



## Milestone 8: Purity (Age 12)

**Prepare yourself and commit yourself to talking to your child about what purity is and committing to serve the Lord with all their heart, soul, mind, and body.**

Living a life of purity is much more than just waiting for marriage to have sex - it's about your relationship with God. Choosing a life of purity is choosing to live a lifestyle that honors and loves God. This commitment involves:

- Honoring God with your body
- Renewing your mind for the good
- Turning your eyes from worthless things
- Guarding your heart above all else

Parents must find the courage to talk openly and honestly with their sons and daughters about God's desire for them to live a life of purity. One of the recommended readings (found at the bottom of this resource) is "The Purity Code", written by Jim Burns. We encourage you to read through this book, together with your child. The four areas listed above are all topics covered in the book.

1. God wants us to honor Him with our bodies. Choosing to live outside of God's design for sexuality brings a lot of negative consequences. *"Flee from sexual immorality...do you not know that your body is a temple of the Holy Spirit...You are not your own; you were bought with a price. Therefore honor God with your body"* (2 Corinthians 6:18-20).
2. What we allow into our minds will impact whether we will succeed or fail in living a life of purity. *"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing, and perfect will"* (Romans 12:2).

3. We can decide to be careful in what we choose to see, and not linger on negative sexual images when we are unable to avoid them. *“The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness”* (Matthew 6:22-23).
4. Guarding our hearts, above all else, is made easier when we seek to control our emotions, build healthy self-image, and find forgiveness when we sin. *“Above all else, guard your heart, for it is the wellspring of life”* (Proverbs 4:23).

Parents, your goal is to have open and honest communication with your child about God’s standards for sex and purity, as well as how we can protect our eyes, hearts, and minds from the temptations that can lead us to choose immoral behavior. As parents, we also want to give a positive vision of the purpose and joy of sex within marriage.

God made us to be sexual, so let’s not avoid talking about this wonderful and powerful part of life. The worst thing is to not talk about it at all. Our children are going to hear and learn about sex from their friends and the rest of society. It is your job, as a parent, to make sure that they have a biblical and accurate understanding of all the physical, mental, emotional, and spiritual parts of our sexuality.

Write a personal letter, giving your child a vision of God’s plan for their life, and then find a time to talk together about it. Allow your child to ask any question. Don’t make them feel bad or ashamed to ask about any part or facet of purity or sex. Listen and don’t lecture. Avoid saying things like, “Where did you hear that?” Listen and talk openly, honestly, and earnestly. Leave your conversations open at the end by saying something like, “It’s been good to talk about these things with you. Please know that you can feel free to ask me anything about anything. I will not judge you. I will always be here to listen. There is nothing more that I want for you than to live a life that honors God.”

Lead your child to make a verbal and written commitment to live a life of purity. “The Purity Code” (listed in the recommended readings below) has a commitment pledge to sign and commit to God, family, and friends. Make this a big deal, because it is. Support their commitment by buying them a ring, a necklace, or some other form of gift to honor their choice. Continue to provide support, accountability, forgiveness, prayer, and love.

### **Next Steps in Your Faith @ Home Journey...**

- Pray daily for and with your child.
- Consistently spend time in God’s Word.
- Schedule and have regular family times.
- Schedule a month to read through “The Purity Code” and discuss it together.

**Recommended Readings...**

Teaching Your Children Healthy Sexuality (by Jim Burns)

The Purity Code (by Jim Burns)

God's Design for Sex Series (by Stand and Brenna Jones)