

# purity

Resources For Living A Pure Life



*But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.*

Ephesians 5:3

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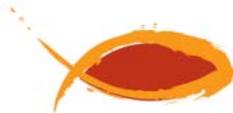
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*Friendship Church*

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**\*Service Times: Sunday 9:00 & 10:30 am**

# Sex Ed at Home - Train up a child

In one study, 75 percent of high school students said they had already engaged in sex. **U.S. News and World Report, Sept. 26, 1994**

## Conquering your own anxieties is the first step to teaching your kids healthy sexuality

by Debra Evans

This article first appeared in the Nov/Dec 1999 issue of *Christian Parenting Today*. Used by permission of Christianity Today International, Carol Stream, Illinois 60188



My parents were never very comfortable talking with my sisters and I about sex. Mom became unusually reserved whenever the subject came up, though she would talk openly about her own embarrassing dating encounters. For the most part, Dad was silent on the subject, apart from a few well-timed chuckles. Perhaps it was that awkwardness that prompted me to want to teach my children differently.

Determined to create an open atmosphere in our home where our kids felt free to talk with us about anything, my husband and I resolved to stay calm regardless of what our children asked. For us, the question wasn't whether we would teach our kids about sexuality, but when and how.

And it wasn't long before our kids began to ask tough questions: Dad, is it true that a man puts his penis in a woman's vagina to make a baby—and did you do that to Mom? Yikes!

I can clearly recall the day our 4-year-old daughter barged in on me in the bathroom and cried out, "Mommy! What's that?!", pointing to the sanitary pad in my hand. After a brief, what-do-I-say-now moment of panic, I took a cleansing breath, smiled and gave Joanna my best—albeit totally spontaneous—answer.

We all want our children to have a healthy, godly view of sex and sexuality. We want to be our children's primary source of information about



sex. But many of us have no clue how to talk to our children about such a sensitive, and sometimes embarrassing subject. Here are some principles that will help.

## Live what you teach

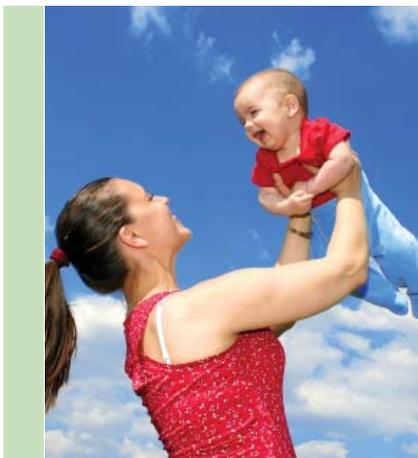
Children learn about love and sex by watching their parents' interaction with each other. How you respond to your spouse, as well as other people you care about, will shape your child's view of love.

The first step in teaching kids about sexuality is enabling them to both give and receive love, according to Stanton Jones, Ph.D., a psychologist and provost at Wheaton College in Illinois.

"Which is more convincing?" he asks. "Distant, rigid, unemotional parents who force their children to memorize 'God is love' while rarely embracing them, or loving parents who share with their children the joys of God's love while holding them and embodying that love in a vivid way?"

You are your child's first experience with the physical side of love, whether it's the way you stroke a new baby, tickle your 2-year-old or hug your 6-year-old. Each touch and coo communicates affection and deep love. Even newborns recognize the voice and touch of the people who care for them. As children get older, physical contact translates to a feeling of security, which in turn translates to a sense of being loved.

Children also learn about love by watching their parents. When children see Mommy and Daddy hug, kiss and snuggle, they know that those gestures are expressions of love. As they get older, they'll recognize that physical affection is a natural way for married people to show their love. And by the time they begin making their own choices about sex, they'll have an internal sense of the joy of physical intimacy within marriage.





## Be approachable

It's normal to feel uncomfortable when talking about sex with your children. Yet Marianne Neifert, professor of pediatrics at the University of Colorado, says, "We owe it to our children to educate them to function sexually as adults." To overcome your discomfort, start by asking other Christian parents how they handle the subject. Ask your pediatrician or pastor to recommend resources. See if your church offers sex education seminars. Check Christian bookstores for books and videos to expand your own knowledge. If you're not comfortable with using the correct terminology, practice saying the words out loud until they sound more natural to you.

Through sensitivity and honesty in everyday situations, you can teach your kids that you're comfortable with their sexual design—and your own. If your preschooler starts naming his body parts during bath time and, pointing to his genitals, asks, "What's this?" give a simple, confident reply: "Your penis and your scrotum." Such a matter-of-fact answer provides the information he seeks without implying there's something bad about his body.

Don't worry if you still feel uneasy. There may be times when an older child asks a question you don't know how to answer. It's OK to say, "I don't know the answer to that, but I can find out and we can talk about it then." When appropriate, use this as a time to learn with your child by visiting the library or reading a book together.

"Being able to present sexuality to your child comfortably and accurately has the fringe benefit of enabling communication with him in the future," notes Christian Parenting Today adviser William Sears, a pediatrician and father of eight. "It conveys to your child that you're an open, accurate and willing source of information, and it sets the stage for a more meaningful dialogue by the time your child is a teenager."

