



Parents and Teens  
**CONVERSATION  
GUIDE** about  
*Sexual Integrity*



THE CHAPEL

# WELCOME!

This guide is designed to equip and empower you to have meaningful conversations with your son or daughter about the common struggles around sexual integrity while sharing with them God's incredible design for their sexuality.

Often, conversations about sexual integrity focus on a list of rules about what is ok and what's not. If we simply give our sons or daughters a list of dos and don'ts, we can unintentionally lead them to believe God only cares about behavior modification. Instead, we want to shepherd our children to know God's unconditional love for them and that true joy, freedom, and flourishing happen when we align our sexuality with the Creator's plan.

The goal is not to go through this entire guide in one sitting. There is a lot of information here! This guide is meant to be a resource you revisit as you have ongoing conversations with your son or daughter.

Our prayer is that these conversations will not only give your child knowledge but also the desire to live out God's plan for his or her life!

## WHAT IS SEXUAL INTEGRITY?

In this guide, we discuss pursuing sexual integrity. You may wonder, what exactly is sexual integrity?

*Sexual integrity begins with believing that God's plan is the best one for your life. Sexual integrity is about having a holistic understanding of sex—not just saying "no" to sex before marriage, but saying "YES!" to living a faithful and flourishing life as a sexual being, whether single or married. It's the daily pursuit of giving God lordship over your sexuality and seeing your sexuality through the lens of his great love for you.*

## WHY ARE THESE CONVERSATIONS SO IMPORTANT?

**Innocence** - When sin enters the picture, whether because sin is happening around you, you choose sin, or someone sins against you, innocence is lost.

**Source** - If you are not your child's source of information, their friends or the internet will be. Regular conversations with your child build trust so that when they seek information or struggle, they come to you.

**Consequences** - Sin always comes with consequences. Once again, whether it's sin you choose, sin that's done around you, or sin done to you, there are consequences, some of which can affect them for a lifetime.

**Hope and Healing** - We want our kids to know they are not alone in their struggles. When struggles are kept in the dark or not talked about, the enemy speaks lies over our kids. He tells them they can never change, never experience healing, and that if they bring it to the light, they will be shamed. We need them to know these are lies of the enemy.

**Abundance** - Choosing God's plan for our lives leads to true flourishing and abundance. We want our kids to experience the blessing of following Jesus.

## HELPFUL IDEAS FOR MEANINGFUL CONVERSATIONS

Let's be honest. Talking about sex, our bodies, and pornography can be awkward and uncomfortable. The following suggestions can help alleviate some of the awkwardness.

- Have the conversation in the car. The car provides an excellent opportunity to talk about tough subjects without having to look each other in the eyes.
- Share your experiences and struggles with your child and how God worked during those times. Be honest about the times you wish you had made different choices, and also highlight how following God's plan has led to flourishing. Your vulnerability will pave the way for your child to be open with you and let them know they are not alone.
- If your child opens up about their struggles, begin by thanking them for openly sharing with you. Then, reaffirm your love for them and how this doesn't change how you or God sees them or how much you love them.
- Be age-appropriate in your discussion.
- This isn't a one-time conversation. Continue discussing it regularly with your child, creating space for ongoing dialogue.

**The Goal: Rather than trying to have one 100-minute conversation, aim to have a hundred 1-minute conversations! Those little conversations build trust and let your child know they can talk to you about anything—and they really do become less awkward over time. You got this!**

## WHAT YOU WILL FIND IN THIS GUIDE

**Part 1: GOD'S GOOD CREATION**

**Part 2: BOUNDARIES**

**Part 3: GOD'S BOUNDARIES FOR SEX**

**Part 4: SEXUAL INTEGRITY AND SEXUAL IMMORALITY**

**Part 5: I'M STRUGGLING. WHAT DO I DO?**

**Part 6: QUICK CONVERSATION STARTERS**

# Part 1: God's Good Creation

Genesis 1:27 NIV

*So God created mankind in his own image, in the image of God he created them; male and female he created them.*

You are an image bearer. When God created you, he put within you qualities that reflect who he is. When you show kindness, creativity, grace, and love, you are revealing the image of God within you to those around you. Every human on the planet is an image bearer. While sin has entered the world and can cloud that reflection, Genesis 1:27 tells us that every human was created to reflect God.

