

Intentional Faith Path Plan

Child's Name: _____

How will you be intentional this next year?

- ☐ Pray daily for and with my child.
- ☐ Consistently spend time in God's Word.
- ☐ Bless my child daily.
- ☐ Create a habit of worship with my child.
- ☐ Serve together as a family.
- ☐ Coach my child to set healthy boundaries.
- ☐ _____
- ☐ _____

The next step on the Faith Path is Rite of Passage recommended at age sixteen.

Recommended Resources


- **Passport to Purity** by Dennis and Barbara Rainey
- **Choosing to Wait** by Laura Gallier
- **The Holy Sexuality Project**, a home discipleship video series, <https://holysexuality.com/>
- **Teaching Your Children Healthy Sexuality** by Jim Burns
- **Family Conversation Kits** by Axis.org
- **Why Does God Care Who I Sleep With?** by Sam Allberry
- **The New Reformation Catechism on Human Sexuality** by Christopher J. Gordon
- **Mama Bear Apologetics: Guide to Sexuality** by Hillary Ferrer, Amy Davison

SEXUAL INTEGRITY

Give a Vision for
God-Honoring
Thoughts and Actions

FAITH
PATH

Recommended for
13+ years



Webster's Dictionary defines "pure" as: "free from everything that might make dirty, change, or lower the quality; free from sin or guilt." Sexual Integrity or purity is much more than refraining from sex or heeding a list of don'ts. It is a positive, passionate existence that frees us to experience all God made us to enjoy. Sadly, our culture bombards kids with opportunities to tarnish their lives, even making fun of those who try to remain clean. How do we help our children go against the norm and live a life filled with the intense joys only purity can bring?

STEP ONE: CLARIFY THE STANDARD

Psalms 119:9 says, "How can a young person stay on the path of purity? By living according to your word." While Jesus Christ was the only person to live a life of total purity, He invites us to follow His example by fulfilling the purpose for which we were made. When it comes to purity, our children need to understand that their bodies belong to God first and to their future spouse second. 1 Corinthians 6:18-21 says, "Flee from sexual immorality...your body is the temple of the Holy Spirit...you are not your own...Therefore honor God with your body."

STEP TWO: FOCUS ON PURITY AND INTEGRITY, NOT JUST SEX

It is vital to emphasize remaining a virgin before marriage. But purity is much more than saying no to premarital sex. There is a current trend in teen culture to define purity as not "going all the way," while anything else is considered fair game. God desires for us to have much more than "technical virginity" before marriage. He has a great plan for our hearts, minds, and actions. Teach your child that purity involves every area of life.

STEP THREE: GIVE A POSITIVE VISION

Give a positive vision of the purpose and joy of sex in the context of marriage. Nothing gives a child a positive view of God's design for passion like basking in the love of parents who cherish one another and speak positively about the joys of marital intimacy.

STEP FOUR: DELAY TEMPTATION

Kids want to start dating younger than ever before. One study showed that a child who starts dating at twelve years old has only a 9% chance of remaining a virgin at eighteen years old. If they wait until sixteen, however, they are 80% likely to be a virgin at eighteen. God made us with desires that are very good. But those desires can be awakened too early. So, talk to your child about purity before allowing them to date and continue dialogue after they start the process. The topic can be awkward, so try to make the experience comfortable. For one child that could mean scheduling a regular coffee date; for another it might mean chatting while hunting or attending a sports event. Find some context for keeping the lines of communication open.

STEP FIVE: PRAY FOR THEM

Commit yourself as a parent to cover your child in prayer. Pray specifically for his or her purity and integrity in relationships, a clean thought life, integrity in school and other activities. Pray for a heart that is connected to Christ and a mind immersed in God's Word.

Practical Ideas:

- *Write letters to your child. Share your heart and scripture instead of mere rules. Give them a vision of God's plan for their lives. Plan a time to talk about the letter after they have read it such as a special breakfast or coffee date. Take time to listen to what they say and try to steer clear of teaching or lecturing.*
- *Have your child write out what they want in a future spouse. As they get closer to dating, have them pull that list out and talk through the potential individuals that they are interested in dating to see if they fulfill that list. Ask the following questions: What would your future spouse want from you in purity? What do you want from your future spouse?*
- *Use the enclosed Sexual Integrity Checklist to help your child set boundaries and accountability to remain pure.*
- *Help your teen solidify a commitment to purity using the My Sexual Integrity Commitment card included with this kit. Consider buying them a ring or other item as a symbol of their commitment. Remember this is your child's decision. Your job is to provide guidance, support, and honest conversation.*



SEXUAL INTEGRITY (PURITY)

DEAR PARENT,

We believe that God designed the family as the primary place for discipleship. The Faith Path framework exists to partner with you as you guide your child's spiritual journey one step at a time. Age appropriate kits have been created to help you leverage the best faith formation strategy for your child's stage of development. In this Sexual Integrity kit, you will find practical ideas and suggested resources to help you begin the journey well. We urge you to start today by taking the following simple steps.