## Anticipate questions

When it comes to talking to kids about sex, parents often worry about discussing too much



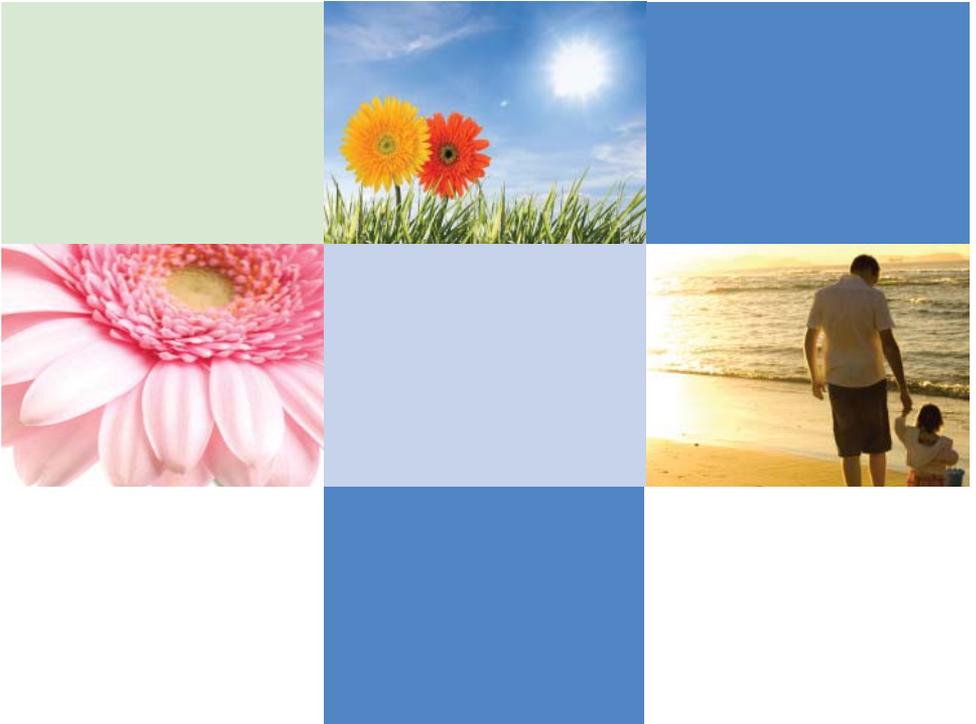
too soon. But in reality, many share too little too late.

The easiest way to discuss sexuality is to begin early, answer questions freely and offer age-appropriate information, says Neifert. An honest explanation, no matter how brief, is always better than none. Avoid putting off a response, although a specific delay—"Let's talk about that when we get home"—is preferable to "We'll talk about it when you're older" or "It's not nice to talk about such things."

In order to answer explicit questions "on the spot," parents should prepare and practice. It's hard to know when a question about sex will come up. For instance, my friend Diane and her elementary-aged daughter were coming home from a visit with a pregnant relative when Diane's daughter asked, "How did the baby get in Aunt Carol's stomach?"

Although Diane was tempted to say, "God put the baby there," she was prepared to supply a more complete answer: "Aunt Carol's baby isn't really growing in her stomach, but in a place near her stomach called the uterus. God made a husband's and a wife's bodies to fit together in a special way. It's called sexual intercourse and it's how God helps men and women make a baby. The woman's body makes an egg and the man's body makes the seed, called sperm, that fertilizes the egg. When the woman becomes pregnant, the baby grows inside her."

Perhaps as difficult as knowing what to say is knowing when to say it. If your 5-year-old asks the same question as Diane's daughter, how much information is necessary? Most experts suggest providing brief, basic answers and then pausing to determine if the child wants to ask anything more. Once a child's curiosity is satisfied, he'll usually go on to the next topic. As you respond according to your child's developmental stage (see sidebar p. 7), you'll find that he'll



let you know what he is and isn't ready to hear. However, you may want to initiate a discussion if your child hasn't brought up the subject of sex by age 6 or 7.

To some degree, you can anticipate what kinds of questions your children will ask. If, for example, you or someone your children know is pregnant, expect your 4-year-old to have some questions. If your preteen has friends who are starting to hit puberty, you can bet she'll soon be asking questions about her own development. If you think about the questions your kids are likely to ask before they ask them, you'll have the opportunity to rehearse your replies.

### Tune in to teachable moments

Don't wait to pass on accurate knowledge about the beauty of sex in the context of marriage until after your child has been exposed to others' views and values. You should be the first one to talk to him about sex. Be on the lookout for opportunities. A birth—whether it's the birth of new puppies or a new baby born within the family—is an excellent time to talk about the value of life and God's design for procreation.

If you have older children or preteens, you might be surprised at their lack of questions. One way to get them talking is to discuss popular movies or the recent experiences of friends and relatives.

If your child is older and sexuality has not been openly discussed in your home, it's not too late. Start over today. Create an open atmosphere for communication in your home. That's your best insurance for protecting your teens against destructive moral messages related



to sexuality. According to Jones, this process involves "deliberately exposing kids to the arguments and pressures they'll be exposed to later in life, but in the safe environment of the family, then showing how those non-Christian influences are unconvincing, false and destructive." So if you talk to your daughter ahead of time about the mistake many young women make by confusing sex with love, she'll be less likely to confuse the two when she begins to form her own dating relationships. If your son understands that girls are not objects of lust but his sisters in Christ, he'll likely learn to treat his dates with care and respect.

