

Dear Parents,

Every day, your teenagers are bombarded with hundreds of messages about sex: at school, on TV, the internet - sex is everywhere they look.

There are some harmful messages and inaccurate ideas that lead people to make foolish decisions for their life. These bad decisions can result in people carrying around deep wounds, hurts and painful memories.

I wanted to share with you that we will be exploring the sensitive topic of sex over the next four weeks during our Bible study time with the students. We will be using *The Truth About Sex*, featuring Biblical teaching from Doug Fields.

Doug Fields has been a pastor to teenagers and ministry leaders for over 30 years including 18 years as youth and teaching pastor at Saddleback Church with Rick Warren. He is the author of over 50 books including, *Purpose Driven Youth Ministry*.

The Truth About Sex is a candid and up-front study about the topic of sex. We are going to dive into the Biblical purpose of sex and purity while also tackling some of the temptations that are out there in our culture today. We feel it's better to be straightforward and real so that students can talk honestly about this topic.

In the four video sessions, we will hear students share authentic stories about the struggles they face regarding sex. Doug Fields will offer Biblical insight into how all teens can make right decisions, live within boundaries, and seek God's forgiveness when needed. After watching the video, we will dig into our Bibles and study Scripture together.

We encourage you to use this time to ask your teenager what they're learning in the series and to continue the discussions and honest conversations at home. We are committed to partnering with you, as parents of youth, to help your teenager grow in their faith and pursue purity.

If you have any questions or would like to preview this Bible study video, please call or e-mail me.

Thank you for the privilege of serving your family.

Your servant in Christ,

TRUST ME

5 LIES our culture consistently tells us

- *Sex is no big deal.*
- *Sex is just a physical act.*
- *God is down on sex.*
- *Everyone is doing it.*
- *It's impossible to be pure.*

Which of these falsehoods seems the strongest in your world? Which do you encounter the most?

Where do you see it?

Are you in danger of believing any of these? Which of these falsehoods do you find most tempting?

3 TRUE messages we *don't* usually hear from the world.

- *Your sexual decisions will leave life-long memories.*
- *Your sexual decisions can have life-long consequences.*
- *The best sex lives are found in marriages who waited.*

Which of these do you find most helpful and empowering to you? Why?

4 CHALLENGES for us

- *Investigate God's plan for great sex.*
- *Search for God's wisdom.*
- *Experience God's forgiveness.*
- *Enjoy God's hope.*

HOW? How can we actually do these things?

HONOR SYSTEM

Psalm 139:13-14

What do these verses teach us about how to honor the opposite sex?

1 Thessalonians 4:3-5

What do these verses teach us about how to honor the opposite sex?

Romans 12:9-10

What do these verses teach us about how to honor the opposite sex?

1 Corinthians 13:4-7

What do these verses teach us about how to honor the opposite sex?

TEMPTATION PLAN

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

1 Corinthians 10:13 NIV

Take a few moments to think about the kind of life you want to have 15 years from now. Consider spiritual, social, educational, occupational, and physical factors. Write down six words that could describe that life.

If you are in a romantic relationship now, what do you want from that relationship? Write down the three best benefits you get from it.

What “boundary plans” can you establish? These are not matters of what’s sinful, but what will put you in dangerous situations. (Doug’s friend suggested: clothes on, lights on, stay upright.) Can you make some personal rules about where and when you’re with someone; what you wear; how you act; etc.?

If you are in a romantic relationship now, have you ever talked with the other person about these “boundary plans” or your sexual standards? If not, when will you?

Can you think of three reasons you might be tempted to violate your sexual standards? Write them in the left column below. Then, at the right of each one, write ways you can respond to those temptations.

Temptations

Responses

What input comes into your mind regarding sex? (Consider TV, movies, music, locker-room talk, YouTube, Facebook, Twitter, and small groups or Sunday school classes.)

How much of this input is leading you in the wrong direction?

What can you do to turn off that dangerous input?

On the back of this page, in 37 words or less, write a “Help me!” prayer that you could use when you’re having trouble fighting sexual temptation.

RESTORED

Texts: *Psalm 38 Psalm 51 Psalm 103 (esp. vs. 9-14) Psalm 32*

- Find five phrases that describe the feeling of guilt and the damage caused by sin.

- Find five sentences or phrases that ask God for forgiveness.

- Find five phrases that describe forgiveness.

Survival Tactics:

1. Sexual sin is a problem because it keeps me from living life to the fullest, and yet I know I can be completely forgiven for my sin.
Put that two-part sentence in your own words:

2a. What person do I know who can hold me accountable when I'm tempted?

2b. Who can show me love and encouragement when I've sinned?

3a. What Bible verse can I memorize to help me withstand temptation?

Consider: Matthew 26:41; Luke 11:4; 1 Corinthians 10:13; Hebrews 2:18; Hebrews 4:15

3b. What Bible verse can I memorize to help me remember I'm forgiven?

Consider: Psalm 32:1; Psalm 103:12; Jeremiah 31:34; Ephesians 1:7-8; 1 John 1:9

4a. How can I put my past mistakes behind me?

4b. How can I move forward in service and love to God?