

*Purity &
Wholeness*
**CONVERSATION
GUIDE** **FOR GIRLS**



THE CHAPEL

Welcome to the Purity and Wholeness Conversation Guide for parents and their daughters! This guide will help you engage in conversations with your daughter about what it means to have a kingdom perspective of sex, her body, purity, and wholeness.

Let's be honest, talking about sex, our bodies, and purity can be awkward and uncomfortable. Through TV shows, movies, and social media our society has twisted God's design for sex and taken what God intended to be a gift and turned it into something cheap and expendable. So we encourage you to push back against the awkwardness and engage your daughter in these topics.

Often conversations about sex focus on a list of rules about what is ok and what's not. If we only tell our daughters not to have sex, we will miss the heart behind the commands found in scripture. Instead, we want to shepherd our daughters in a godly view of sex and let them know it's a gift he has given us to be shared in marriage.

Conversations about body image and identity are also foundational to any conversations about God's design for sex. Girls who know their value and worth as God's beloved are less likely to look to sex to make them feel loved and valuable. We want them to know that they have a God who loves them and cares about them and that they can trust his plan for sex in their lives.

How To Use This Guide

We encourage you to review the topics ahead of time to familiarize yourself with the content. Feel free to skip anything that may not be age appropriate for your daughter. Don't be afraid to share your own experiences, good or bad, with your daughter. Living out a kingdom view of these topics is something every person, male or female of any age, can choose to pursue regardless of what is in their past or present. Like many things in scripture, this perspective is in direct contrast to how the world thinks. But in choosing to follow Jesus' plan for sexuality, even if you haven't always, there is great blessing, joy, and protection.

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Part 1: Kingdom Perspective on Your Identity and Body

Read together or say something like:

What we believe about ourselves and our place in the world dramatically shapes who we are, how we act, and who we become. If we don't build our identity on the truths found in God's word, we can fill this void with an identity based on accomplishments, appearance, athleticism, and academics. While these things are good, putting them before your identity and worth in Jesus will lead you away from God's truth that your value comes from him alone.

As your parent, I want to remind you that you are who God says you are. You are chosen and dearly loved. God created you with intention and purpose. He loves your body, personality, and how you view the world. God desires for you to use your gifts and talents from a place of security - knowing his love for you doesn't change based on how you look, act, or what you achieve. When we understand how deeply God loves us, we can confidently know that his plan for sex comes from a place of deep love and care for each of us.

Ask:

What do you think the difference is between building your identity on your giftings and talents vs. building your identity on who God says you are and then stewarding your gifts and talents?

Read together:

Genesis 1:27, 31 (NIV)

So God created mankind in his own image, in the image of God he created them; male and female he created them... God saw all that he had made, and it was very good.

Psalms 139:13-14 (NIV)

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Read together or say something like:

God created each of us in his image, and when he created us, he declared that we were very good. These verses teach us that we are fearfully and wonderfully made. Fearfully in this context, means inspiring awe and reverence. You, my daughter, are all these things: who God created you to be is very good, and you are fearfully and wonderfully made. This applies to your personality, emotions, unique giftings, and also your physical body. We all have bodies made in the image of God that have been declared good. Therefore, how we view our bodies, what we do with our bodies, and how we care for our bodies matters. Our bodies are where we experience pain, joy, love, and heartache. They are also where we experience God; if we are followers of Jesus, they are where the Holy Spirit resides. I want you to know that you have a good body and can partner with God in caring for and knowing how to treat your body.

Ask:

- How do you feel knowing that God created you, looked at you, and said everything about you was very good?
- What do you think it means to partner with God in how to care for and treat your body?

Read together or say something like:

When we look to our bodies or to the approval of others to give us identity and base our worth on our size, what we wear, how we do our hair, the activities we are good at, and the talents we have, we will always have places where we feel inadequate and not good enough. On the other hand, when we base our identity and how we think about our bodies on what God says about us, we will have radical respect for our own bodies, and it changes how we view others as well.

Pray together:

God, would you give us eyes to see our bodies and those around us how you do?

