive every thought and make it obedient to Christ" (2 Cor 10:5)

I Thank You Lord, that You "won't let me be tempted beyond what I can bear" and that You will "provide a way out so that I can stand up under it" (1 Cor 10:13). So help me not to give in to discouragement or frustration, but to trust in You.

Lord I declare that "I have been crucified with Christ and I no longer live, but Christ lives in me" (Gal 2:20). And I thank You that "those who belong to Christ Jesus have crucified the sinful nature with its passions and desires" (Gal 5:24). So help me to completely die to all lust and sinful passions. Today, Father, may Your Spirit help me to grow in the fruit of "self-control" (Gal 5:23)

I Thank You that I've been "made new in the attitude of your mind" and I ask that You would help me to "put on the new self, created to be like God in true righteousness and holiness." (Eph 4:23,24).

So help me not to even "hint at sexual immorality or any kind of impurity, for these are improper for God's holy people" (Eph 5:3).

Lord, I affirm Your Word which declares that "no immoral or impure person will inherit Your Kingdom" (Eph 5:5), so grant me grace to "live as a child of light" and to have "nothing to do with the deeds of darkness" (Eph 5:8,11).

Help me to think upon that which is "true, noble, right; whatever is pure, lovely, admirable; whatever is excellent and praiseworthy" (Phil 4:8) – and help me avoid those things which are not.

Help me to "set my mind on things above, not on earthly things" (Col 3:2), and by Your grace empower me to "put to death sexual immorality, impurity, lust and evil desires" (Col 3:5)

Help me to set an "example to others in my speech, conduct and purity" (1 Tim 4:12) and help me to "flee from the evil desires of youth" (2 Tim 2:22)

And Lord I thank You that Your grace "teaches us to say No to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age" (Titus 2:12).

Help me to "make every effort to be holy, for without holiness no one will see You" (Hebrews 12:14)

So Father, in everything grant me the grace to "be holy as You are holy" (1 Peter 1:16)
In Jesus' mighty Name I pray,

Amen!