Genesis 1:31 NIV

*God saw all that he had made, and it was very good.*

You are God's very good creation! The Hebrew word for good (tob, טוב) is also used throughout the Old Testament to describe the character of God—He is a good God. Let that sink in. The word God uses to describe what he created in you—your mind, emotions, gifts, sexuality, and physical body—is the same word used to describe the heart of who God is. He is a good God, and you were created in his image to display and carry his goodness. Let's take a closer look at two aspects of how God created you.

**Sexuality** – Your sexuality is part of God's good creation. He created human beings, male and female, with a desire for intimacy and connection. Our male and female bodies are uniquely designed, and sex was created by God as a way for a husband and wife to come together, both to bring new life into the world and to experience deep connection. His design for sex is not only pleasurable but also intended to bond two people. All of this reflects the goodness of his creation.

**Body** – God loves and deeply cares about your body. Your body is incredible, showcasing the character and creativity of God. Your body is where you experience God; if you are a follower of Jesus, your body is where the Holy Spirit resides—meaning your body is God's temple and the overlap between heaven and earth. You have a good body created in his image. You could spend a lifetime studying any one part of the body and the infinite ways it teaches us about who God is.

When we understand that we are image bearers and God's good creation, we begin to see that how we view and care for what he has made matters. God wants you to talk to him about these things, and he wants to partner with you in how you care for your mind, emotions, gifts, sexuality, and body. He loves all of you and all of these aspects of who you are.

*IMPORTANT NOTE: For some of you, reading this section may stir up feelings because of things in your body that are broken or not how you wish they were. While we are created in God's image and have good bodies, we also live in a fallen world, so not everything is as it will be when heaven comes in fullness. Scripture tells us we can bring everything to him. He invites you to share your hurts, pains, hopes, and disappointments with him. You can talk to God about your body! He is with you in whatever you are feeling or facing.*

## Discussion Questions:

- How do you feel knowing that you are God's very good creation? How does that impact what you do with your body and how you treat your body?
- How can you partner with God to care for all the aspects of who he has created you to be (including your sexuality and your body)?
- How does this knowledge that we are all image-bearers impact how you think about the people around you?

## Part 2: Boundaries

The word "boundary" can mean different things to different people. In this discussion guide, we are referring to the guidelines given to us in Scripture for how to live. These boundaries or instructions are what God provides to guide us to live the way he intended.

*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.*

With a fence, you can let your puppy run free. The fence isn't restricting the puppy's freedom; it's what allows the puppy to be free. Having the fence is loving and kind. This is one way we can think about the instructions for living or boundaries that God gives us, including his plan for sex and marriage. God isn't trying to keep you from fun. He isn't holding out on you. His guidelines don't restrict your freedom; they allow you to enjoy true freedom and flourishing.

Genesis 2:16b-17 NIV

*"You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."*

These verses show us that God had a boundary for humanity even before sin entered the world. God told Adam and Eve they were free to eat from any tree except one. They were free. The boundary wasn't there to control them but to allow them the fullness of life with God. Although disobedience led to death, while the boundary was in place, they experienced true freedom.

If God were not a good, kind, and loving God who desires a relationship with us, it might seem that any rules he gives us are just to control us or solely to change our behavior. But that is not who God is. He is a good God who deeply cares for us, loving us enough to sacrifice himself for us. Understanding that the instructions and boundaries he provides are meant to help us experience life to the fullest changes everything.

Genesis 3:4-5 NIV

*“You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”*

The serpent tried to convince Eve that God was holding something back from her—that true freedom was found just outside the boundary God had set. Ever since the garden, the enemy has been whispering the same lie that God is holding out on you, and true joy, freedom, and fulfillment can be found outside of his design by engaging in sinful behavior.

