

Welcome Back!

Honor God Make Disciples



EVERY NATION
CHURCH · PENANG

WHAT
TO DO

WHEN
YOU DO NOT KNOW

WHAT
TO DO

WHAT

TO DO

WHEN

YOU DO NOT KNOW

WHAT

TO DO

Aug9 : Part 1: with Pr GP

**HOW TO
WISE UP?**

Aug16 : Part 2: with Pr GP

**HOW TO
MASTER MY
TONGUE?**

Aug23 : Part 3: with Pr GP

**HOW TO
MANAGE MY
TIME?**

Aug30 : Part 4: with Bro AJ

**HOW TO
FEAR THE LORD?**

Sep6 : Part 5: with Bro Terence

**HOW TO
LIVE A FRUITFUL &
FULL LIFE?**

Sep13 : Part 6: with Pr Dr Alex Chong

**HOW TO
LOVE OUR
COUNTRY?**

... a “how to...” series gleaning the wisdom from the book of Proverbs.”

You can view our message series either in our



Every Nation Church Penang



EVERY NATION
CHURCH • PENANG

WHAT
TO DO

WHEN
YOU DO NOT KNOW

WHAT
TO DO

Sep20 : Part 7 : with Pr GP
**HOW TO
CULTIVATE
FRIENDSHIP?**



Sep27 : Part 8: with Bro KC
**HOW TO
MAKE RIGHT
DECISION?**

Oct4 : Part 9: with Pr GP
**HOW TO
TAME MY
ANGER?**

Oct11 : Part 10: with Pr GP
**HOW TO
UPHOLD PURITY?**

Oct18 : Part 11: with Bro Edwin
**HOW TO
HAVE TOTAL
WEALTH
MANAGEMENT?**

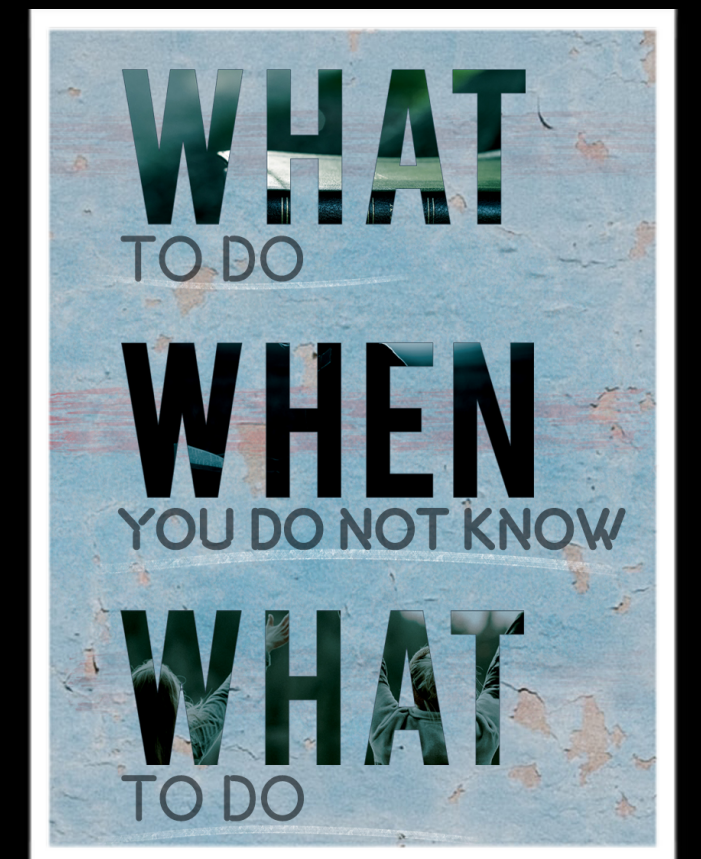
Oct25 : Part 12: with Pr GP
**HOW TO
SUCCEED AT
WORK?**

... a “how to...” series gleaning the wisdom from the book of Proverbs.”
You can view our message series either in our   Every Nation Church Penang

Part 10 :

HOW TO UPHOLD PURITY?

4 Keys





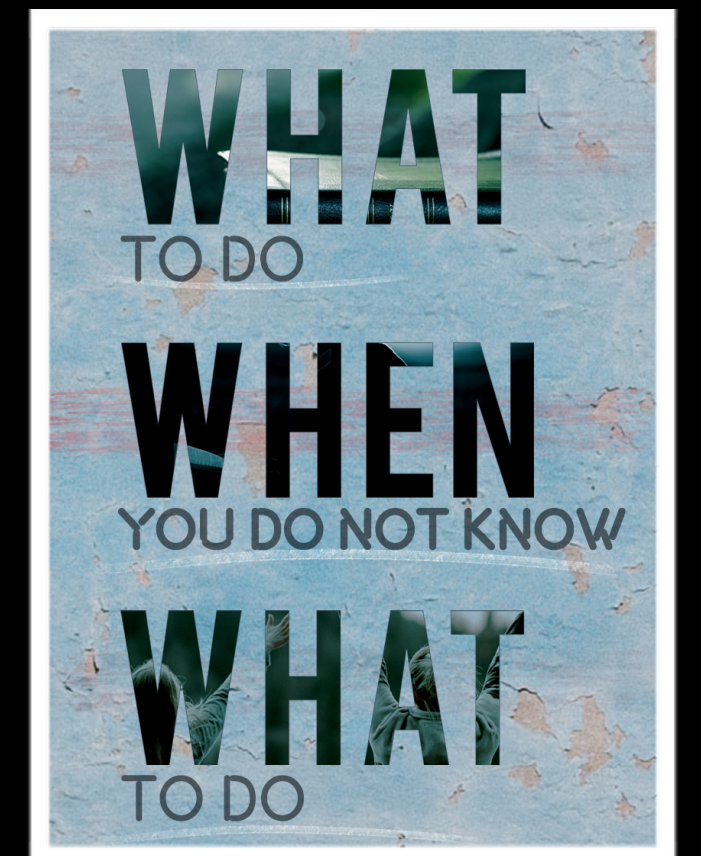
Dear you reading this,
do not chase love. Do
not rush in love. True
love comes to those who
wait. Love when you're
ready not just because
you are pressured to
have one. It's not a
competition after all.





