

A close-up photograph of pink tulips with water droplets on their petals, set against a soft, out-of-focus background of more tulips. The image has a warm, pastel color palette.

SET APART: A 21-DAY JOURNEY TO PURITY, PURPOSE & GOD'S DESIGN

WORKBOOK & DEVOTIONAL

DAMILOLA ADELANI

AUTHOR'S NOTE

This devotional was never meant to be just another resource filled with rules and restrictions. It was created to meet you right where you are, in the tension between what you believe and what you've lived, what you desire and what you've done.

Through the pages of this devotional, I pray you encounter the grace that saved me, the truth that grounded me, and the love that's still changing me.

How to Use This Devotional

Each day includes:

A scripture to anchor your heart

A devotional to reflect on truth and healing

Reflection questions to stir deeper thought

A journal prompt to help you process and hear God more clearly

Take your time. Some days will hit deep. Others might feel light. But it's all part of the journey — one that invites you to walk in sexual purity not out of fear, but out of freedom and identity.

Use this devotional with your Bible, a journal, and an open heart. Whether you're doing it alone or with a group, come expecting to grow.

You were not created to blend in — you were destined by design.

Damilola Adelani
Let's begin.



ABOUT ME

Hi, I'm Damilola Adelani. I'm a registered nurse, a certified inner healing life coach, a faith-based teacher, and a mentor to teens and young adults. I'm also a wife and a proud mom of two incredible kids.

Day 1: Why Purity Still Matters

Scripture: Romans 12:1 MSG

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you

Purity isn't just about sex. It's about surrender. In a world that encourages you to do what feels good, God invites you to do what is holy. Purity matters because your body is not random. It was created by God, for God. When you pursue purity, you are choosing to live set apart. You are saying, "God, I trust Your way over mine."

Journal Prompt: Lord, today I give you the parts of me I've tried to manage on my own. Teach me what it means to walk in purity, not out of fear but out of love for You.

JOURNALING PROMPTS

Are there areas of my life that I've withheld from God?

What does it mean for me to offer my body as a living sacrifice?

Do i believe purity is attainable

Day 2: Purity vs. Virginity

Scripture: Matthew 5:8

Blessed are the pure in heart,
for they will see God.

You can be a virgin and still have an impure heart. God is not impressed by technicalities. He's after your heart. Virginity is physical; purity is spiritual, emotional, and intentional. It's not just about what you haven't done. It's about who you're living for.

Journal Prompt: God, show me where I've settled for behavior over surrender. I want to live with a pure heart, not just a clean record.

JOURNALING PROMPTS

what do I think God values my purity

Am I pursuing purity or just avoiding sex?

What are my motives?

Day 3: What's the Big Deal About Sex?

Scripture: 1 Corinthians 6:18-20

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Sex outside of God's design isn't just a moral issue. It's a spiritual one. It impacts your identity, your emotions, and your ability to see yourself and others clearly. The big deal about sex is you. Your life, your purpose, and your wholeness matter.

Journal Prompt: God, help me see sex the way You designed it. Help me protect what You call sacred.

JOURNALING PROMPTS

How have I viewed sex in the past?

How has culture shaped my understanding more than God's Word?

write down bible verses to replace the lies you believed

Day 4: The Shame Cycle

Scripture: 1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness

Shame says, "You're broken beyond repair." Guilt says, "You made a mistake." But God says, "You can be forgiven." Shame keeps you in hiding. Grace brings you home. To break the shame cycle, you must bring your truth into the light.

Journal Prompt: Lord, I confess my struggle. I don't want to stay stuck in shame. Remind me that your forgiveness is greater than my failure.

JOURNALING PROMPTS

Am I trapped in the cycle of shame, guilt, and silence?

What would it look like to actually believe I am forgiven?

Day 5: Pornography & the Eyes

Scripture: Matthew 6:22-23

The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

What you behold, you become. Porn isn't harmless. It rewires your brain, distorts intimacy, and keeps you craving what doesn't satisfy. God wants to free you, not just from behavior, but from bondage. Marriage does not cure a porn addiction. Submit to God, resist satan. Believe in what Jesus paid for on the cross, which includes the power to defeat sin.

