

# Purity for Life

## Handout for Parents

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### Milestone 4: Purity for Life

Welcome to Purity for Life. **The goal of this seminar is to take a holistic approach to purity in all of life according to Scripture and to prepare families to celebrate the Milestone: Purity for Life together.**

God has said a great deal concerning purity in the life of every believer. As adolescence flows into everyday life, the issue of purity will be one that can literally alter life's course for teenagers. A commitment to physical purity is only part of the story. Without addressing the underlying issues, committing to sexual abstinence will be hollow and often broken. God created the human heart, soul, mind and strength to work cohesively to bring Him glory by following His path for life. Purity for Life is guiding your kids along the path that God has laid for them.

***"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of our mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."***

***Romans 12:1-2***

## The Adolescent Pressures of Life

During **Milestone 3**, the pressures of life on adolescents are discussed in detail. These pressures highly impact this roller coaster ride of emotions, hormones and physical development. Influence from every aspect of life is attempting to define your child's worth and purpose.

*Discussion: Name the current influences that regularly impact your teen?*

As a result, adolescents face major struggles including:

- Deep feelings of **Inferiority**
- Intense pressure of **Conformity**
- New found desire for **Independence**
- Understand the **Meaning of Love**

*Discussion: How have you led your son or daughter through this struggle so far and helped them develop a commitment to purity? (How have the conversations gone since April? What questions do you have right now?)*

## What is Biblical Purity?

How is purity defined?

*"My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh. **Keep your heart with all vigilance, for from it flow the springs of life.**" Proverbs 4:20-23*

*"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:1-2*

*"Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." 1 Corinthians 6:18-20*

*"For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor...For God has not called us for impurity, but in holiness." 1 Thessalonians 4:3-4, 7*

*"But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart." Matthew 5:28*

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." Philippians 4:8*

***Purity for the Christian is keeping our hearts, minds and bodies holy, without moral blemish or stain for the purposes of God.***

*Discussion:* *For yourself: What does purity look like in your life?*

*Discussion:* *What do you want it to look like in your teen's life?*

## **What is Biblical Sex?**

*Biblical Sex is one man and one woman joining together to become one physically in a covenant marriage relationship, forsaking all others, for the remainder of their lives. Mark 10:6-9*

- It is good!
- Two becoming one – Genesis 2:24
- Celebrated and encouraged in the marital relationship – 2 Samuel 6:16-19 – Raisin Cakes were an aphrodisiac in the Hebrew culture. The Hebrew people were sent to their homes multiple times to celebrate with Raisin Cakes.
- Song of Solomon – An intimate picture of sex experienced in the marriage bed and the purity of the couple leading to that moment.
- One man and one woman – Genesis 2, Genesis 19, 1 Corinthians 6:9, 1 Timothy 1:10, Proverbs 6-8

➔ Made for enjoyment and purity! – Proverbs 5:15-21, 1 Corinthians 7:1-7

God invented and encourages sex to be enjoyed within the boundaries He has provided to bring maximum enjoyment to the marriage relationship.

### ***The Fireplace Analogy***

Sex provides warmth and intimacy in a good marriage. But if it is practiced outside of biblical boundaries, it will destroy the relationship. Proverbs 5:15-19

*Discussion: There are many cultural lies about sex that our teens are exposed to. What have you found has been the most helpful in helping your teen understand the Biblical truth about sex? (When's the best time to 'talk'? What breaks down the wall of awkwardness? Etc.)*

### **Cultural lies about Sex:**

- × Just physical and normal in dating
- × Everyone is doing it and with multiple partners
- × Experimentation is OK (including Bisexuality)
- × Pornography is "normal" and what to expect
- × Not really that significant (emotionally, physically, spiritually)
- × Practice makes perfect
- × Women are instigators and aggressors

# How do I guide them to purity?

## 1. *Have the conversation!*



- Faith Talks/Faith Talk Cards – Developing a consistent weekly time where you converse as a family around God’s Word will naturally open up doors to talk about God’s desire for your child in regard to purity. Begin directing Faith Talks and utilizing Faith Talk Cards (Kingsland Baptist Church App) to engage specifics regarding God’s plan for lifelong purity, marriage, etc.
- God-Moments – Capitalize on moments God drops into your life as His Spirit leads and guides your child. Create an open dialogue around the tough topics and don’t let anything be a forbidden subject in your home.
- Have the Talk! – If you have passed through Milestone 3 with your kids, you should have begun the talk about sex a while ago. But if you are a little late getting to the game, don’t assume that your son or daughters knows all they need to. Be the expert on the topic with them. It is better to hear from you that a website, TV show or peers.
- Be Honest about Yourself – **Tell your story**, even if you messed up. Your son and daughter need to hear about the regrets of failures and the value of success and honoring God. Pray through wisdom as you share! **(Students don’t know their parent’s testimony/story! Share it!)**

