



LEGACY

MILESTONES

Purity for Life

Milestone 4

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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. 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.



Notes:

"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.

Name the influences that impact your child on a weekly basis.

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**

How do parents lead their son or daughter through this struggle and develop a commitment to purity?

Identity in Christ

Your son's or daughter's foundation in life is built on his or her identity, perceived or otherwise. Building truth into his life and reinforcing his 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 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 their own. He created them for His good.
- ***Known and Loved...Psalm 139:1-18*** God's intimate and personal knowledge of every person is overwhelming.
- ***Loved to Death...John 3:16***
- ***Called to a Full Life...John 10:10*** Your son and daughter 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 life in 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 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 to ask the question, "Whose are they?" instead of, "Who are they?" Remind them often they are loved as a child of God, and they are loved as your child.

Healthy Friendships

Peers will influence greatly during this time in their lives. Developing healthy friendships by choosing healthy friends and being a healthy friend can smooth out the path through these formidable 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.
- Watch and ask questions.
- Is your son or daughter being drawn closer to Christ and other healthy relationships and habits as a result of their friendship?

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.
- Guide them to see the truth about her relationship and the ramifications of staying close with that person.
- Help her transition the friendship to an acquaintance.
- 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.

What about dating relationships?

Your son and daughter 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 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.

What were principles you had in your teenage years?

Were they 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. (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.



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- **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
 - Pink / Abercrombie line of clothing (marketing to children)
 - Shirts designed to show cleavage
 - Tight clothing
 - Low, low rise jeans and shorts
 - Short shorts
- ➔ 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.
 - Talk with your daughter about warning signs and remind 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.

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.

- ➔ 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

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➤ Made for enjoyment and purity! – Proverbs 5:15-21

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

The Fireplace – sex provides warmth and intimacy in a good marriage. But if it is practiced outside of biblical boundaries, it will destroy the relationship.



Cultural lies about Sex:

- ✗ Just physical and normal in dating
- ✗ Everyone is doing it, with multiple partners
- ✗ Experimentation is OK (including Bisexuality)
- ✗ Not really that significant
- ✗ Practice makes perfect
- ✗ Women are instigators and aggressors

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

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*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

What does purity look like in your life?

What do you want it to look like in your child’s life?

How do I guide them to purity?

1. Have the conversation!



➔ Faith Talks - 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 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 than a website, tv show or peers.

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- Be Honest about Yourself. Tell your story, even if you messed up. Your son and daughter needs to hear about the regrets of failures and the pricelessness of successes.
- 2. **Define sexual purity.** Have a conversation with your son or daughter, allowing him 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 a place to go if he messes up. Help him 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?
- 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.
- 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 guys think – especially in adolescence.
- 6. **Develop a Biblical view of the opposite sex.**
 - Guys – Help your son view girls as children of God, created in His image. They are his little girls and are not objects, even if they dress like they want to be.
 - Girls – Help your daughter view guys as children of God, created in His image. They are not objects nor attention-fillers.
- 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.



Celebrating Purity

Family Celebration: Purity Ring Celebration

The family celebration for Milestone 4 includes you presenting your son or daughter with a simple ring. The ring symbolizes purity in your son or daughter's life and is to be worn until they one day 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 Ring Celebration.

- *Make the ceremony unique to your family*
- *Present the Ring to your student*
- *Verbally clarify the commitment being made*
- *Reinforce your support*
- *Pray for purity often with your child throughout the rest of her growing years*

On-Campus Event: Purity for Life Weekend

Each year at the fall Parent Summit, Purity for Life Weekend takes place. Your students will spend time Saturday learning more about lifelong purity. Plan to take part in this weekend ceremony that culminates Sunday morning during the Worship Services.

Notes from Panel Discussion: