



Dear Parent:

One of our core beliefs at FBCMel is that God designed the family as the primary setting where discipleship takes place. The Faith Path initiative exists to partner with you as you guide your child's spiritual 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 short video that explains this particular Faith Path step. 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 the next Faith Path Foundations workshop, please contact the church office for information on the next workshop.

**STEP TWO: START**

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

If your child is registered with FBCMel, you will receive an email and/or postcard 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 **[fbcmel.org/faithpath](http://fbcmel.org/faithpath)** to fill out a Faith Path registration card to update your family profile.

I hope you find this kit helpful in the process of forming the faith of your child at home. Feel free to visit **[fbcmel.org/faithpath](http://fbcmel.org/faithpath)** to learn more or to determine if your child/children are ready for other Faith Path steps.

In Christ,

A handwritten signature in black ink, appearing to read "Scott Wilson", written over a light blue horizontal line.

Scott Wilson  
Lead Pastor  
FBC Melbourne

## Intentional Faith Path Plan

Child's Name: \_\_\_\_\_

*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.
- Create a habit of worship with my child.
- Serve together as a family.
- Coach my child to set healthy boundaries.
- \_\_\_\_\_

The next step on the Faith Path is *Rite of Passage*, recommended at age sixteen. We will offer a free *Rite of Passage* kit to guide you. Download the *Rite of Passage* kit at [fbcmel.org/faithpath](http://fbcmel.org/faithpath) or pickup at the @Home 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



## Purity

**Give a Vision for God-Honoring  
Thoughts and Actions**

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 kids with opportunities to tarnish their lives, even making fun of those who try to remain clean. How do we help our children go against the norm and live a life filled with the intense joys only purity can bring?

#### **Step One: Clarify the Standard**

Psalm 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 children 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 Two: 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 child that purity involves every area of life.

#### **Step Three: Give a Positive Vision**

Give a positive vision of the purpose and joy of sex in the context of marriage. Nothing gives a child 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 Four: 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 child 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 child 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 Five: Pray for Them**

Commit yourself as a parent to cover your child 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 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 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.
- Have your child 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*

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 start dating.

### WHAT DATING IS

- Spending time with the opposite sex in order to discover a future spouse.
- Building a friendship without the physical bonds God reserves for marriage.
- A process intended for those approaching the age for engagement and/or marriage.

### WHAT DATING IS NOT

- A time to kiss, touch and enjoy other forms of physical intimacy before marriage.
- A status symbol among peers impressed by those with a boyfriend or girlfriend.
- A way to boost your own confidence through attention from the opposite sex.

**MODESTY:** Avoid causing temptation for others and demonstrate self-respect by establishing 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 child 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
- Side hugs
- Frontal hugs
- Holding hands
- Arms around each other
- Cuddling
- Kissing
- French kissing
- Touching/caressing with clothes on
- Petting/groping under or without clothes
- Oral sex
- Sexual intercourse

**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 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 not feeling 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 they 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.



### **My Purity Commitment**

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

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*My Signature*

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*Date of My Commitment*



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

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