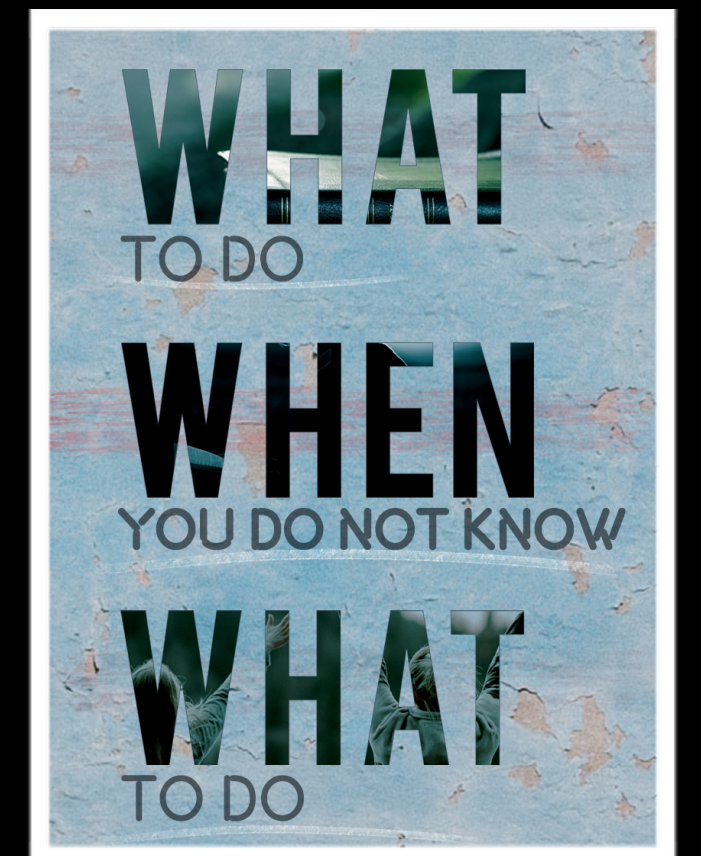
Psalm 12:6 ESV

*“The words of the Lord are
pure words, like silver refined
in a furnace on the ground,
purified seven times.”*



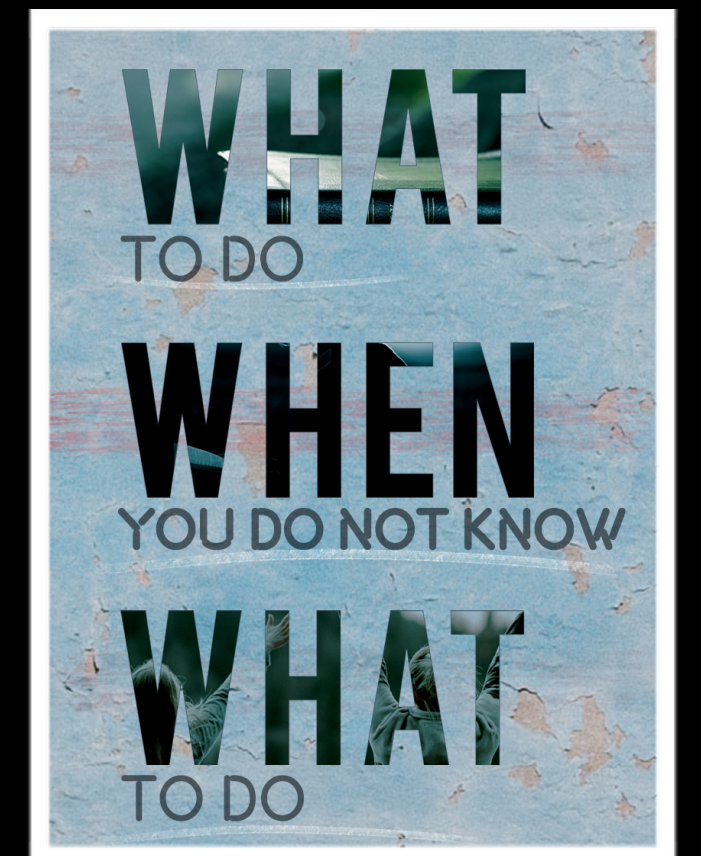
Proverbs 15:26 ESV

*“The thoughts of the wicked are
an abomination to the Lord,
**but gracious words are
pure.**”*



I Thessalonians 4:3 ESV

““For *this is the will of God*, your sanctification: that you *abstain from sexual immorality*;”



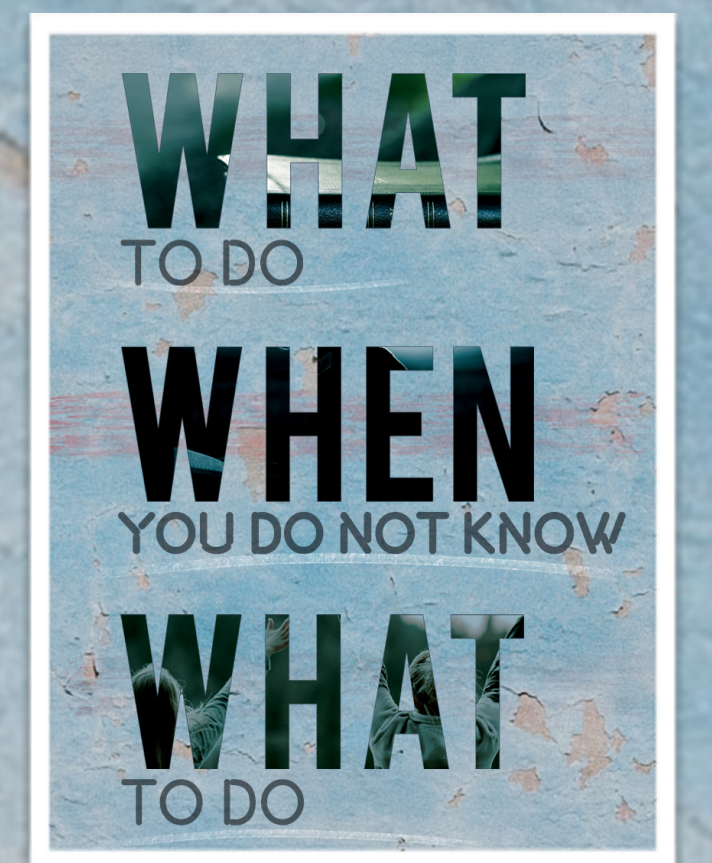
Part 10 :

HOW DO YOU UPHOLD *PURITY?*

4 Keys



I.WATCH OUT THE TRAP

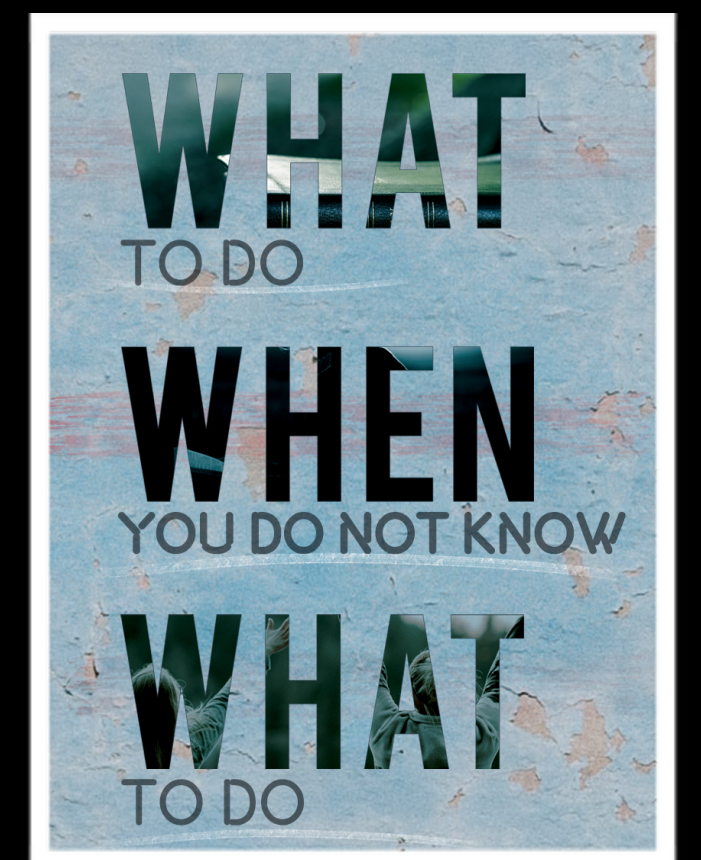




A device or enclosure designed to catch and retain animals by allowing entry but not exit or by catching hold of a part of the body.