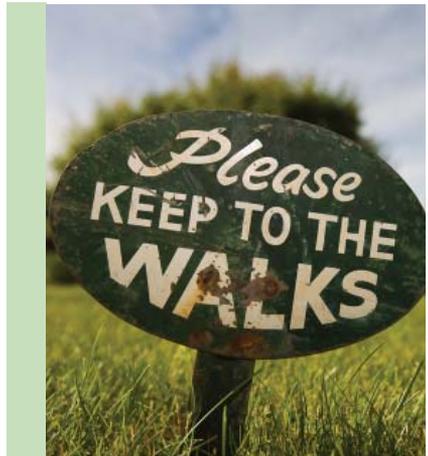
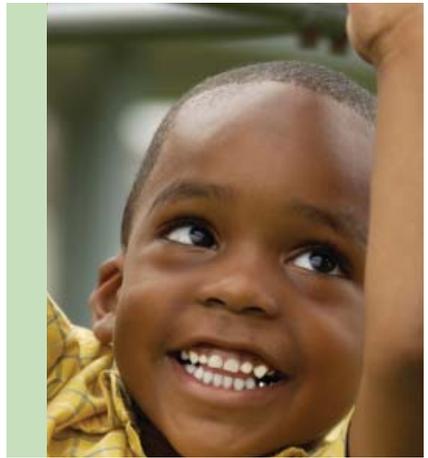
### Focus on Scripture

No matter when or how you talk to your children about sexual issues, you'll want to make one fact crystal clear: Our sexuality is a precious gift from God and must be treated with great care. "Keeping the good of creation separate from sin's distortions is no easy job," admits Lewis B. Smedes, Ph.D., in *Sex for Christians* (Eerdmans). "We are to love what God has made and hate what sinful men and devils have unmade. The job is to cultivate a clear perception for what is of God and what is of sin."

To help your children see sex as something God wants us to use wisely, spend time with your kids studying Scripture's approach to sexuality (see sidebar). Spend time praying for and with your children, especially as they become more mature and face more temptations.

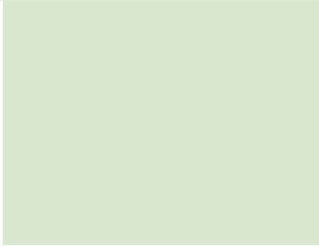
Talking about sexuality with our children is perhaps one of the most important conversations we'll have with them. In truth, it's a conversation that starts early and lasts for years. Our society is laced with misinformation about the nature of sex and our roles as sexual beings. But God's message is clear: Sexuality is part of his creation. And that means it is good.

Debra Evans is a writer, health educator and the mother of four. She and her family live in Texas.





# MEN / BOYS



# WEBSITES

[settingcaptivesfree.com](http://settingcaptivesfree.com)

Numerous online resources, including online "courses" with mentoring/ accountability partners for those who struggle with sexual addictions or sin. There are no costs for their "courses."

[bebroke.com](http://bebroke.com)

Started by a couple who have struggled with the effects of sexual addiction, this website includes numerous articles, 40 day challenges, downloadable sermons for men, women, wives, teens and parents.

[pureintimacy.com](http://pureintimacy.com)

A website dedicated to "recovering the heart of sexuality," by providing help for male and female addicts, along with those who struggle with homosexuality. Providing a biblical theology of sexuality.

[faithfulandtrueministries.com](http://faithfulandtrueministries.com)

A ministry overseen by Dr. Mark Laaser, one of the first Christians to write a book about sexual addictions. Numerous resources, articles, newsletters, etc. to help those who are struggling.

[www.afa.net/somebody](http://www.afa.net/somebody)

The title of this video is "Somebody's Daughter." The video discusses how you can become free from living a pornographic life.

[www.Fathers.com](http://www.Fathers.com)

At the National Center for Fathering, we inspire and equip men to be the involved fathers, grandfathers and father figures their children need.

[www.maninthemirror.org](http://www.maninthemirror.org)

A dynamic men's ministry begins with a clear understanding of your purpose as men in the church. Work with your pastoral and men's ministry leadership to develop a biblically-based vision statement for what you want to accomplish in your men's ministry.

*The Road to Grace*  
by Mike Genung

Help those dealing with sexual addictions from a biblical perspective.

*Porn Again Christian*  
by Mark Driscoll

Talks about pornography, prostitution and masturbation for men dealing with some or all of these issues.

*Think Before You Look: 40 Powerful Reasons to Avoid Pornography*



*Think Before You Look*  
by Daniel Henderson

Provides a useful and timeless approach to avoiding the temptations of pornography before it is too late.

*Every Man's Battle*  
by Stephen Arterburn and Fred Stoeker

Shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity.

*Freedom From Addiction*  
by Neil T. Anderson, Mike and Julia Quarles

Meets the needs of Christians with addictive behavior in recovery. In a positive, non-condemning way, Anderson provides an alternative model of recovery for substance and alcohol abusers-a model that will also work for individuals struggling with other kinds of addictions.