Journal Prompt: God, I surrender what I watch and what I desire. Cleanse my vision and teach me to long for You.

JOURNALING PROMPTS

What am I allowing into my heart through my eyes?

What lies have I believed about pleasure, love, and escape?

what are practical ways you can implement today to protect your body soul and spirit.

Day 6: Modesty & the Heart

Scripture: 1 Corinthians 8:9

Honestly, I used to hate that verse. The "feminist" in me flinched every time I read it. Why do I have to dress a certain way just so some guy doesn't sin?

Am I supposed to dress like a nun?

My mom bought these clothes. What else am I supposed to wear? Yeah... I said it all. But deep down, I knew the truth: I was showing cleavage because it was the one part of my body that got attention. And I liked the attention. It made me feel wanted, noticed, and enough.

The Hard Truth

That wasn't confidence. That was desperation in disguise. I remember in 8th grade, I wore a revealing shirt at a school event. My teacher pulled me out of the game in front of everyone. I still cringe thinking about it. Why did I wear it? Because I thought if I didn't show skin, I wouldn't be seen. The problem? I didn't get to choose who looked. While I hoped the boy I liked would notice, the old man noticed too.

Modesty isn't about hiding your body. It's about guarding your value. Modesty isn't about dressing to make others comfortable. It's about dressing in a way that aligns with who God says you are. Modesty is about self-respect, God-awareness, and Holy Spirit sensitivity. It's not a dress code, it's a heart posture.

Journal Prompt: Holy Spirit, refine my heart. Let my outward life reflect inward surrender.

JOURNALING PROMPTS

What motivates the way I dress and present myself?

What lies have I believed about pleasure, love, and escape?

Am I honoring God with my choices?

Day 7: The Woman at the Well

Scripture: John 4:13-14

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

She came to the well full of shame and left filled with purpose. Jesus didn't shame her; He offered her living water. No matter your past, Jesus still sees you, still chooses you, and still calls you. You are not too far gone.

declaration: Jesus, meet me at my well. Replace my shame with purpose. Use my story for Your glory.

JOURNALING PROMPTS

What parts of my story have I believed disqualify me?

What would it look like to drink deeply from living water?

The image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Day 8: The Real Enemy

Scripture: John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

The enemy doesn't just want to tempt you. he wants to destroy your future. Satan's goal isn't random; it's strategic. If he can trap you in cycles from a young age, he knows he's stealing years of your life. But Jesus came to give you life, and life abundantly.

Journal Prompt: God, show me the places the enemy has tried to destroy and help me take back what's mine in You.

JOURNALING PROMPTS

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Day 9: Purity is a Pursuit

Scripture: Philippians 3:12-14

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

You don't have to be perfect to pursue purity. You just have to be surrendered. Purity is not a one-time decision; it's a daily pursuit. God honors the process, not just the result. Keep pressing toward the mark

Journal Prompt: Lord, I'm not perfect, but I'm Yours. Teach me to chase after You one surrendered step at a time.

JOURNALING PROMPTS

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Day 10: You Are Not Damaged Goods

Scripture: Isaiah 61:3

To bestow on them a crown of beauty, instead of ashes,
The oil of joy, instead of mourning,
and a garment of praise, instead of a spirit of despair.

One of the enemy's biggest lies is that your past disqualifies you. But God gives beauty for ashes. No mistake, no moment, no memory can cancel what God still wants to do through you. Redemption is your portion.

Prayer: God, help me stop calling myself what You never named me. I choose to believe I am restored and loved.

JOURNALING PROMPTS

Do I see myself through the lens of shame or the lens of redemption?

write three bible verses that helps you view yourself the way God does

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Day 11: Breaking Soul Ties

Scripture: 2 Corinthians 6:17

Therefore," Come out from them and be separate,
says the Lord. Touch no unclean thing, and I will receive you."

**Not every connection is a covenant.
Sometimes, our souls are tied to people
God never called us to. Breaking soul ties
isn't about forgetting them. It's about being
free. You cannot move forward, still
entangled in the past**

Reflection: Are there emotional or physical
ties I need to surrender to God?