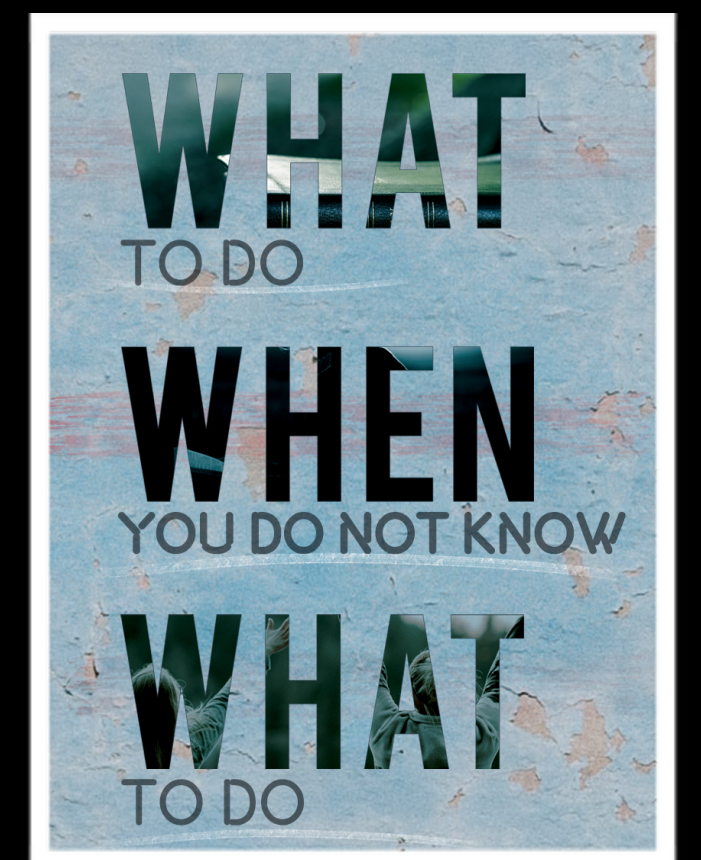
Proverbs 5:1-6 ESV

*“My son, pay attention to my wisdom;
Lend your ear to my understanding,
2 That you may preserve discretion,
And your lips may keep knowledge.
3 For **the lips of an immoral woman** drip honey, And **her mouth** is smoother than oil;*



Proverbs 5:4-6 ESV

*4 But in the end she is bitter as wormwood, Sharp as a two-edged sword. 5 **Her feet** go down to death, Her steps lay hold of hell. 6 Lest you ponder **her path** of life— **Her ways** are unstable; You do not know them.*



ONLINE SEXUAL EXPLOITATION AND ABUSE



1 in 3 Internet users worldwide is a **child**



750,000 individuals at any point in time are estimated to be looking to **connect with children for sexual purposes**



Child sexual abuse is captured through images and videos that are being shared online. There are currently more than **46 million unique images or videos of CSAM*** in EUROPOL's repository alone



Detecting and reporting this material helps rescue children from ongoing sexual abuse and prevents further trauma from their images being shared online

23.4M

But the volume is growing exponentially: Of **23.4 million reports** to NCMEC from 1998 to 2017, **40% were reported** in 2017 alone



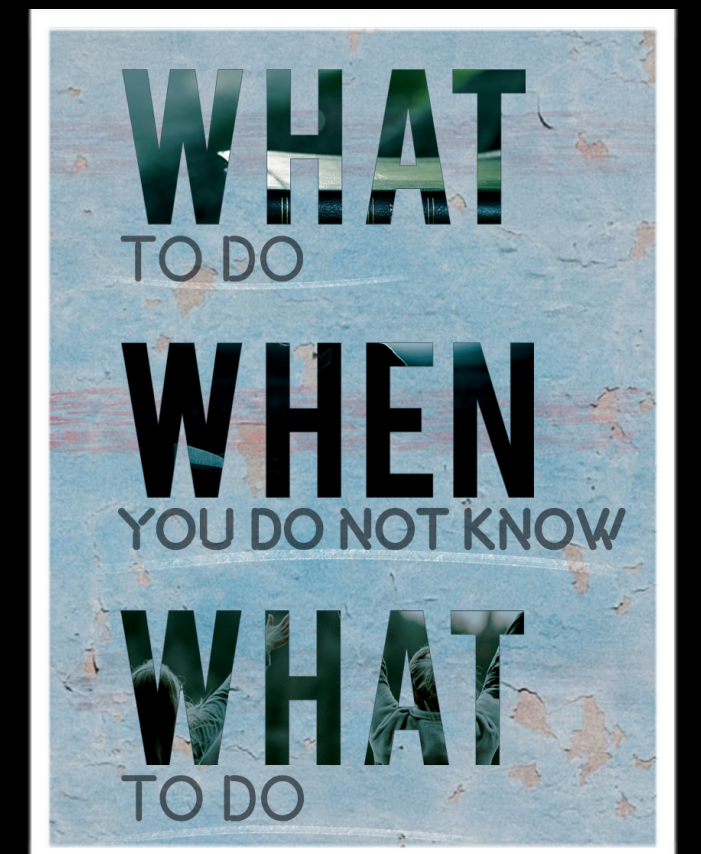
It affects children that are very young - **91% of CSAM** assessed by INHOPE network in 2018 depicted children **under 13 years of age**