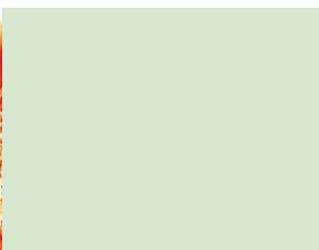
*2009 Men's Retreat*  
Saturday, November 14

***Every Man's Battle for Purity***  
Speaker: Irv Wolfe

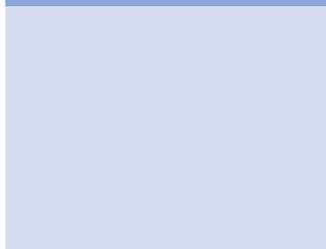
Friendship Church  
Shakopee Campus  
12800 Marystown Road

BOOKS

Event



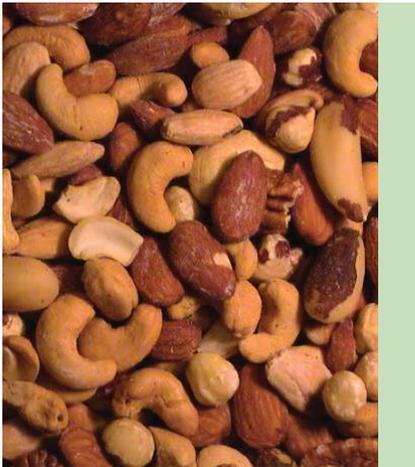
WOMEN / GIRLS



# Sister... show mercy! MODESTY

Let me add this one word to husbands: you too. By which I mean, you remember what it was like to be single. You know how guys are. You show some mercy to your brothers, and help sensitize your wife to showing love for others in this important way. Or worse still, if you know what's going on, and you derive pleasure from the thought of the effect your wife is having — do you really need me to tell you to repent?

by Dan Phillips



## Preface: "What are you? Nuts?!"

Just thought I'd lead with the question you'll be wondering in a few minutes. I am about to stick my finger in the fan, about up to my elbow, and I know it. But I really think someone needs to say this — and why not me? I have less to lose than many who've thought the same thing, but daren't say it.

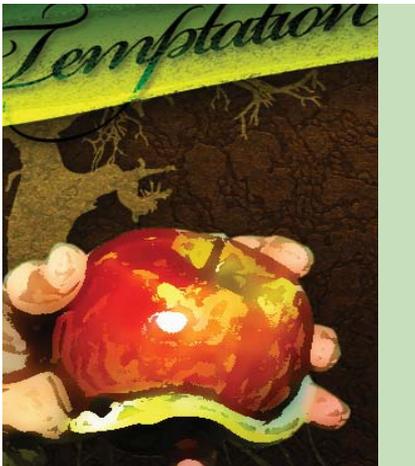
So here we go.

**What will change, and what won't.** Spring's sprung, and summer looms. Mercury rises, fashions change. But one thing that won't change, unless I'm happily mistaken: some good Christian sisters will not dress as helpfully as they could.

I chose that word with care: "**helpfully.**"

I am not talking about sin, shame, indecency, wantonness, or the like. Perhaps I could, with some justification. But that's for another time — and probably another writer. At this point, I just want to talk about being helpful.

Sister, if there's one thing you and I can certainly agree on, it's this: I don't know what it's like to be a woman, and you don't know what it's like to be a man. We're both probably wrong where we're sure we're right, try as we might. So let me try to dart a telegram from my camp over to the distaff side.



"Sheol and Abaddon are never satisfied, and never satisfied are the eyes of man" ([Proverbs 27:20](#)). Solomon doesn't use the Hebrew words that would indicate males exclusively, so this and [Ecclesiastes 1:8](#) may apply across the gender-board. Libbie pointed out very ably that we men wrongly assume that we alone battle with temptations entering through the eye-gate.

**But.** But if men aren't alone in the battle, they may have a particular weakness for this aspect of it. Consider passionately-godly King David, whose psalms express aspirations after God beside which our own are pale, bloodless things. One day King David is in the wrong place, at the wrong time; sees a naked woman bathing next door, and boom! — he's gone ([2 Samuel 11](#)). Family, kingdom, God — all forgotten, consumed in the flash-flame of a lust that was only visual in its inception.

And what of that Israelite Philistine Samson and his own "eye trouble?" He sees a fetching young pagan, and bellows at his dad, "Get her for me, for she looks good to me" ([Judges 14:3 NAS](#)). Where did Samson's passions take him? How did his course end?

Unless all the men I've known personally or at a distance are completely unrepresentative, it's a lifelong struggle, a lifelong weakness. As I recall from a Proverbs lecture on mp3, Bruce Waltke says that his dad, at around age 100, told him, "Bruce, I still have the same struggles I did when I was 50." It was sobering for Dr. Waltke to hear; sobering for any man! (In fact, put me down for "disheartening.")

Where am I going with this? Oh, don't try to look so innocent. You know exactly where I'm going.

**This is... church?** So here comes this brother into the assembly of the saints, hoping for a rest from the battles of the week, a moment to regroup, sing, pray, get the Word, fellowship. He looks up to the choir, or to his left or his right — and in a tick of the clock, he's facing the same struggle he faced every time he turned on his TV, opened a magazine, or went down a city street. He's seeing things that make it far too easy for him not to keep his mind focused where it needs to be focused.

And he's not in a nightclub, he's not at a singles' bar, he's not at the beach. He's in church.

### **Now, some very direct disclaimers:**

- Every man's sin is his own, and every man's struggle is his own ([Proverbs 14:10](#))
- No one makes a man think or feel anything ([Proverbs 4:23](#))
- It is each individual's responsibility to guard his own heart ([Proverbs 4:23](#))
- Beauty is a wonderful gift of God (cf. [Exodus 28:2](#); [Song of Solomon 1:8, 15, etc.](#))

**Having said all that:** while it may be true that I'm the one holding the matches, you won't help me if you pile twigs all around my feet and douse them with lighter fluid. To be a little more specific: if you know I've had trouble with drunkenness, you won't wave a glass of wine in front of me tauntingly. If you know I battle covetousness, you won't take me window-shopping in high-end stores I've no business frequenting.