Prayer: Lord, I break every tie that keeps me
bound. Help me walk forward in emotional
and spiritual freedom.

Day 12: Comparison Kills Calling

Scripture: Galatians 6:4-5

Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. ⁵ For we are each responsible for our own conduct.

When your eyes are on someone else's journey, you'll miss what God is doing in yours. Comparison desensitizes your standards, clouds your identity, and fuels compromise. Stay in your lane. Your story is sacred

Reflection: Where has comparison made me question my value, purity, or pace?

Prayer : Jesus, help me stay focused on what You're doing in me, not what You're doing in them.

Day 13: Your Story Isn't Over

Scripture: Psalm 130:7

Israel, hope in the Lord; for with the Lord there is unfailing love. His redemption overflows.

The enemy wants you to believe that once you've fallen, it's over. But God is the God of new beginnings. He specializes in rewriting stories. Your mistake is not your ending. It's the place where grace enters

prayer: God, thank You that You're not done with me. I receive Your mercy and choose to begin again.

Reflection : **What lie have I believed about the end of my story?**

Day 14: Set Apart for Real

Scripture: 2 Timothy 2:21-22

If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work. Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.

To be used by God, you must be willing to be set apart. Not just from sin, but from everything that dulls your purpose. You can't walk in destiny while dancing with compromise. Consecration protects your calling.

Prayer: God, consecrate me. Set me apart for Your glory and prepare me to be used for honorable purposes.

Declaration:

Isaiah 43:19 — "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

God is not finished. Keep going.
You are still Destined by Design.

JOURNALING PROMPTS

Invite God into any areas of body shame, guilt, or insecurity. Write a prayer of healing, asking Him to restore how you see yourself.

Day 15: The Power of a Made-Up Mind

Scripture: Romans 12:2 (NIV) Do not conform to the pattern of this world, but be transformed by the renewing of your mind..." –

Devotional:

Let's be honest — feelings are real, but they can't be the driver of your decisions. One day you want purity, the next day you want comfort. One moment you're convicted, the next you're compromised. But the truth is, purity is not sustained by emotions — it's protected by a made-up mind.

When you renew your mind with God's truth, you begin to recognize what's holy and what's harmful. You stop asking, "How far is too far?" and start asking, "Does this honor God?" Choosing purity isn't just about saying no to sex — it's about saying yes to God's design for your life.

This walk requires conviction over convenience. Consistency over compromise. And it all starts with one decision: I'm not going back.

Day 16: Your Body, His Temple

Scripture:– 1 Corinthians 6:19–20 (NIV)

“Do you not know that your bodies are temples of the Holy Spirit... You are not your own; you were bought at a price. Therefore honor God with your bodies.”

Devotional:

You are not cheap. You are not common. You are not random. You were bought with a price — the blood of Jesus. That means your body isn't just skin and bones, curves or muscles — it's a dwelling place for the Spirit of God.

This truth changes everything. You don't have to use your body to get love. You don't have to prove your worth through your appearance or your performance. When you see yourself the way God sees you, you start walking differently. Dressing differently. Loving yourself differently. Because you realize this body was never meant to be given away carelessly — it was meant to carry purpose.

JOURNALING PROMPTS

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Day 17: Sex Isn't the Goal — Intimacy With God Is

Scripture: **Psalm 16:11 (ESV)** “You make known to me the path of life; in your presence there is fullness of joy, at your right hand are pleasures forevermore.”

Devotional:

Let's be real — the world glorifies sex like it's the highest level of joy. But intimacy with God goes deeper than physical pleasure. His presence brings something sex never could: peace without regret, joy without shame, and love without conditions.

Sex isn't the enemy. It's a gift, but it's not God. And when we treat it like a god — obsessing over it, idolizing it, chasing it — we miss out on the deeper intimacy our hearts were truly made for. Sex is temporary. God's presence is eternal.

Until you are satisfied in Him, you will always search for satisfaction in someone else.

Reflection Questions:

Where have I looked to sex or romance to meet needs only God can fill?

How can I prioritize intimacy with God this week?