**CSAM: Child Sexual Abuse Material*

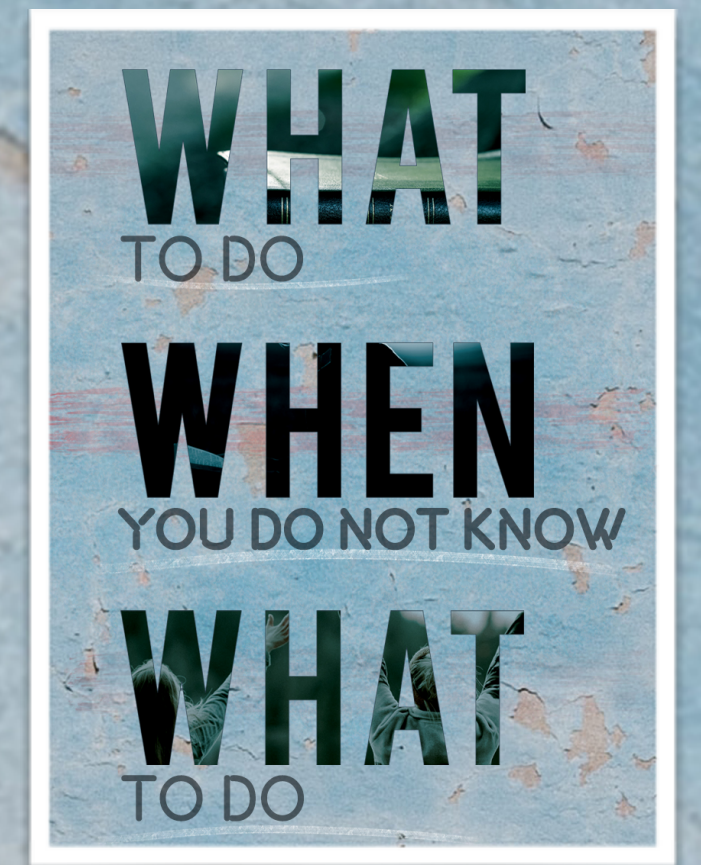


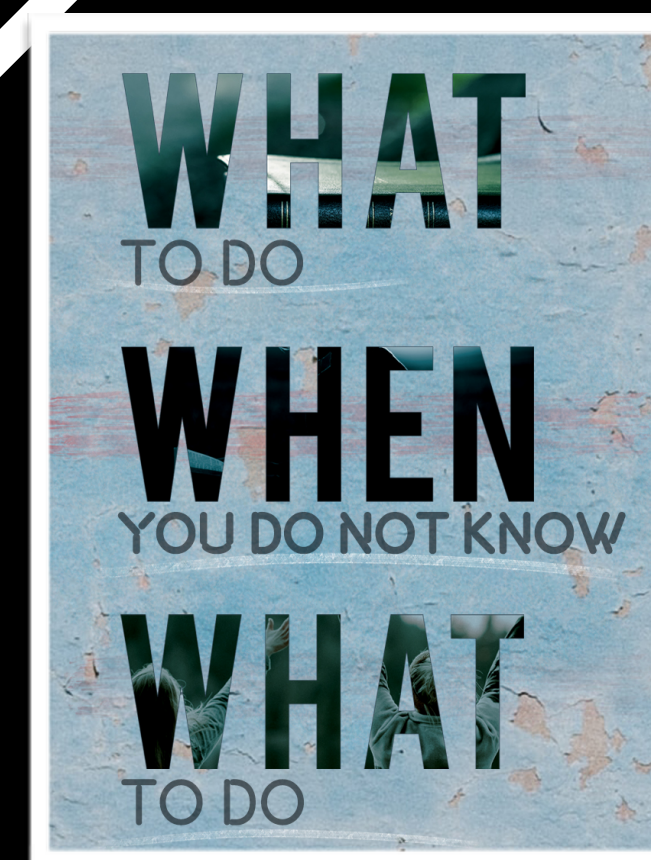
Proverbs 11:22 ESV

Like a gold ring in a pig's snout is a beautiful woman without discretion.”



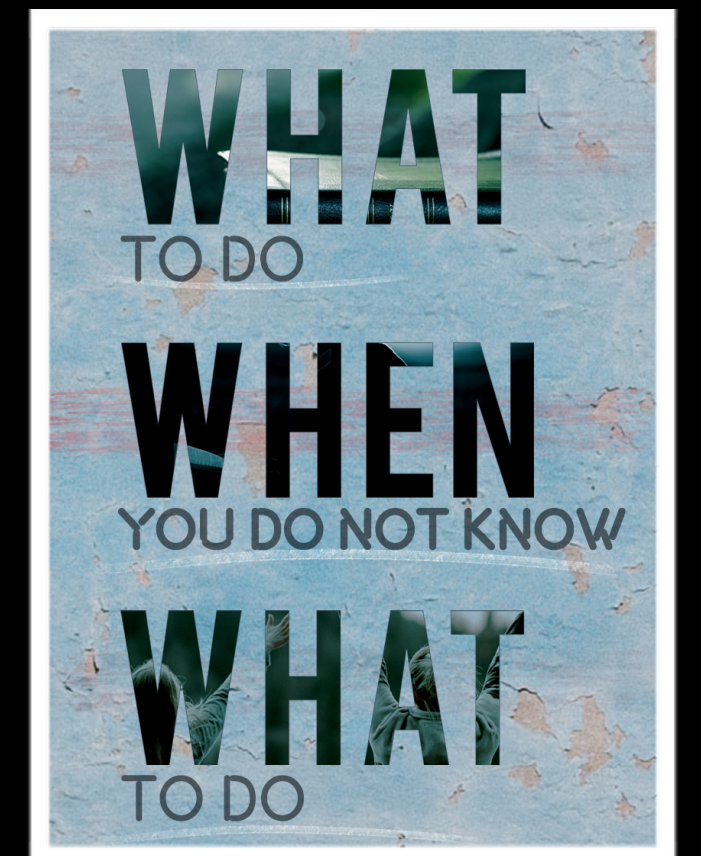
2. TAKE HEED THE WARNING





Proverbs 5:7-8 ESV

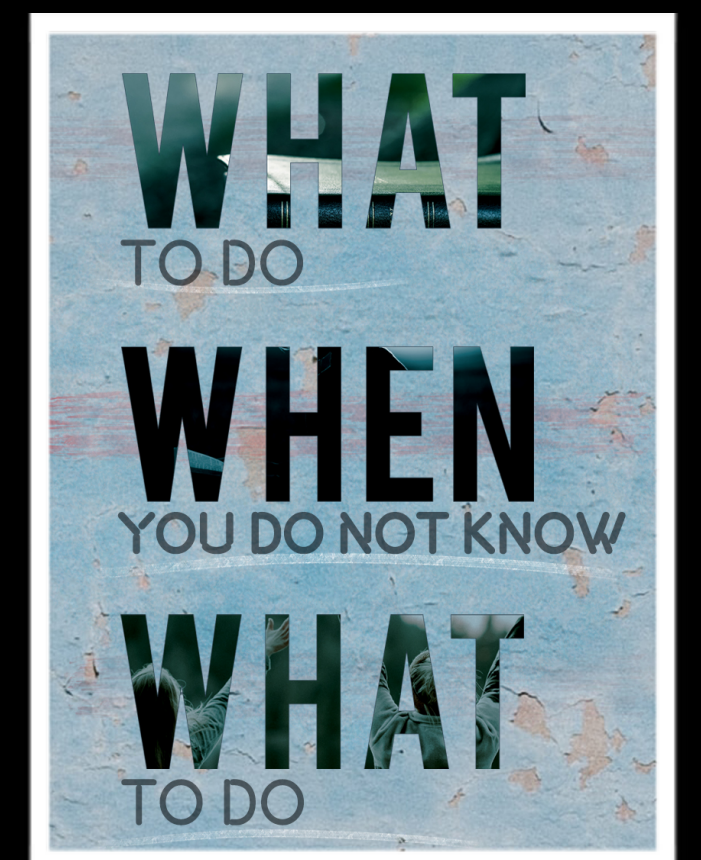
7 *And now, O sons, listen to me, and do not depart from the words of my mouth. 8 **Keep your way far from her, and do not go near the door of her house, ...***



