

Everywhere you look in today's world, a sexually tempting photo, story, Web site, advertisement, or movie beckons. Protecting your heart's purity means actively guarding your eyes, your ears, and your mind all the time. You have to be willing to do whatever it takes. This is a lifelong process, but an important one. Here are a few tips—

- > Some issues may be a struggle all your life. Don't give up.**
- > Pick one area of your life to work on at first. Don't tackle all your difficulties at once.**
- > Lasting change usually happens in small steps. Start small, be consistent, and be tenacious.**
- > Accountability—having a friend who will ask you hard questions about your life—helps you in your pursuit of purity. You have to open your life to another person. You have to find an accountability partner. Go for it!**
- > Take heart. God knows your struggles. He will help you in your pursuit of purity and godliness.**
- > Jesus continuously offers forgiveness. Anytime you fail, he'll give you a fresh start.**