

## Suggested Resources:

- ◆ *Surviving Middle School* by Rick Bundschuh
- ◆ *My Changes* by Mark Oestreicher & Scott Rubin (Ages 12-14)
- ◆ *Questions You Can't Ask Your Mama About Sex* by Craig Gross and Mike Foster (Ages 13+)
- ◆ *Every Young Man's Battle: Strategies for Victory in the Real World of Sexual Temptation* by Stephen Arterburn (Ages 13+)
- ◆ *Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex Saturated World* by Shannon Ethridge and Stephen Arterburn (Ages 13+)



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# Purity (Mind/Body)

Age 11+

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# Purity (Mind/Body)

## When should I focus on Purity with my child?

It is more and more clear that purity must be discussed much earlier than we as parents are ready for the discussion. Speaking regularly with your child about your love for your spouse and showing appropriate affection is necessary. Regular discussion should begin around age 11. Waiting much beyond this and you will find out your child is getting many mixed discussions about this topic.



And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Phil. 4:8

## Why should we make discussing purity a priority?

If you do not equip and train up your children about purity they will find out how to sin and learn about it from others. Rather than constantly share the DON'Ts of purity, focus on how it is a joy to be pure in thought and mind. You are controlling your thoughts. Show good affection to your spouse. Let them see a good example of purity.

Teach them that we are accountable for our thoughts, actions and digital decisions. 1 Timothy 4:12 says, "Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity." Psalm 86:11 says, "Teach me Your ways, O Lord, that I may live according to Your truth! Grant me purity of heart, so that I may honor You." 2 Corinthians 7:1 says, "Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body and spirit. And let us work toward complete holiness because we fear God."

## Who should discuss purity primarily?

Typically it works out best if the child's same-gender parent explains purity. However, both must reinforce and equip on the matter. Plan, if possible, special trips to let them ask any questions.

## 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 discuss the letter over a special breakfast/ coffee date. Be intentional about listening instead of teaching and lecturing.
- Have your child write out what they want in a future spouse. As they get closer to the dating/ courting age, have them pull out the list and talk through the potential individuals that they are interested in dating to see if they fulfill that list. Ask what would your future spouse want from you in purity? What do you want from your future spouse?
- Grab a purity checklist at the Faith @ Home Booth.
- Have your child fill out a purity checklist and create boundaries. If they set the rules (with guidance, if they aren't following scripture) then most likely they will seek to keep the rules.