



## Emotional Purity (Includes Study Questions): An Affair of the Heart

By Heather Arnel Paulsen

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### Emotional Purity (Includes Study Questions): An Affair of the Heart By Heather Arnel Paulsen

Have you ever given your heart to someone who didn't love you back?

Do you feel like you've experienced heartache over and over again?

If you are emotionally attached to someone, it's easy to cross the line and become emotionally intimate. Then if the relationship doesn't work out, you're left with scars on your heart.

The church teaches us the importance of physical purity; but it teaches little about emotional purity. Christian singles often wear their hearts on their sleeves, which can lead to intense, emotionally intimate, male-female "friendships" with no commitment to pursuing marriage. People may have had several of these "friendships" and still consider themselves pure, but in reality they have given away pieces of their hearts that should be reserved for their future spouses. *Emotional Purity* will show you how to define and set boundaries in your relationships to avoid making the same mistakes. Learn how to guard your heart and keep it emotionally pure.

Using fictional and real-life examples along with sound biblical advice, author Heather Arnel Paulsen outlines the pitfalls of undefined relationships and presents guidelines for living an emotionally pure life.

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*By Heather Arnel Paulsen*

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### **Editorial Review**

#### About the Author

**Heather Arnel Paulsen** is committed to encouraging Christian singles to pursue emotional purity, and she enjoys mentoring and counseling young women. In 2003 she married her husband, John. The couple lives in Illinois with their two young children, whom Heather looks forward to homeschooling. Visit the author's web site at [www.emotionalpurity.blogspot.com](http://www.emotionalpurity.blogspot.com).

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