I Corinthians 6:18 ESV

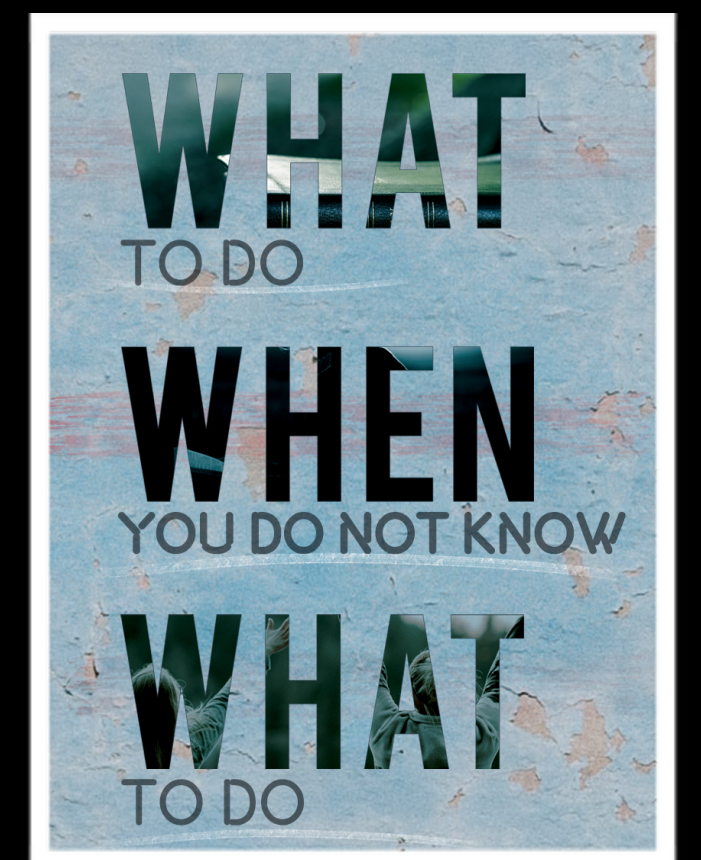
“Flee from sexual immorality.

Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.”



Proverbs 5:9-11 NKJV

9 Lest you give **your honor** to others, and your years to the cruel one;
10 Lest aliens be filled with **your wealth**, And your labors go to the house of a foreigner; 11 And you mourn at last, When **your flesh and your body** are consumed,



STD AWARENESS MONTH

FACTS ABOUT STD

1 IN 2
SEXUALLY
ACTIVE PEOPLE
WILL GET AN
STD
BY THE AGE OF
25
MOST
WILL NOT
KNOW IT



1 IN 4
NEW HIV
INFECTION
OCCUR IN YOUTH
BETWEEN THE
AGE
13 TO 24

20% OF
PEOPLE
LIVING WITH
HIV
DON'T KNOW IT



THE ONLY WAY
TO KNOW FOR
SURE IF YOU HAVE
AN STD IS TO
GET YOURSELF
TESTED

info@indianmedtrip.com
www.indianmedtrip.com
+91-8600855554

111,916

jumlah keseluruhan kes HIV (1986 - 2016)



kes baharu jangkitan HIV
pada 2016

3,397

kes jangkitan HIV

33,206

melalui hubungan seks (1986 - 2016)



15

kes baharu HIV
melibatkan
kanak-kanak
bawah 13
tahun pada
2016

99,338

lelaki menghidap HIV
(1986 - 2016)



68,392

kes HIV melalui suntikan penagih (1986 - 2016)

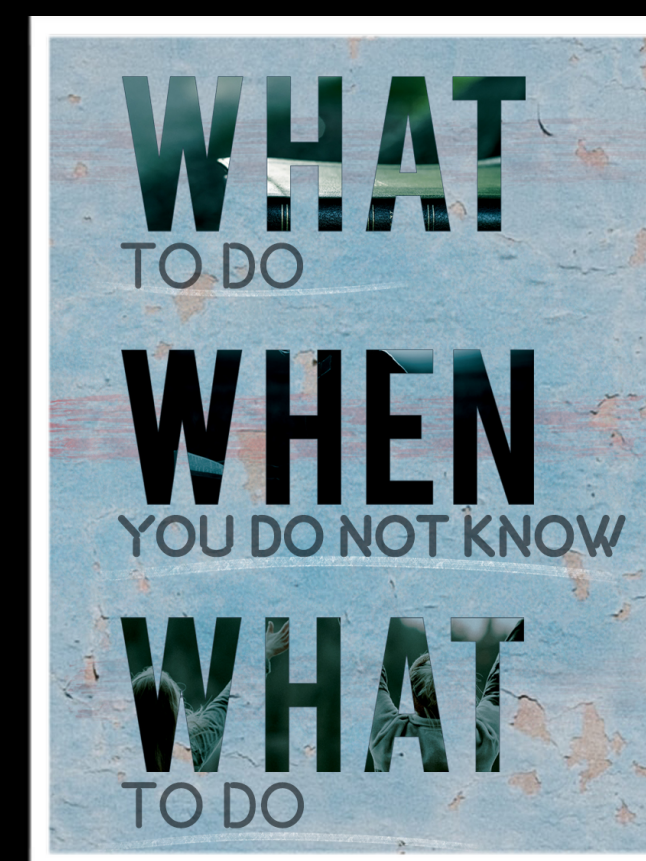
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Bahagian Pendidikan Kesihatan
Kementerian Kesihatan Malaysia