Despite what others have said about our bodies or what we think about our bodies, remind us that you created us with intention and purpose. We are your children, and you love us. You made our bodies good. We are your image bearers, and as such, we are fearfully and wonderfully made.

God, teach us what it means to honor you with our body.

Part 2: God's Plan for Sex

Read together or say something like:

As we talk about God's plan for sex together, I don't want this to be just a list of rules about what is ok and what's not. If it were, we would be missing God's heart behind these commands in scripture. Sex is an amazing, powerful, and beautiful way of connecting with your husband. When God created sex, he put boundaries around it because he loves us. His design is for sex to be experienced between a man and woman in marriage.

Use the following questions to talk about loving boundaries versus controlling rules:

If you lived on a busy street and had a new puppy, would you let him out into the yard to run free without a fence? *No.*

Is this because you are trying to be mean or control the puppy? *No.*

But with a fence, you can let him run free. The fence is there for protection, allowing the puppy to be free. Having the fence is a loving and kind thing. This is one way we can think about God's plan for sex and marriage. His plan isn't to keep you from fun. It's to provide freedom and protection to fully enjoy the gift of sex in the way it was designed to be enjoyed.

What does the Bible say about marriage and sex?

Read together or say something like:

God designed sex for the practical reason of creating children, but he also designed it to bond two people together in a powerful way. It's so good, powerful, and such a permanent bond that he made sex for only one relationship; marriage. Any sexual expression outside of this context is outside of God's design and leads to brokenness of varying kinds.

Read:

Matthew 19:4-6 (NIV)

"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Read together or say something like:

The Bible teaches that marriage was created to be a covenant relationship between one man and one woman. When a couple is married, they become united in a deeply personal and spiritual way, which includes sex. There is a mystery to sex that our society often overlooks. Sex is never casual. It unites people emotionally, spiritually, and physically.

Ask:

- How does what the Bible says about sex compare to what you hear about sex from friends or at school?
- If sex is good, why do you think God would want us to wait to have sex until we get married?
- How does knowing God created and loves you impact your view of sex?
- Do you have any questions about sex that you would like to ask?

Part 3: False Intimacy and Sexual Immorality

What does it mean to be sexually immoral?

Read:

1 Thessalonians 4:3-4 (NIV)

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable.

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. 19 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; 20 you were bought at a price. Therefore honor God with your bodies.

Ask:

- Can you think of other things besides having sex outside of marriage that would be considered sexually immoral?
- How does having Godly respect for yourself and those around you help keep you from sexual immorality?

Read together:

The original word in Greek for "immorality" is porneia. It's where we get the root word for pornography. Immorality is a word that encompasses a variety of sexual sins, not just sex outside of marriage. God cares about our hearts, minds, thoughts, and emotions. Purity and wholeness are not about rules; they are about honoring God with your body, thoughts, and the things you view. We all desire connection, belonging, and intimacy. The lure of the world is that we can find sexual fulfillment through casual sex, engaging in sexual acts with another person, pornography, inappropriate use of social media, or sexually graphic tv shows and romance novels. The world will tell you there is no danger in these things. But the Bible and science say otherwise.

When you view sexually explicit content, it affects your body and mind. Here are a few things research has shown to be the effects of watching sexually explicit content:

- The regions of the brain that are active while viewing porn or sexually explicit content are the same regions of the brain that are active when a person is having sex.
- Long-term viewing of pornography can cause sexual dysfunction (inability to have an orgasm with real-life partners).
- Those who watch pornography often seek out new types of pornography because they build a tolerance to seeing similar content and then move on to new, more extreme, and unconventional types of pornography.
- Pornography use has been correlated with the erosion of the prefrontal cortex - the region of the brain that houses executive functions like morality, willpower, and impulse control.
- Viewing sexually explicit content can change your brain's transmission of dopamine which can lead to anxiety and depression, lower quality of life, and poor mental health.

Don't underestimate the power of lust: it often starts with our eyes and moves to our minds; then it reaches into our hearts and is sometimes acted out with our bodies.