That is, you won't do those things if you love, if you care for me at all.

So I put this question: **what are some sisters thinking, in how they dress?**

**"Attractive"?** As the ladies pick clothes, they'll consider what's pretty, what's flattering, what's attractive. Who could blame them? But, "attractive" to whom? In what way? To what end? With what focus?

I want my lure to **attract** trout so they will bite and get hooked, and I can kill them and eat them.

A business wants to **attract** buyers so they will spend money and acquire their product or service and make them rich.

By that blouse, those pants, that skirt — what are you trying to **attract**? Attract to what, so that they will focus on what and feel what, and want to do what?

Consider the questions again. "Is it pretty?" Fine question, no evil in it. "Is it comfortable, is it complimentary, is it fun?" No problem. I'd just suggest you add one more question: "Is it helpful, or is it hurtful, to my brothers in Christ? Will this unintentionally contribute to their having a focus that is harmful to their holy walk?"

**Now, lookie here:**

In that day the Lord will take away the finery of the anklets, the headbands, and the crescents; 19 the pendants, the bracelets, and the scarves; 20 the headdresses, the armlets, the sashes, the perfume boxes, and the amulets; 21 the signet rings and nose rings; 22 the festal robes, the mantles, the cloaks, and the handbags; 23 the mirrors, the linen garments, the turbans, and the veils (**Isaiah 3:18-23**)

...likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire, 10 but with what is proper for women who profess godliness—with good works (**1 Timothy 2:9-10**)

Do not let your adorning be external—the braiding of hair, the wearing of gold, or the putting on of clothing— 4 but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious (**1 Peter 3:3-4**)

**What it isn't.** Immediately we'll swing in, as we always do, and say, "Now, the writer's not saying that women can't dress nicely, or wear jewelry, or blah blah blah." And we'll all disown our Fundie forebears who focused on nylons and lipstick, and came up with precise hemline measurements. We'll want to make sure that we're not advocating a new line of Bible Burqaware™ for evangelical women. All that will be true and valid enough. **But... what is it?** But I'm concerned that, in our anxiety to be sure to prevent the wrong interpretation, we effectively cut off all interpretation. We have swung from making the passages say silly things, to not letting them say anything. These passages have to mean something! They must have some application! What is it?

Surely the passages warn against vanity, externality, sensuality; and promote a focus on a godly character as true beauty. Who you are; not just what you look like. Remember: "As a ring of gold in a swine's snout, So is a beautiful woman who lacks discretion" (Proverbs 11:22 NAS).

**Oh boy, I'm going to make it worse now. Deep breath....**

**Say what?** What are your clothes saying about you, sister? What are they supposed to say to your brothers? "Hey, look at this?" Well, they actually are trying to look at the Lord; it's not good for them, not helpful for them, to be looking at that. No, it's not your fault that they have a problem. We established that. And it's really great that God has made you beautiful. May your husband (present or future) celebrate your beauty.

But, please hear me: you can help the brothers who aren't your husband, or you can not-help them. Which are you doing? If you're not married, and a man looks at you, is he thinking, "What a great **character**"? Or are you giving him reason to think something else about you is "great"?

I know many of the responses. I've heard them. "You don't know what it's like to buy women's clothes, you ignorant man!" Mostly true. My first just-for-fun purchase of (what I thought was) a pretty blue dress for my wife was... well, it was appalling. What a good sport my wife was. I took it back to the store immediately, and made a much better choice.

"I caaaan't." But this: "I can't find anything modest! It's all too revealing! It's impossible to get something that looks nice, yet isn't too tight, or too short, or too-something / not-something-enough!"

Sorry, but **baloney**.

I put modest women's clothing Christian in Google, and 63,500 pages come up. (Up from 43,200, last year.) Yes, some are funny and quaint at best. But are they all Amishwear? "Can't find?"

More fundamentally: I do not accept that anyone has to wear clothes that are too tight or too sheer or too short — unless you are the largest and tallest woman living in the hottest part of the planet. Because I see larger, taller women than you walking around in hot weather, and they're all wearing clothes, every last one of them. They got those clothes somewhere, I reason. You could too.

"But — but they won't look good on me! The shoulders will be wrong!"

**Need-to-not-know.** I'm not sure that's necessarily true, but let's accept it and pose a counter-question. You tell me. Which is worse: your shoulders hanging a half-inch too low? Or a blouse/skirt that simply (shifting into turbo-delicate) provides need-to-know information to those with a need-to-not-know?

I'm sure we all agree that there are clothes that show off what others have no helpful business seeing. Here's what to show, in clothes-selection: show a Godward focus, discretion, a godly character.

And show mercy.

**Parting thought.** Darlene pointed me to a statement by Arthur Pink, which makes everything I've just said look awfully mild. But there's no denying that Pink has a point. I'll close with it:

Again, if lustful looking be so grievous a sin, then those who dress and expose themselves with desires to be looked at and lusted after—as Jezebel, who painted her face, tired her head, and looked out of the window (2 Kings 9:30)—are not less, but even more guilty. In this matter it is only too often the case that men sin, but women tempt them so to do. How great, then, must be the guilt of the great majority of the modern misses who deliberately seek to arouse the sexual passions of our young men? And how much greater still is the guilt of most of their mothers for allowing them to become lascivious temptresses?