KEMENTERIAN KESIHATAN
MALAYSIA

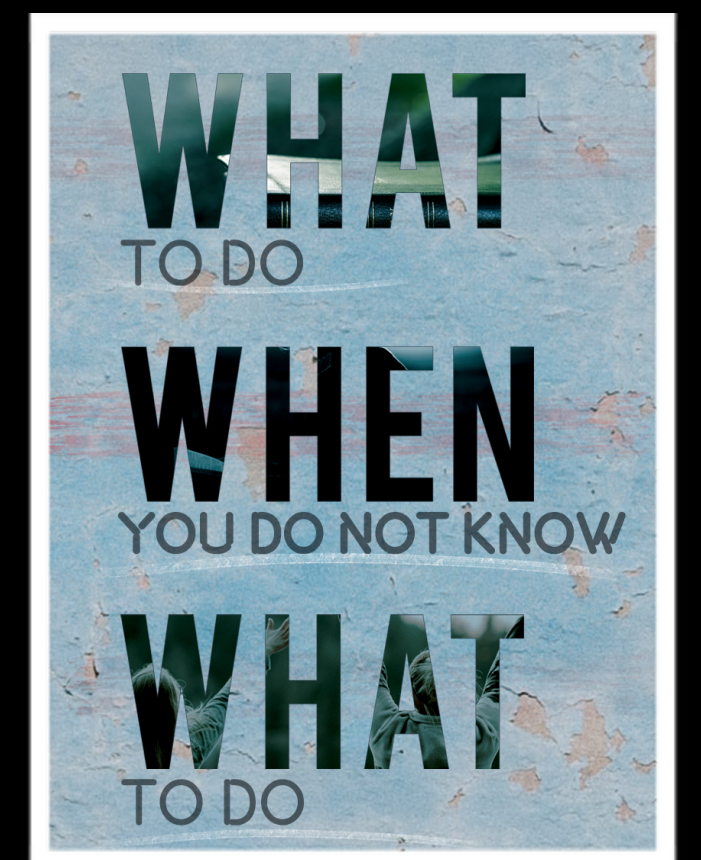


myhealthkkm



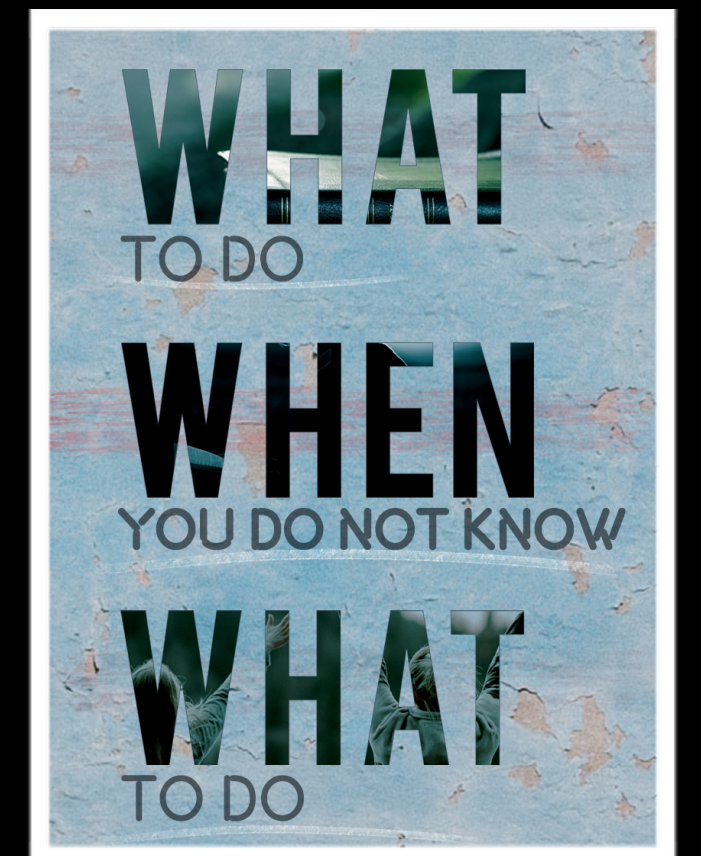
Proverbs 5:12-14 NKJV

*12 And say: “How I have **hated** instruction, And my heart **despised** correction! 13 I have **not obeyed** the voice of my teachers, **Nor inclined** my ear to those who instructed me! 14 I was on the verge of **total ruin**, In the midst of the assembly and congregation.”*

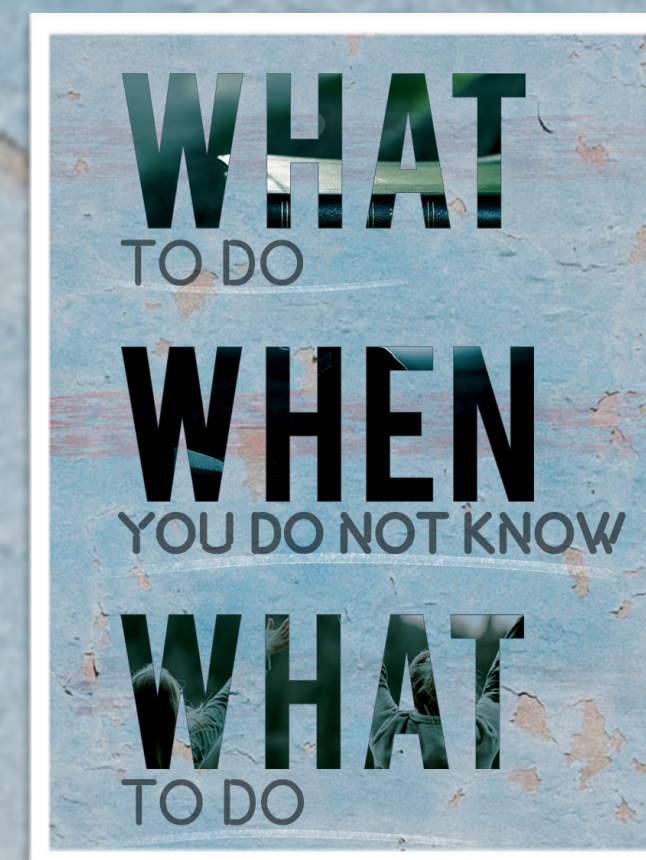


Numbers 32:23 TLB

*But if you don't do as you have said,
then you will have sinned against the
Lord, and you may be sure that **your
sin will catch up with you.***”



3. **TRUST** GOD HIS PROVISION

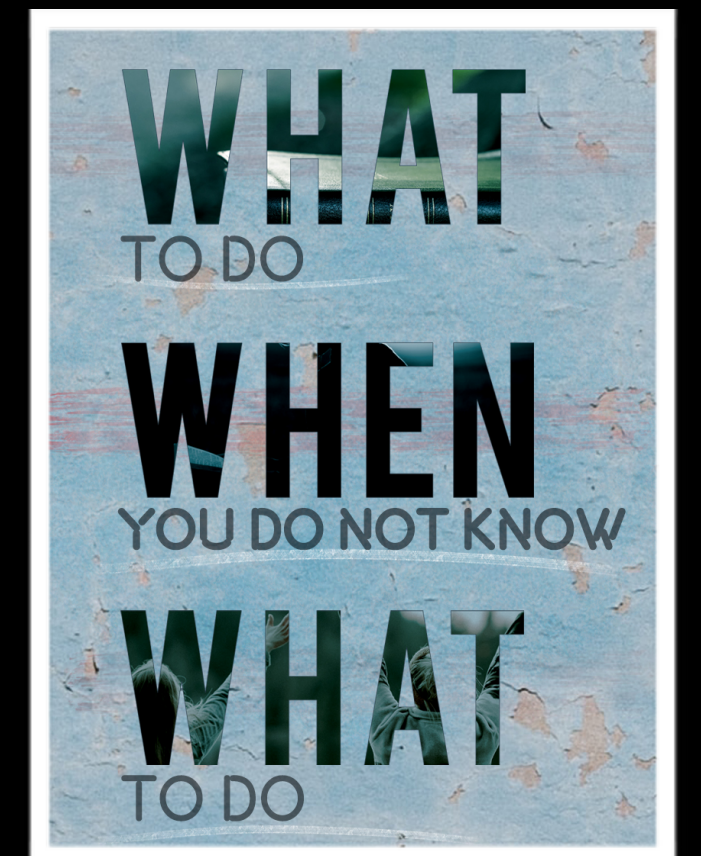


Proverbs 5:15-17 ESV

*15 Drink water from **your own** cistern,
flowing water from **your own** well.*

