

FAITH PATH

Make the most of your moments

Dear Parent,

At Grace Point Fellowship we believe that God designed the family as the primary place to begin faith formation. The Faith Path initiative exists to partner with you as you guide your family along this 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 Purity kit you will find practical ideas and suggested resources to help you give your son or daughter a vision for living a life of purity. I urge you to start today by taking the following simple steps.

STEP ONE: LEARN

We have provided a video and information for this particular Faith Path step at gpf-tx.org/faithpath/purity. You will hear from both experts and ordinary families as they share practical suggestions from their experiences. You will also find a guide that offers practical tips and what we consider the best resources on the topic. If you would like additional coaching or information on upcoming Faith Path classes or events, please visit gpf-tx.org/faithpath.

STEP TWO: START

To help you discuss purity with your teen, this kit includes an audio presentation titled "The Talk" and a Purity Checklist to help your teenager define appropriate boundaries. You will also find a My Purity Commitment card for your teen to complete.

If your child is registered with Grace Point Fellowship, you will receive an email at select birthdays with information on how to get the free kit appropriate for his or her age. To confirm that we have birthday information on each child, please go to gpf-tx.org/faithpath and update your family profile.

We hope you find this kit helpful in the process of forming the faith of your child at home. Know that we are grateful to play a role in your family's growing relationship with Jesus and are honored to help you make the most of your moments.

Joyfully Partnering With You,

Danny & Lorena Rodriguez

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Your Intentional Plan

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.
- Schedule and have regular family times
- Attend church regularly.
- Create a habit of worship with my child.
- Schedule a time to serve together as a family
- Coach my teen to set healthy boundaries

Other: _____

The next step on the Faith Path is Rite of Passage, recommended at age sixteen. We offer a free Rite of Passage kit to guide you. Obtain the Rite of Passage kit at gpf-tx.org/faithpath or stop by the Home Point Center.

Recommended Resources

Passport to Purity by Dennis and Barbara Rainey

Dateable: Are You? Are They? By Justin Lookadoo and Hayley DiMarco

Choosing to Wait by Laura Gallier

The Purity Code by Jim Burns

Teaching Your Children Healthy Sexuality by Jim Burns

HomePoint™
Building Strong Families



Give A Vision For God-Honoring Thoughts And Actions

"How can a young person stay on the path of purity? By living according to your word."

Proverbs 119:9



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Webster's Dictionary defines pure as: "free from everything that might make dirty, change, or lower the quality; free from sin or guilt." 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 teens with opportunities to tarnish their lives, even making fun of those who try to remain clean. How do we help our teenagers go against the norm and live a life filled with the intense joys only purity can bring?

Step 1: 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 teenagers need to understand that their bodies belong to God first and to their future spouse second. I 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 2: Focus on Purity 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 teenager that purity involves living every aspect of their life for Christ.

Step 3: Give a Positive Vision

Give a positive vision of the purpose and joy of sex in the context of marriage. Nothing gives a teenager 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 4: 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 teen 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 teen 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 5: Pray for Them

Commit yourself as a parent to cover your teenager in prayer. Pray specifically for his or her purity 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 teen. 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.
- Listen to the free audio resource titled The Talk – Part 2: Purity. A card describing how to gain access to this resource is included in this kit.
- Have your teen 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 Purity Checklist to help your child set boundaries and accountability to remain pure.
- Help your teen solidify a commitment to purity using the My Purity 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.

PURITY CHECKLIST

PURITY KIT

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/girlfriend.
- A way to boost your own confidence through attention from the opposite sex.

MODESTY: Avoid causing temptation for others and demonstrate self-respect and establish basic guidelines for dressing modestly such as...

- Fingertip length on girl's shorts and skirts.
- Girls practice sitting (watch the back of bottoms)
- Swimsuit (jump up and down and make sure everything stays in)
- Girl's tops must fully cover breast/cleavage even when bending forward.
- Girl's should wear a one piece swimsuit when swimming with boys.
- Make sure guy's pants stay at the waist.

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

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" they 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 purity.



FAITH PATH

MY PURITY COMMITMENT

*I commit to God, myself, 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 God's
perfect plan for my life.*

Name

Date of My Commitment

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