2. **Define purity.** Have a conversation with your son or daughter, allowing him or her to help define healthy boundaries in relationships. Emphasize the importance of staying within those bounds because of our wiring to proceed to sex. **Give him or her a place to go if they mess up.** Help them answer:

- How far is too far? And why?
- What do I do if I am being pushed to go too far?
- How do I know when I am in love? Does it change my boundaries?
- What is normal for me to feel?
- How do you handle rejection and breaking up?
- What are the things I should look for in a guy/girl? (Have fun with this!)

3. ***Purity is a lifelong commitment.*** Teenagers, especially guys, will often think marriage ends the physical and visual battle for purity. Help them to develop lifelong principles to battle temptation throughout life.
4. ***Prepare them to face adversity.*** A commitment to purity is against the grain of popular culture. Momentary adversity and frustration is worth lifelong peace and blessings. Help them have realistic expectations of how difficult, but how worth it, it will be.
5. ***Win the modesty battle.*** Come alongside your daughter (and possibly son) to understand modesty and why it is so important. Help them understand the way the opposite sex thinks – especially in adolescence.
6. ***Develop a Biblical view of the opposite sex.***

- Men – Help your son view girls as daughters of God, created in His image. They are his little girls and are not objects, even if they dress like they want to be.
- Ladies – Help your daughter view guys as sons of God, created in His image. They are not objects, nor the *object* of their devotion.

\*\*\*Guys and girls need to hear from both moms and dads or if you are in a single parent home, they need to hear from both godly men and women on this issue.

7. ***Create an atmosphere of high expectations with grace.*** Scripture paints a perfect view of this dichotomy. God expects and desires perfection. Yet when we fail, we can run to His loving arms for forgiveness, grace and strength to walk again.
- Expect your son or daughter to walk in purity.
  - Be the one they run to if they mess up.
  - Show grace, mercy, forgiveness and love ALWAYS.

\*\*\*This is what we want to commit to and celebrate!

## Healthy Friendships

Peers will influence our kids immensely during this time in their lives. Developing *healthy* friendships and being a *healthy* friend can smooth out the path through these potentially rocky years.

## ***Characteristics of Healthy Friendships:***

1. Selfless love. Matthew 22:39
2. Complementary beliefs and convictions. 2 Corinthians 6:14
3. Joint commitment to purity. 1 Corinthians 15:33
4. Honesty and integrity. Proverbs 16:28, Proverbs 12:26, Proverbs 27:6

One of the greatest examples of friendship in the Bible is found in 1 Samuel. It is the story of Jonathan and David. Jonathan risked his own life for David because of his conviction and commitment to God and their friendship. Jonathan forsook his own status and well being to support his friend. (1 Samuel 20)

### **How can you know if your child has healthy friendships?**

- Stay involved. Listen!
- Observe and ask questions.
- Is your son or daughter being drawn closer to Christ and are other healthy relationships and habits being fostered as a result of their friendships?

### **How do I guide my child to abandon unhealthy friendships?**

- Staying connected in a healthy way with your child will usually make this process smoother.  
**Keeping lines of communication open is essential!**
- Guide them to see the truth about his or her relationship and the ramifications of staying close with that person.
- Help them transition the friendship to an acquaintance. Help your sons and daughters understand how to create boundaries.
- Remember: God will at times place friends in your son or daughter's life for you to influence and possibly paint a picture of a healthy family. Our children are "arrows" in some circumstances. (Psalm 127:4)

# What about Dating Relationships?

Our sons and daughters noticing the opposite sex is inevitable. The questions around dating will soon arise and parents need to have a good answer and stance on what is appropriate and when. Many parents will leave their children to make their own decisions regarding relationships. Doing so in your child's life will almost ensure mistakes and regrets – possibly life-altering mistakes and regrets.

As each decade passes, the pressure to date and become physically involved grows. Children are dating at younger ages and becoming sexually active earlier in life. Building biblical fences in this arena of life is necessary to help your child remain pure sexually.