Now, note, Pink and I speak to different audiences. I speak to those whom I charitably assume are inadvertently dressing in an unhelpful manner. Pink speaks to those whose intent is to allure. Between the two of us, I can pray we've provided food for thought, prayer, reconsideration, and needed change.

**One last thought:** it is a mistake to think I exclusively have church-attire in mind. That is lifted as a particularly egregious example of what-are-you-thinking? In what I say, I have in mind any place where both sexes are present.

# WEBSITES

[settingcaptivesfree.com](http://settingcaptivesfree.com)

Numerous online resources, including free online "courses" with mentoring/accountability partners for those who struggle with sexual addictions or sin.

[bebroken.com](http://bebroken.com)

Started by a couple who have struggled with the effects of sexual addiction, this website includes numerous articles, 40 day challenges, downloadable sermons for men, women, wives, teens and parents.

[pureintimacy.com](http://pureintimacy.com)

A website dedicated to "recovering the heart of sexuality," by providing help for male and female addicts, along with those who struggle with homosexuality. Providing a biblical theology of sexuality.

[faithfulandtrueministries.com](http://faithfulandtrueministries.com)

A ministry overseen by Dr. Mark Laaser, one of the first Christians to write a book about sexual addictions. Helpful resources, articles and newsletters are available.

*The Road to Grace*  
by Mike Genung

Help for those dealing with sexual addictions from a biblical perspective.

*Think Before You Look*  
by Daniel Henderson

Provides a useful and timeless approach to avoiding the temptations of pornography before it is too late.

*Secret Keeper 2005: The Delicate Power of Modesty*  
by Dannah Gresh

Contains actual pictures and examples of modern clothing-a modesty fashion show, of sorts. The photos will also show girls how to take the 'Truth or Bare Fashion Tests.' In essence, this will provide concrete, 'how-to' modest dressing skills.

*Passport 2 Purity*  
by Dennis and Barbara Rainey

This weekend CD kit teaches kids that the facts of life are so much more than just "the birds and the bees." Dennis and Barbara Rainey have created a fun, non-threatening way to connect with your children while teaching them godly principles of sexuality.

# BOOKS

# MARRIAGE



**Great, free resource, on healthy sexuality in marriage – one for husbands, one for wives:**

### **Sex, Romance, and the Glory of God: What Every Christian Husband Needs to Know**

[http://www.desiringgod.org/ResourceLibrary/ConferenceMessages/ByConference/2/1664\\_Sex\\_Romance\\_and\\_the\\_Glory\\_of\\_God\\_What\\_Every\\_Christian\\_Husband\\_Needs\\_to\\_Know/](http://www.desiringgod.org/ResourceLibrary/ConferenceMessages/ByConference/2/1664_Sex_Romance_and_the_Glory_of_God_What_Every_Christian_Husband_Needs_to_Know/)

*By John Piper. © Desiring God. Website: [desiringGod.org](http://desiringGod.org)*

### **Sex, Romance, and the Glory of God: What Every Christian Wife Needs to Know**

[http://www.desiringgod.org/ResourceLibrary/ConferenceMessages/ByConference/2/1665\\_Sex\\_Romance\\_and\\_the\\_Glory\\_of\\_God\\_What\\_Every\\_Christian\\_Wife\\_Needs\\_to\\_Know/](http://www.desiringgod.org/ResourceLibrary/ConferenceMessages/ByConference/2/1665_Sex_Romance_and_the_Glory_of_God_What_Every_Christian_Wife_Needs_to_Know/)

*By John Piper. © Desiring God. Website: [desiringGod.org](http://desiringGod.org)*

*[bebroken.com](http://bebroken.com)*

Started by a couple who have struggled with the effects of sexual addiction, this website includes numerous articles, 40 day challenges, downloadable sermons for men, women, wives, teens and parents.

*[pureintimacy.com](http://pureintimacy.com)*

A website dedicated to “recovering the heart of sexuality,” by providing help for male and female addicts, along with those who struggle with homosexuality. Providing a biblical theology of sexuality.

*[faithfulandtrueministries.com](http://faithfulandtrueministries.com)*

A ministry overseen by Dr. Mark Laaser, one of the first Christians to write a book about sexual addictions. Numerous resources, articles, newsletters, etc. to help those who are struggling.

*[newlifepartners.org](http://newlifepartners.org)*

A support group for the wives of husbands who are struggling with sexual addictions.

*The Road to Grace*  
by Mike Genung

Help for those dealing with sexual addictions from a biblical perspective.

*Think Before You Look*  
by Daniel Henderson

Provides a useful and timeless approach to avoiding the temptations of pornography before it is too late.

*Freedom From Addiction*  
by Neil T. Anderson,  
Mike and Julia Quarles

Meets the needs of Christians with addictive behavior in recovery. In a positive, non-condemning way, Anderson provides an alternative model of recovery for substance and alcohol abusers-a model that will also work for individuals struggling with other kinds of addictions.

*Song of Solomon*  
by Tommy Nelson

*Song of Solomon*, a chapter of the Bible that most are afraid to teach becomes the guideline of purity for young people. Tommy uses illustrations they understand like, "If you have ever stuck your tongue against a frosty flagpole then you know the effects of sex before marriage . . . You cannot get away from it."