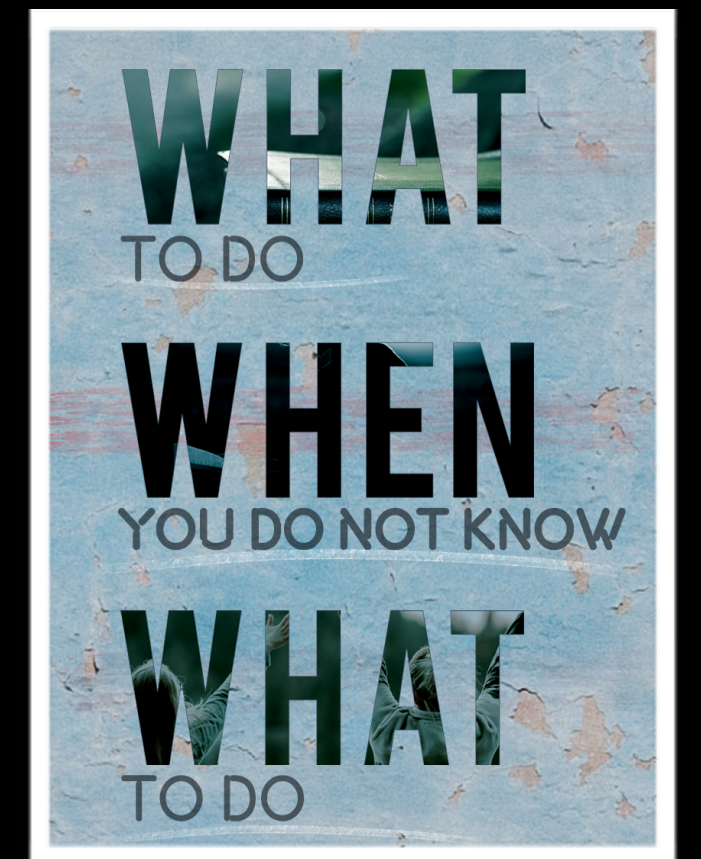
*16 Should **your springs** be scattered
abroad, streams of water in the streets?*

*17 Let them be **for yourself alone**,
and not for strangers with you.*



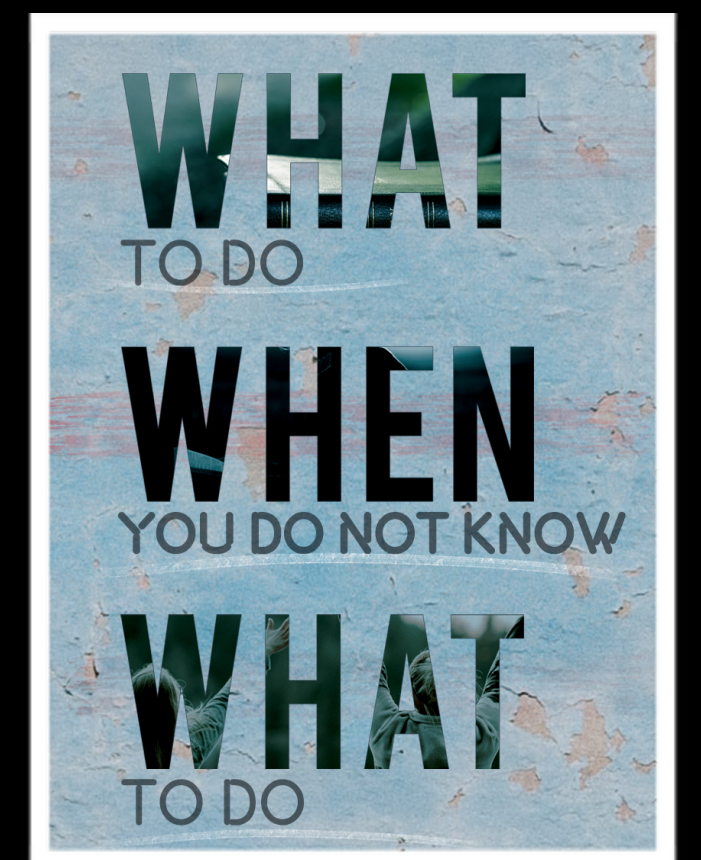
Proverbs 5:18-20 ESV

*18 Let **your fountain** be blessed, and rejoice in the wife of your youth, 19 a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. 20 Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress?*



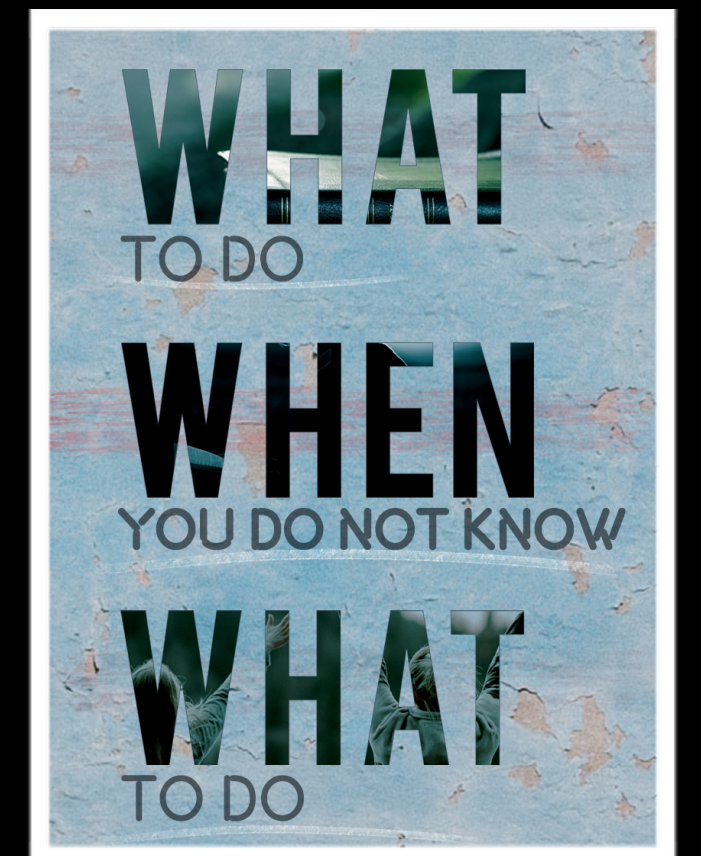
Matthew 19:4-6 ESV

*4 He answered, “Have you not read that he who created them from the beginning made them male and female, 5 and said, ‘Therefore a man **shall leave** his father and his mother and hold fast to his wife, and **the two shall become one flesh**’? 6 So they are no longer two but one flesh. What therefore God has **joined** together, let not man separate.”*