*Discussion: What were principles you had in your teenage years?*

*Discussion: Were they effective? If not, what would have made them effective?*

## A Few Recommendations:

- ➔ Dating can begin at 16 if the student is mature to handle a relationship.
  - **Group dating** – at least two or more couples together throughout the evening. (Usually with friends who also display a commitment to Christ and maturity)
  - **Set real guidelines** about where the date may/may not take place and what time your son or daughter needs to be home.
  - **Win the modesty battle** - The sexualization of children in our culture continues to reach new lows. How have you seen this?
    - Shorts with writing on the bottom
    - Lines of clothing with subtle/explicit sexual undertones (marketing to children)
    - Shirts designed to show cleavage
    - Tight clothing
    - Low, low rise jeans and shorts
    - Short shorts

- ➔ Keep in mind that YOUR family needs to set these parameters and stick to them. Consistency, like in all parenting, will be helpful.
- ➔ If you have a daughter:
  - Have a conversation with your daughter's date to discuss his intentions and set clear expectations of his behavior with your daughter. (Make sure your daughter knows you will do this)
  - Talk with your daughter about warning signs and remind her (educate her) of how a guy thinks.
- ➔ If you have a son:
  - Teach your son how to treat a lady with respect, dignity and purity.
  - Clearly communicate his responsibility to protect his date both from a purity standpoint and honor her parents' wishes with respect to time and activity.
- ➔ In both cases, it comes back to their Identity in Christ and knowing *whose* they are.

## Identity in Christ

Your son or daughter's foundation in life is built on his or her identity, perceived or otherwise. Building truth into their lives and reinforcing their true identity in Christ can create a solid foundation to endure the pressures and storms of life.

- ➔ ***Made in His Image...Ephesians 4:20-24*** Paul is encouraging the Ephesians to remember God made them in His likeness. They are incredibly precious and valuable to God no matter how he or she may feel about herself at any one moment.
- ➔ ***Created with Purpose...Jeremiah 29:11*** God spoke these words to Jeremiah reassuring him that a plan existed for his life. God created your son or daughter with a purpose much greater than his or her own. He created them (and us) for His glory and good.

- **Known and Loved...Psalm 139:1-18** God's intimate and personal knowledge of every person is overwhelming, yet encouraging.
- **Loved to Death...John 3:16** As God's people, God saw that we were worth dying for.
- **Called to a Full Life...John 10:10** Your son and daughters are called to have an abundant life. This kind of life is only found lived in relationship to God. Following Jesus is the only way to live a life of purpose and abundance.
- **Forgiven...Romans 6:17-18, Romans 8:1-2** Every person messes up and every person sins against God. However, once a person receives Christ, sin no longer controls life but he or she becomes a slave to righteousness and free from sin. This doesn't mean he or she won't mess up again but that forgiveness now reigns instead of condemnation.

Teenagers will search for their identity often throughout the middle school and high school years. It is crucial to help them understand and ask the question, "Whose am I?" instead of just, "Who am I?" Remind them often they are loved as a child of God and they are loved as your child.

### Great Resources!

The Freedom of Self-Forgetfulness by Tim Keller

<http://www.somatacoma.org/teaching-audio/?category=Legacy+2013>

## Celebrating Purity

### Family Celebration: Purity Ring Celebration

The family celebration for Milestone 4 includes you presenting your son or daughter with a symbol of their commitment to purity (a ring, necklace, etc.). This symbol will signify the importance of purity in your son or daughter's life and is to be worn as a reminder until they marry. It is meant to be a constant reminder of the strength and grace God gives to walk in purity in obedience to Him. A special family meal presents a perfect opportunity for the Purity Celebration.

- *Make the ceremony unique to your family*
- *Present the symbol to your student*
- *Verbally clarify the commitment being made*
- *Reinforce your support and consider recommitting to purity as a family*

➤ *Pray for purity often with your child throughout the rest of his or her growing years*

### **Examples:**

➤ *Commitment Card*

➤ *Purity Ring, necklace, bracelet, etc.*

## **Creating a Commitment Card**

1. I can't back this up with anything concrete, but I just don't love it. Unless we as adults all want to sign a Purity Pledge ourselves. Men & Women at KBC - Today, I \_\_\_\_\_ commit to a lifetime of purity including my thoughts, my words and my actions. If we want to lead by example then I think it is great. If not, I think asking 15 year olds to sign it sets kids up for guilt and feeling like God is mad at them. Not eloquently worded, but just want to share my heart. Holiness is absolutely our goal and Jesus is our example and He has amazing grace for kids and adults!

2. I remember my girls signing this card. We saw it as a reflection of their hearts at the time of the signing. I definitely think it could be used as a reminder of the decision they made and challenge them to uphold that commitment / reflect on the reasons why they chose the path of purity in the first place.