John 10:10 NIV

*The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

The truth is that the enemy has only ever wanted to destroy your life. And that’s what sin does. It steals, kills, and destroys. But every instruction for living that God gives you is for your flourishing so you can experience the fullness of life.

### **Discussion Questions:**

- When you think about rules and boundaries, what emotions do they bring up in you?
- What are some boundaries or instructions that, when you follow them, lead to good things for you?
- What are some of the more challenging things that God asks us to do? Why are they hard? How would living that way lead to flourishing?

## *Part 3: God's Boundaries For Sex*

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.”*

God designed sex for the practical reason of creating children, but he also designed it to bond two people together in a powerful way. There is a mystery to sex that our society often overlooks. Sex is never casual. It unites people emotionally, spiritually, and physically. It’s so good, powerful, and such a permanent bond that 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. Any sexual expression outside this context is outside of God’s design and leads to brokenness of varying kinds.

### **Discussion Questions:**

- 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?
- Do you have any questions about sex that you would like to ask?

# Part 4: Sexual Integrity Vs Sexual Immorality

Sexual integrity is about honoring God with your body, thoughts, and the things you view. It's having a holistic understanding of sex—not just saying "no" to sex before marriage, but saying "YES!" to living a faithful and flourishing life as a sexual being, whether single or married. It's believing that God's plan is the best one for your life and, therefore, pursuing his design for sex and your sexuality. It's daily giving God lordship over your sexuality and seeing your sexuality through the lens of his great love for you.

Sexual Immorality encompasses a variety of sexual sins, not just sex outside of marriage. God cares about our hearts, minds, thoughts, and emotions. 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.

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 NIV

*Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.*

## **Discussion Questions:**

- What stands out to you in the definition of sexual integrity?
- Can you think of other things besides having sex outside of marriage that would be considered sexually immoral?
- How does knowing you are created in God's image and are his good creation help keep you from sexual immorality?

Pornography and sexually explicit content can be found everywhere today—television, movies, books, and the internet. It will be virtually impossible for you to live your entire life without facing the temptation of viewing pornography and sexually explicit content. Many people think looking at pornography is harmless, but it is actually very damaging. When you view sexually explicit content, it affects your body and mind. The world will tell you there is no danger in these things. But the Bible and science say otherwise.

Here are a few things research has shown to be the effects of watching pornography and other sexually explicit content:

- Long-term viewing of pornography can cause sexual dysfunction – inability to have an erection/orgasm with real-life partners and/or difficulty becoming sexually aroused without pornography.
- Approximately 56% of divorce cases involve one person having an obsessive interest in pornographic websites.
- 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.

Pornography and other forms of sexual immorality are destructive to relationships, your brain, and your body.

The good news is that as followers of Jesus, we have the Holy Spirit living in us, empowering us to overcome ANY temptation! Remember, temptation itself is not a sin—Jesus was tempted in every way, yet he did not sin. The enemy tries to convince us that when we're tempted, we have no choice but to give in. But that's a lie! You are never without hope. In every moment of temptation, you have a choice: to follow Jesus or to give in to temptation.

James 1:13–15 NIV

*When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*

1 Corinthians 1:13 NIV

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

### **Discussion Questions:**

- What are the differences between sin and temptation?
- How can you flee from sin when tempted?
- What are some harmful effects of pornography that you hadn't thought about before?
- What does pornography and other sexually explicit media teach you about sex that is not part of God's good plan for sex?



## Part 5: I'm Struggling. What Do I Do?

When you experience sexual brokenness of any kind, 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.

Struggling can look like many different things, not just having sex outside of marriage. Maybe you have found yourself in destructive patterns online, or you realize you have gone too far in a relationship. Whenever we allow the Holy Spirit to speak to us, he will likely reveal things that do not align with his best plans for us. This is conviction. Conviction is God speaking to us that he loves us and desires his best for our lives. He doesn't let us stay in sin. You will likely experience remorse and regret when you feel conviction. But you will also have a sense of hope for what will be when you follow God and submit to his plan for your life.