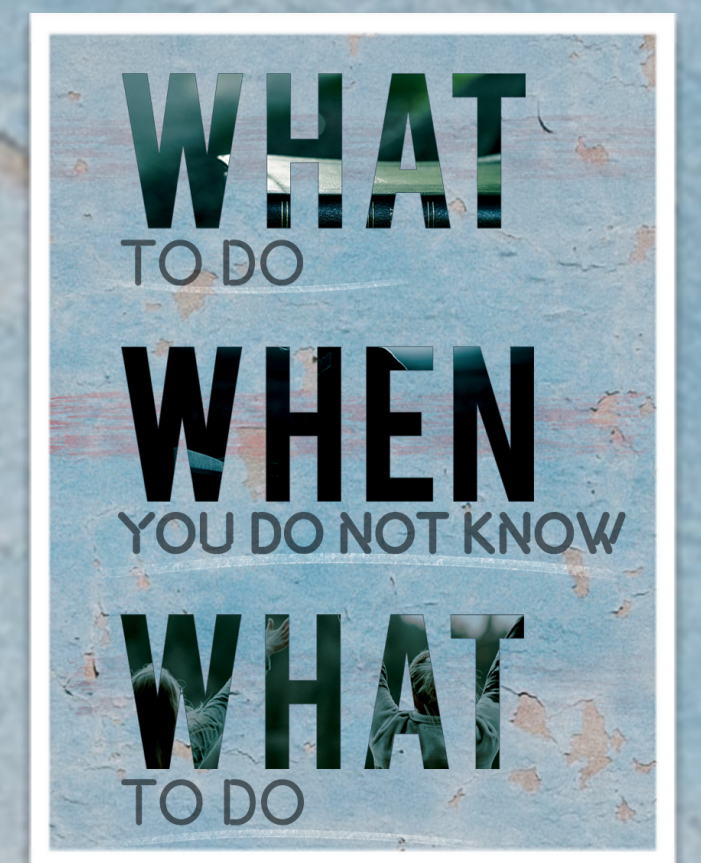


Hebrews 13:4 ESV

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

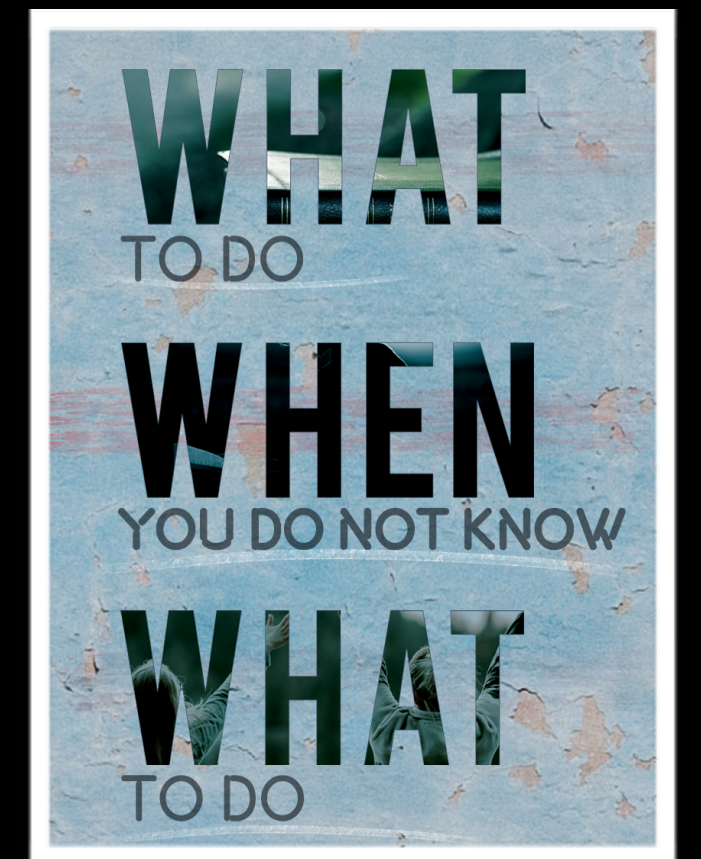


**4. EMBRACE
PURITY :
BE PURE OR
POLLUTED**



Proverbs 5:21-24ESV

*21 For a man's ways are before the eyes of the Lord, and he ponders all his paths. 22 The **iniquities** of the wicked **ensnare** him, and he is **held fast** in the cords of his **sin**. 23 He **dies** for lack of discipline, and because of his great **folly** he is led **astray***



Understanding the basics of HAPPY HORMONES

Dopamine:

Oxytocin:

Serotonin:

Endorphins:

The Reward Hormone **CONSIDERED THE "FEEL GOOD" HORMONE**

The Love Hormone **KNOWN TO INCREASE TRUST**

The Calm Hormone **WELL BEING & HAPPINESS**

The Will Power Hormone **HELPS CREATE GOOD HABITS**

DOPAMINE
is a **pleasure**
hormone & is
stimulated when we strive
towards a goal.
motivation 😊

OXYTOCIN
Acts as a Chemical
MESSENGER
for **reproductive system** and some
human behaviour.
RELATIONSHIPS 😊

SEROTONIN
boosts our **MOOD**
and makes us more
AGREEABLE and **SOCIABLE**.
Appetite Regulator
WELL BEING 😊

ENDORPHINS
produced by the body to
relieve stress
& **BLOCK DISCOMFORT**.
anti-anxiety hormone
EXCITEMENT 😊

OXYTOCIN

Triggers the bond between a mother and an infant and it may also play a role in recognition, sexual arousal, trust, and anxiety. Some research shows that the hormone may affect addiction and stress as well.

DOPAMINE

Hormone associated with feelings of exhilaration, bliss, motivation and concentration. Plays a key role in a range of body systems as well as functions, including movement, sleep, learning, mood, memory and attention.



SEROTONIN

It is believed to help regulate mood and social behavior, appetite and gastrointestinal function, sleep, memory, sexual desire and function.

ENDORPHINS

Chemicals produced by the body to relieve stress and pain. Endorphins can produce a feeling of euphoria that is both healthy and safe, without the risk of addiction or overdose.

www.TheCuriosityMarketer.com

4 Keys To Uphold Purity

1. WATCH Out the Trap

2. HEED the Warning

3. TRUST God His Provision

4. EMBRACE Purity





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