



## *Purity Checklist*

Purity is probably one of the most unpopular virtues taught among Christians. The worldview tells us that it is ok to have relationships of a physical nature, specifically sexual, outside of marriage. As Christian parents, we often resort to a long list of DO NOTs, giving pre-teens and teens the inaccurate idea that sex is something negative. This checklist is meant to give you a broader range of topics to discuss to help reinforce and shape your son/daughter's ideas about purity.

Begin by sharing what scripture has to say on this topic. 1 Corinthians 6:16-20 from The Message Bible paints a very clear picture:

*There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one." There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-mode<sup>l</sup>ed love, for "becoming one" with another. Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.*

**MEDIA-** Since we began this topic with scripture as our foundation, it is also important to discuss that there are outside sources of information that contradict what the Bible says. Discuss the choices your son/daughter makes in the music they listen to, the television shows and movies they watch and the things they read. Pornography is a huge industry that effects and entangles many Christians and destroys physical intimacy in marriages. Set boundaries with your son or daughter now, including the discussion of why this is important.



**MODESTY**- Discuss with your son/daughter that the way they dress can cause temptation for others. Talk about what is not appropriate, i.e. clothing that is too tight, too short or too revealing. Swimwear is a unique subcategory of this topic. Once these guidelines are established, stick to them while shopping. Don't buy clothing you've already stated was inappropriate. This will help avoid conflicts down the road.

**DATING**: Have a conversation about what dating is and what it is not (i.e. a time to develop a physical relationship with the opposite sex).

**Help your child set guidelines** of what is appropriate on a date. Consider talking with your son/daughter about what age you will allow group dates, and at what age you will allow one-on-one dates.

**Discuss danger zones.** There are situations that could potentially put your son or daughter in a compromising situation. The earlier your child sets these boundaries for themselves the easier it will be for them not to cross those lines when they are in the heat of the moment. The more open and honest you are about those potential situations with your child the more profitable in the long run. Talk about these before they begin dating.

Topics could include:

- Never be in a house with the opposite sex without parental supervision.
- Stay in family areas of the house. No going in bedrooms or closing doors
- Come straight home after a date. No "parking."
- Limit time alone with opposite sex. Spending time with friends/family is just as important.
- Date only a growing Christian.
- Create an exit plan for your teen if they are in a tempting or awkward situation. Let them know they can call/text you to come get them if needed.

**GRACE**: If your teen has already made poor decisions in this area, make sure that you communicate grace to them. Discuss the points outlined on this checklist and work together to set boundaries. It is never too late to make a fresh commitment!