*Sacred Marriage*  
by Gary Thomas

Shows how your marriage can help you deepen your relationship with God. Because whether your marriage is delightful or difficult, it can become a doorway to a closer walk with God.

*For Men Only*  
by Shaunti and Jeff  
Feldhahn

A straightforward guide to the inner lives of women. Offers men the key to unlocking the mysterious ways of women.

*For Women Only*  
by Shaunti and Jeff  
Feldhahn

A straightforward guide to the inner lives of men. This is fresh and relevant - good stuff for every marriage.



FAMILY

## Covenant Eyes

Primarily an internet accountability service (where history is e-mailed to someone), but they have recently added filtering. Pricing—\$5 to \$10/ month.

## Cyber Sitter

Primarily an internet filter to provide internet safety to families with children. Have won numerous awards. Pricing—one time charge of \$40 with no subscription fees.

## X3watch

Primarily an internet accountability service, but seems more advanced than Covenant Eyes. They provide filtering through Safe Eyes. Pricing \$20-50/year.

## Mykids

Provides both an internet filtering and numerous other internet tools for parents. Limit amount of time spent on internet, protect children from predators, etc. with this family friendly service!

## Family Safe Media

Provides profanity filtering for cable/satellite TV & DVD/Video. Numerous other parental helping devices available for purchase.

## Clear Play DVD Player

As seen on the *Today Show*. Download content information to automatically edit and play regular DVDs.

[www.clearplay.com](http://www.clearplay.com)



## Plugged In Online

Provides semi-detailed movie reviews to help parents determine the appropriateness of movies in theater or on DVD. From Focus on the Family.

## Screen It

Similar to Plugged In, but more detailed. Free option and \$24.95/month option.

*Every Man's Battle*  
by Stephen Arterburn  
and Fred Stoeker

Shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity.

*Every Heart Restored*  
by Stephen Arterburn,  
Fred Stoeker and  
Mike Yorkey

A help for wives who have husband who are struggling with sexual sin.

*The Road to Grace*  
by Mike Genung

Helps those dealing with sexual addictions from a biblical perspective.

*Parenting Today's Adolescent*  
by Dennis and Barbara  
Rainey with Bruce Nygren

This book helps children and parents build a satisfying relationship while forging a vision for a productive, God-honoring life - before, during, and after adolescence.

*Passport 2 Purity*  
by Dennis and Barbara  
Rainey

This weekend CD kit teaches kids that the facts of life are so much more than just "the birds and the bees." Dennis and Barbara Rainey have created a fun, non-threatening way to connect with your children (boys and girls) while teaching them godly principles of sexuality.

*Secret Keeper 2005: The  
Delicate Power of Modesty*  
by Dannah Gresh

Contains actual pictures and examples of modern clothing - a modesty fashion show, of sorts. The photos will also show girls how to take the 'Truth or Bare Fashion Tests.' In essence, this will provide concrete, 'how-to' modest dressing skills.

*Finishing Strong:  
Going the Distance for  
Your Family*  
by Steve Farrar

For the man who hangs in there for his wife, his kids, and his Lord. For the man who wants to climb the character ladder more than the corporate one, this is an essential tool.

*settingcaptivesfree.com*

Numerous online resources, including online “courses” with mentoring/account ability partners for those who struggle with sexual addictions or sin. There are no costs for their “courses.”

*bebroke.com*

Started by a couple who have struggled with the effects of sexual addiction, this website includes numerous articles, 40 day challenges, downloadable sermons for men, women, wives, teens and parents.

*pureintimacy.com*

A website dedicated to “recovering the heart of sexuality,” by providing help for male and female addicts, along with those who struggle with homosexuality. Providing a biblical theology of sexuality.

*faithfulandtrueministries.com*

A ministry overseen by Dr. Mark Laaser, one of the first Christians to write a book about sexual addictions. Numerous resources, articles, newsletters, etc. to help those who are struggling.

*xxxchurch.com*

A “cutting-edge” resource created to help the younger generation deal with sexual addictions and other sexually related problems.

## For More Information

Feeling a little nervous about talking to your kids about sex? These resources are a great way to jump-start a conversation about God’s gift of sex, no matter what your child’s age.

- *What’s Happening to Me? and Where Did I Come From?* both by Peter Mayle (Carol Publishing) Picture books, illustrated for use with children 4 and older.
- *New Learning About Sex* book and video series (Concordia) Age-specific books and videos provide a Bible-based understanding of sexuality.
- *Talking to Your Kids about Sex* by Mark Laaser, Ph.D. (WaterBrook) A guide to help parents through age-appropriate discussions about sex, from toddler through young-adulthood.

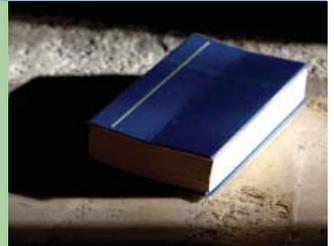
## For More Information (continued)

- *No Apologies: The Truth about Life, Love and Sex* (Tyndale) This Focus on the Family book for teens 14 and older is an inside look at the feelings and emotions involved with sex.
- *What's the Big Deal about Sex?* by Jim Burgen (Standard) Burgen talks to young adults in a fresh, humorous tone about sex and God's plan for their lives. Includes personal reflection questions at the end of each chapter.
- *Facing the Facts* by Stan and Brenna Jones (NavPress) A straightforward look at what the Bible says (and doesn't say) about sex, including masturbation and birth control. Aimed at the early-adolescent reader.