Ask:

- Are you struggling to stay pure in any of the areas we have discussed today?
- Do you want to pursue purity and wholeness? What can I do to support you?

Read together or say something like:

It is impossible to avoid all sexually explicit content. The important thing is what you do when you come across something inappropriate. You can move your eyes, turn your head, fast forward, turn off the computer, change the channel, or excuse yourself from the movie or tv show. When you feel a stirring in your heart that you shouldn't be doing or watching something, trust that voice.

Ideas to help protect your eyes.

1. Have parental controls set up on all devices to limit, as best as possible, access to inappropriate and sexually explicit content.
2. Use rating sites like commonsensemedia.com before watching movies and tv shows.
3. If you see something, linger too long on an image, or watch something inappropriate, tell someone. Bringing it into the light will help diminish the power of darkness.

Part 4: When You've Made Mistakes

Read together or say something like:

Making mistakes can look like many different things, not just having sex outside of marriage. Maybe you have found yourself in destructive patterns on the internet, or you realize you have gone too far in a relationship. When you allow the Holy Spirit to speak to you, there will likely be things he points out that need changing. He does this in love. We all fall short, and we all make mistakes. We have an enemy who would love nothing more than for you to keep any sin in your life in the dark, hidden. He would love for you to believe that God is holding out on you and keeping you from the pleasure and fun of sex.

When you realize you have experienced sexual brokenness, the first step is finding someone safe to talk to. As your parent, I want you to know that you can come to me with anything, and my love for you will not change.

When we sin, there are consequences. But I want you to know that there is nothing too big that God's love, grace, and forgiveness can't redeem. No matter what you have done or will do, God's love for you is unchanging. I will walk with you through the consequences and believe with you that God will redeem the circumstances.

Ask:

- Are there things you have done or are currently doing that do not align with God's instructions about sexual purity?
- Do you have friends who are not pursuing purity? What types of things are they struggling with?
- How can I support you in your pursuit of living a life of purity and wholeness?

Part 5: Developing a Family Plan

DEVELOPING A FAMILY PLAN

Either today or sometime this next week, sit down and discuss the following areas together and form a plan for pursuing purity and wholeness as a family.

SPIRITUAL FORMATION

- What does your time with God currently look like?
- What scripture do you anchor yourself in when things are challenging?
- In what ways do you seek to grow your relationship with God?

ACCOUNTABILITY

- If you start to struggle, what is your first step in seeking help?
- Who are you willing to invite into this journey to help?

INTERNET-ENABLED DEVICES

- What kind of Internet-enabled devices are allowed/not allowed in your home? (Ex. cell phones, iPads, gaming devices)
- Where should we be on our computers or mobile devices when looking at the Internet?
- Should we limit the time per week you spend on Internet-enabled devices?

TYPES OF MEDIA

- What filters should we set up for TV show ratings and channels?
- What music will we listen to around our home?
- What content is not beneficial to listen to?
- What apps should we not allow on our phones and tablets? Why? (Ex. movies/shows with nudity, gore, and vulgarity)

SOCIAL MEDIA ACCOUNTS

- What kinds of social media should be allowed?
- Do we need to be friends on Facebook, Twitter, Snapchat, and Instagram?
- Write down family rules regarding social media. (Ex. only can be friends with those you know, no sending pictures to strangers, safe-mode enabled)

INTERNET FILTER & ACCOUNTABILITY

- Should we install filtering and accountability software on our computers and mobile devices?

Part 6: Continuing The Conversation

Add a reminder to your phone to continue the conversation at each of these intervals:

2 WEEKS OUT:

- How can I help you focus on freedom and purity?

4 WEEKS OUT:

- Where is it hardest to stay pure? Why?
- What can we do to help you?

6 WEEKS OUT:

- How is your fight for sexual integrity going now versus six weeks ago when we talked?

2 MONTHS OUT:

- Where have you failed? Where have you won? (Remember that you have the opportunity to dispel shame in failure and fight for victory together.)
- How can I pray for you? How is it going?
- Talk about the possibility of adding another reminder once a month moving forward.