Day 18: Healing From What You Chose and What Chose You

Scripture: “He heals the brokenhearted and binds up their wounds.” – Psalm 147:3 (NIV)

Devotional:

Some wounds you chose. Some, you didn't. But both can be healed.

Maybe you walked into that bedroom. Maybe you were manipulated into silence. Maybe you didn't know better. Maybe you knew and did it anyway. Either way, God doesn't just want to forgive you — He wants to heal you. Sexual sin leaves more than memories; it leaves wounds that affect how you see yourself and how you let others treat you.

But healing is possible. You don't have to live in cycles of regret, fear, or numbness. God is not shocked by your story — He's ready to rewrite it.

Reflection Questions:

Have I invited God into those places, or have I just buried them?

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JOURNALING PROMPTS

Write out the parts of your story you've been afraid to speak out loud. Invite Jesus into them and ask Him to show you what He sees when He looks at you.

What moments or memories do I still carry shame or hurt from?

Day 19: Don't Mistake Conviction for Condemnation

Scripture– Romans 8:1 (NIV) “Therefore, there is now no condemnation for those who are in Christ Jesus...”

Devotional:

There's a difference between guilt and grace.

Guilt says, “You messed up — now hide from God.”

Grace says, “You messed up — now come to God.”

Conviction is a sign that your heart is still sensitive to God's Spirit. Condemnation, on the other hand, is Satan's weapon to keep you stuck in shame. Conviction leads to change. Condemnation keeps you in chains.

God corrects because He loves. If He didn't care, He wouldn't say anything. But He does care — and that means there's still hope, still purpose, still healing for you.

Reflection Questions:

Have I allowed shame to silence me or keep me from God?

What truth can I hold on to when I feel unworthy?

JOURNALING PROMPTS

List out every lie you've believed about yourself and write a biblical truth next to it. Declare: I am not condemned. I am forgiven. I am free.

The image shows a full page of white paper with horizontal ruling. There are four sets of lines. Each set consists of a solid top line, a dashed midline, and a solid bottom line. The lines are evenly spaced vertically across the entire page.

Day 20: Purpose Isn't Cancelled

Scripture: Romans 11:29 (CSB) "For God's gifts and His call are irrevocable." –

Devotional:

God's call on your life didn't expire when you messed up.

Maybe you think your past disqualified you. Perhaps you believe your purity journey started too late. But God doesn't discard people. He redeems them, reassigns them, and restores their purpose.

The enemy wants you to believe that because you "did it," God can't use you. But God has a long history of using broken people to display His glory. David. Rahab. Paul. You.

Purpose doesn't get canceled. It just gets rerouted, with grace as the GPS.

Reflection Questions:

Where have I believed the lie that I've disqualified myself?

What gifts or dreams is God still calling me to walk in?

Day 21: This Is Just the Beginning

Scripture: "He who began a good work in you will carry it on to completion..." – Philippians 1:6 (NIV)

Devotional:

You made it to Day 21 — but this is not the end. This is the beginning of a lifestyle. A deeper walk. A new pursuit. Sexual purity is not a 3-week challenge — it's a life of consecration, grace, repentance, and power.

You may fall. You may get weary. But now you know the truth. And that truth is your weapon. You are not alone. You are not damaged. You are not disqualified.

You are destined by design. And you are just getting started.

Reflection Questions:

What has God revealed to me over these 21 days?

What commitments do I want to carry beyond this devotional?

JOURNALING PROMPTS

WRITE A LETTER TO YOUR FUTURE SELF — 6 MONTHS
FROM NOW. SPEAK TO THE HEALED, GROWING,
GROUNDED VERSION OF YOU. END WITH A
DECLARATION: I WILL LIVE SET APART, ON PURPOSE,
FOR PURPOSE

JOURNALING PROMPTS

Write out a faith statement about the purpose you believe God still has for your life, even after your past.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Whether you're holding on to your virginity, healing from compromise, or just hungry for more of God, you're in the right place. And I believe God is going to meet you here.

Let's walk this journey together.

With love & truth,
Damiola Adelani
Damilola Adelani

Teacher | Mentor | Founder of Destined by Design

EMAIL: IAMDESTINEDBYDESIGN@GMAIL.COM