However, I can also see the point of recognizing that it may or may not have a big influence on how they choose to walk in purity during later years - so what's the point? I think we live in a day and age where commitment is lacking, so for those who stick by their word - a reflection of their commitment at this age may be what they go back to when everyone else is wavering on this issue. I think it's effectiveness really depends on where the student's hearts are with it, and how serious the parents that choose to stand beside them and support them in that commitment see this tangible reminder.

3. After reading everyone's response and talking with my husband, a possibility might be to rewrite it to reflect the grace of God. There are many instances of covenants made with God (Abraham, Noah, Moses, David, etc.) Covenants are not wrong, but all of these people in the Bible did fail. I think in the context of the teaching of the weekend and the relationship with parents, this does not have to be legalistic. I like the purity ring/symbol to seal the covenant. It is a marker in time.

## Legacy Milestone Path:

- *Family Dedication*
- *Salvation & Baptism*
- *Preparing for Adolescence*
- *Purity for Life*
- *Preparing for Adulthood*
- *High School Graduation*
- *Biblical Marriage*



# PURITY FOR LIFE Pledge

LEGACY MILESTONE **4**

*"Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God."* Romans 12:1-2

I understand purity for the Christian is keeping my heart, mind and body holy, without blemish or stain for purposes of God. Our family recognizes there is an absolute standard of right and wrong and we, together, will seek to make wise choices based on the standards set forth in God's Word, the Bible.

I understand my identity in Christ is the foundation that my pursuit of purity will be built upon. I believe I am created in God's image (Ephesians 4:20-24), created with purpose (Jeremiah 29:11), known deeply and loved (Psalm 139:1-18), loved to death (John 3:16), called to a fulfilling life (John 10:10) and ALWAYS forgiven (Romans 6:17-18 and Romans 8:1-2). Our family will commit to reminding each other of our identity in Christ.

I understand Biblical sex is one man and one woman joining together to become one physically in a covenant marriage relationship, forsaking all others, for the remainder of their lives (Mark 10:6-9). I will pray that my future spouse has a relationship with Jesus and loves Him first and foremost. I will only choose to pursue a dating relationship with someone who loves Jesus (2 Corinthians 6:14).

Our family commits to supporting one another in our pursuit of purity, showing grace to one another when we fall short and to continuously communicating openly and honestly with each other (1 Corinthians 13:4-7; Galatians 6:2; Colossians 3:13). We will not engage in any sexual activity outside of our understanding of Biblical sex. We will flee from sexual immorality (1 Corinthians 6:18) and together, run to Jesus.

Believing in Purity for Life, I make a commitment to God, myself, my family, my friends, my future spouse and my future children to pursue a life of purity from this day forward. I commit this day \_\_\_\_\_, to keeping my heart, mind and body holy, without blemish or stain for the greater purposes of God (1 Thessalonians 4:3-7)

Signature: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Printed: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

## Examples of Blessings and a Prayer for our Kids using Scripture:

- “(Name of child), may the Lord bless you and keep you. May the Lord make his face shine upon you and be gracious to you. May the Lord turn his face toward you and give you peace.” Numbers 6:24-26
- “(Name of child), may the Lord keep you from all harm as you trust in Him. May he watch over your life, your coming and your going, both now and forevermore.” Psalm 121:7-8
- (Name of child), God, the Father is constantly transforming you into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. I can see his characteristics developing in you in these ways . . . (Verbalize the characteristics you see). (Name of child), may you always reflect the Lord’s glory. I believe you will.” 2 Corinthians 3:18
- “For what is my hope, my joy, and my crown in which I will glory in the presence of our Lord Jesus when he comes? Is it not you, (name of child)? (Name of child), indeed, you are my glory and joy.” 1 Thessalonians 2:19-20
- “Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of God, the Father. And even the very hairs of your head are all numbered. (Name of child), you are precious and worth more than many sparrows. May you never be afraid. God will always care for you.” Matthew 10:29-31
- “May God make all grace abound to you, (name of child), so that in all things, at all times, having all that you need, you will abound in every good work.” 2 Corinthians 9:8

### Prayer Example:

Father, in this world, we will have struggles, but we take courage because you have overcome the world. Where inappropriate images and behaviors are all around us, it can be more difficult than ever for us to remain pure. But for Your children, God, for those who choose You, there is no other choice but to live a life of purity. We want our desires and efforts to remain pure lead to a life of abundance and fulfillment serving You!

Help us all to keep the commitments that we have made to You. Help (name of child) to stay pure for that one special person that will one day be his/her husband/wife. Lord, forgive our family when we fall short in remaining pure. Help us to support, forgive and encourage one another to seek after Jesus no matter what. Give us the strength to remain pure and let us always remember that the reward for purity will be well worth it. Amen.