The enemy can also speak to your heart, but not with conviction. His voice is one of shame. His goal is for you to keep any sin in your life in the dark, hidden. He wants you to believe that God is holding out on you. Shame, rather than drawing you close to God, brings a sense of hopelessness and the feeling that you can never change. Shame says that something is inherently broken in you. But these are all lies of the enemy.

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.

### **Discussion Questions:**

- Are there things you have done or are currently doing that do not align with God's instructions about sexual integrity?
- Do you have friends who are not pursuing sexual integrity? What types of things are they struggling with?
- Has anything inappropriate ever popped up on a device while you were using it?
- Have you viewed pornography in your life?

### ***Based on the answers from above, continue the conversation:***

*If your son or daughter is not currently struggling with sexual sin:*

- What steps have you taken that have helped you pursue sexual integrity?
- Why is sexual integrity worth pursuing?
- How have you invited God into this journey?
- What do you need to do to continue to be healthy and free?
- How can I support you as you pursue sexual integrity?

*If your son or daughter is currently struggling with sexual sin:*

(Acknowledge your child's courage in sharing with you and that your love for them doesn't change)

- How do you feel about bringing this into the light?
- How long has this been going on?
- How have you invited God into this challenge?
- Do you see any patterns where you struggle most? (Time of day, location, specific devices, ways you work around filters and safeguards)
- What things have you tried to experience freedom in this? Have any of those things been helpful in experiencing freedom?
- Why is sexual integrity worth pursuing?
- Who have you invited into this journey to help? Or who can you invite into this journey?
- How can I support you as you pursue sexual integrity?

## *Part 6: Conversation Starters*

While setting aside time for longer discussions is important, there is also great value in having regular, brief conversations with your child. Below is a list of quick conversation starters you can use on the go, at the dinner table, or at bedtime with your son or daughter.

These prompts are designed to help you cultivate a relationship where difficult or awkward topics can be discussed openly, making it easier for your child to share their struggles, thoughts, and questions as they learn what it means to follow Jesus.

- What does your time with God currently look like?
- What are some things God is teaching you right now?
- I love how when God created you, he made you to be \_\_\_\_\_.
- I just wanted to remind you that God loves you. He loves your mind, how you see the world, your body, and all of you.
- Who are the people in your life that you can share with when you're struggling?
- Is there anything you're struggling with related to your body? Did you know that God would love for you to talk to him about those things? It is okay to be sad about the things that are broken in our bodies because of our fallen world.
- Have there been any things that you've seen on social media this week that have stirred up insecurity in you?
- In what ways does your phone connect you with people well? In what ways does your phone leave you feeling more lonely?
- How has the enemy tried to get you to stop pursuing sexual integrity this week?

- Have you been tempted to look at pornography lately? Have you given in to that temptation?
- What have you been reading lately?
- How can I support you in your journey to pursue sexual integrity?
- What are some boundaries, rules, or guidelines in the Bible where you have a hard time understanding how they lead to flourishing?
- How have you seen the good that comes from following God's plan for your lives?
- Which of your friends can you talk about your faith with?
- What areas of your life do you struggle to trust God's plan for you?
- What is God teaching you right now? He's been teaching me about \_\_\_\_\_.
- I want to apologize for \_\_\_\_\_ and ask for your forgiveness
- When I was your age, one of the things I struggled with was \_\_\_\_\_.
- Do you talk to God about your body? Did you know that God would love to partner with you to care for your body?
- Are the parental boundaries currently in place helpful for you? Is there anything else I can do to support you?
- When you face temptation, what is something you can do to flee from the temptation? How are things going with your friends? Do you feel like you can be yourself when you are with them?
- What is bringing you joy lately?
- What has made you sad/frustrated/angry lately?
- What kinds of things do you talk about with your boyfriend/girlfriend?
- What is something that has been challenging for you lately?
- I love you so much & want you to know there is nothing you could ever tell me that would make me love you any less.