## What Your Child Needs to Know: An Age by Age Guide

STAGE	CHILD'S INTEREST	PARENTS' RESPONSE
Infancy (birth to 2)	Touch sensations; differentiating self from surroundings	<i>Affirm through nurturing touch—cuddle, hold, caress.</i>
Toddlers (2 to 3)	Sensations associated with genitals, bodily functions	<i>Allow child to touch his genitals; toilet train without shaming or embarrassing child.</i>
Early childhood (4 to 6)	Exploring and comparing, gender differences	<i>Acknowledge child's curiosity about sexuality; answer ques- tions factually and positively; al- low self-discovery; protect child's privacy. Expect exploratory play with peers; make positive state- ments about being a boy or girl; help child take pride in his or her gender; discuss nudity, modesty.</i>
Late childhood (7 to 9)	Privacy issues, increased awareness of social attitudes about gender and sexuality	<i>Help child establish physical boundaries; be prepared to answer more complex questions about sex.</i>
Pre-adolescence (10 to 12)	Changes associated with puberty, self-esteem messages	<i>Foster understanding of emo- tional and biological changes; discuss menstruation, mastur- bation, sexually transmitted diseases, physical boundaries with the opposite sex, the need for abstinence, the role of sex in marriage.</i>

# WHAT DOES THE BIBLE SAY?



## What Does the Bible Say About...?

### Love

John 15:17  
1 Corinthians 1-13

Romans 12:9-10  
1 John 4:7-5:5

### God's gift of sex

*The sexual impulse is God given, and it must be God guided.*

James Earl Massey

Genesis 1:26-28  
Hebrews 13:4

Song of Solomon  
1 Corinthians 7:1-40

### Sexual sin

Proverbs 6:20-35  
Matthew 5:27-30  
1 Corinthians 6:12-20  
Ephesians 5:3  
1 Thessalonians 4:3-8

Proverbs 7:1-27  
Mark 7:18-23  
Galatians 5:16-21  
Colossians 3:5-9  
Romans 1:21-27

### Sexual immorality, temptation and forgiveness

Genesis 19:1-38  
Genesis 39:1-22  
2 Samual 11:2-12:23  
1 Kings 11:1-13

Genesis 34:1-31  
Joshua 6:15-25  
2 Samual 13:1-22  
1 Corinthians 6:12-20

*Cheap sex and precious love; you can't have one if you have the other.*

Jim Conway



# "Living Pure In An 'X' Rated Culture"

1 Thessalonians 4:1-8

Pastor Keith Missel

**The Blessing:** Each one of us can please God in our sexuality by applying biblical truth to our lives.

1. We must amputate any form of sexual immorality in our lives.

1 Thessalonians 4:3; 1 Corinthians 6:18-20; Mark 9:43-48;

2 Timothy 2:88

2. We must be students of our sexuality.

1 Thessalonians 4:4-5; Galatians 5:22-26; Romans 13:13-14;

1 John 2:16-17

- **Step 1** - Know what entices you and flee from it.
- **Step 2** - Know what resources help you live pure and activate them.

3. We must not let the culture educate us sexually.

1 Thessalonians 4:4-6; Psalm 119:9; Genesis 2:20-25; Song of Solomon

4. We must recognize the consequences of sexual sins.

1 Thessalonians 4:6-8; Galatians 6:7-8; Leviticus 18:20-30

5. We need the Spirit's power to live pure.

1 Thessalonians 4:7-8; Acts 1:8; Galatians 5:16, 25; John 14:26

**Listen to sermon:**

go to: [www.friendship-church.org](http://www.friendship-church.org); click on "Growth Tools" then scroll down to "Listen to Sermons"

# “Living Pure In An ‘X’ Rated Culture”

Pastor Keith Missel

## Truth Encounter

### PROVERBS AND PURITY

© Seeking Him - Experiencing The Joy of Personal Revival  
by Nancy Leigh DeMoss & Tim Grissom

#### Positive Motivations to be Morally Pure

Because I love God

Because God commands it

Because I love my spouse

Because I love my children

Because I don't want to ruin someone else's life

Because I don't want to destroy another family

To keep my family together

To maintain a good name / reputation

To set an example for others who are younger

To set a good example for those who are new in their faith

To provide a Christ-honoring testimony to those who are lost

To keep my job

To reduce the risk of getting certain diseases

To honor my spouse

To keep myself pure for my marriage partner

To strengthen the cause of Christ and His kingdom

To avoid hypocrisy

To keep myself from greater vulnerability to other temptations and sin

So I can sleep at night

So I don't have to live in fear of getting caught

So my life can be a usable instrument for God's purposes

*“If we would rehearse in advance the devastating consequences of immorality,  
we would be far less prone to commit it.” ~ Randy Alcorn ~*

# GROWTH IN GRACE



## Looking for Help?

**Growth in Grace** is a safe, confidential, caring place where you will have the opportunity to meet with experienced prayer ministers that will help you overcome personal obstacles. They are trained to pray for, teach and equip individuals to apply biblical principles so they can experience the transforming power of Jesus Christ.

### **The good news is:**

You can be set free

**You can overcome**

**You can live a victorious life**

For more information about **Growth in Grace Ministry**, email Lee Ann Yoder at [leeanny@friendship-church.org](mailto:leeanny@friendship-church.org) or call 952-447-0559.