STEP ONE: LEARN

Visit **myfaithpath.com** and use the password **myhome2020**

Click on **PURITY (Sexual Integrity)** for an overview and videos that explain this particular Faith Path step. You will hear from both experts and ordinary families as they describe the importance of intentional parenting and share practical suggestions from their experiences. You will also find links to other helpful resources.

STEP TWO: START

Use the guide and tools to help you get started with this step. To help you discuss purity with your child, this kit includes a Sexual Integrity/Purity Checklist to help your child define appropriate boundaries and a My Sexual Integrity/Purity Commitment card for your teen to complete.

Thank you for taking seriously the task of guiding your child's faith. We hope you find these tools and the Faith Path framework helpful in the process of forming the faith of your child at home.

The next step on the Faith Path is Rite of Passage, recommended at age sixteen.



SEXUAL INTEGRITY AND PURITY CHECKLIST

It is wise to help an early teen establish clear boundaries BEFORE they face tempting or awkward situations. As soon as he or she begins taking an interest in the opposite sex spend time together walking through the following discussion checklist to create healthy expectations and goals.

THE PURPOSE OF DATING

Use the following statements to frame discussions with your teen about when they might be ready to consider dating.

WHAT DATING IS

- Spending time with the opposite sex to discover a future spouse
- Building a friendship without the physical bonds reserved for marriage
- A process intended for those approaching the age for engagement and/or marriage

WHAT DATING IS NOT

- A time to kiss, touch or other forms of intimacy before marriage
- A status symbol among peers impressed by those with a boyfriend or girlfriend
- A way to boost your own confidence through attention from the opposite sex

MODESTY

Avoid causing temptation for others and demonstrate self-respect with established basic guidelines for dressing modestly. Parents need to discuss with their teen what is appropriate and acceptable for your family

ACCOUNTABILITY

In addition to mom and dad, encourage your teen to identify a close friend or two who shares the same values to help hold each other accountable to protect their purity.

DRAWING THE LINE

Coach your teen to decide now what he/she will and will not do in a relationship with the opposite sex. Discuss the following summary of the natural progression of physical intimacy. Decide together where to draw the line in order to protect purity and prevent a broken heart.

- Flirting
- Side hugs
- Frontal hugs
- Holding hands
- Arms around each other
- Cuddling
- Kissing
- French kissing
- Touching/caressing with clothes on
- Petting/groping under or without clothes
- Oral sex
- Sexual intercourse

1



SEXUAL INTEGRITY AND PURITY CHECKLIST

DANGER ZONES

Create a list of strategies that will help them avoid potentially compromising situations including...

- Never be in a house with the opposite sex without parental supervision.
- Stay in family areas of the house. No going in bedrooms.
- Doors of the room you are in remain open.
- Come straight home after a date. No "parking"
- Limit alone time to a set amount to give the relationship breaks.
- Date only a growing Christian.
- Only group date as friends until a designated age such as 16 or 17 years old.

EXIT PLAN

Create an easy way for your teen to flee a tempting or risky situation with the opposite sex. Discuss possible "code language" them might use when calling or texting for a ride home such as "I'm having a great time, but I don't feel well." This will alert you that they need to leave without embarrassing them in front of others.

GRACE

If your teen has already made mistakes such as viewing pornography or going too far with a boyfriend/girlfriend, read John 8 and ask God to help you model Jesus' balance with the woman caught in adultery.

You must clearly call the sin a sin so that your teen can receive grace through repentance. But offer hope by challenging him/her to start fresh and "go and sin no more."

- Find an appropriate time to talk rather than react in the heat of discovering the sin.
- Coach them through the same steps to set new boundaries and accountability for the future.
- Offer grace and forgiveness, but also lead them in making a commitment from this point on to avoid further risk and harm to their sexual integrity and purity.

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2

**Write a brief prayer to God or note
to your future spouse
explaining your commitment**

My Purity Commitment

I commit to God, myself, my family, and my future spouse,
to protect my sexual purity and integrity until the thrill of marital intimacy.
I will keep my body and my thoughts
pure as I trust in God's perfect plan for my life.

My Signature

Date of My Commitment
