

## How Do I Talk to my Kids About Sex?

Message 05 of the series "Helpline"

### A. We must teach our kids biblical sexual ethics and values.

"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." 2 Timothy 3:16-17 (NLT)

**Parenting Tip:** If we don't teach our kids about sex, our culture will. "My son, pay attention to my wisdom; listen carefully to my wise counsel. Then you will show discernment, and your lips will express what you've learned. For the lips of an immoral woman are as sweet as honey, and her mouth is smoother than oil. But in the end she is as bitter as poison, as dangerous as a double-edged sword. Her feet go down to death; her steps lead straight to the grave. For she cares nothing about the path to life. She staggers down a crooked trail and doesn't realize it. So now, my sons, listen to me. Never stray from what I am about to say."

Proverbs 5:1-4 (NLT)

#### 1. God created us as sexual beings.

"God created human beings in his own image. In the image of God he created them; male and female he created them. Then God blessed them and said, 'Be fruitful and multiply. Fill the earth and govern it...' Then God looked over all he had made, and he saw that it was very good!" Genesis 1:27-28, 31 (NLT)

#### 2. God made sex very good!!

- God wants us to multiply. "Children are a gift from the LORD; they are a reward from him. Children born to a young man are like arrows in a warrior's hands. How joyful is the man whose quiver is full of them!" Psalm 127:3-5 (NLT)
- God wants us to experience sexual pleasure. "Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love." Proverbs 5:18-19 (NLT)
- God wants us to experience sexual oneness. "...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. Therefore what God has joined together, let man not separate." Matthew 19:4-6 (NIV)

#### 3. God put restrictions on sexual activity for our protection.

"...you must always obey the LORD's commands and decrees that I am giving you today for your own good." Deuteronomy 10:13 (NLT)

- God commands us to enjoy sex only within the protection of a marriage covenant between one man and one woman. "Honor marriage, and guard the sacredness of sexual intimacy between wife and husband. God draws a firm line against casual and illicit sex." Hebrews 13:4 (MSG)
- God commands us to stay away from all forms of sexual immorality. "God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor— not in lustful passion like the pagans who do not know God and his ways... God has called us to live holy lives, not impure lives. Therefore, anyone who refuses to live by these rules is not disobeying human teaching but is rejecting God, who gives his Holy Spirit to you." 1 Thessalonians 4:3-8 (NLT)

**Parenting Tip:** We must not be afraid to challenge our children with God's standards. "God is working in you, giving you the desire and the power to do what pleases him." Philippians 2:13 (NLT)

### B. We must teach our kids how to live godly lives in a sex-crazed culture.

**Parenting Tip:** We are raising our kids to be godly, NOT to fit in. "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 (NIV)

#### 1. We must teach our kids to run from sexual sin.

"Run from sexual sin!" 1 Corinthians 6:18 (NLT)

“Run from anything that stimulates youthful lusts.” 2 Timothy 2:22a (NLT)

2. We must teach our kids to run to God.

“How can a young person stay pure? By obeying your word and following its rules... I have hidden your word in my heart, that I might not sin against you.” (Psalm 119:9-11 NLT)

“Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, ‘I will confess my rebellion to the LORD.’ And you forgave me! All my guilt is gone.” Psalm 32:5 (NLT)

3. We must help our kids choose godly friends.

“...pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.” 2 Timothy 2:22b (NLT)

“Don’t team up with those who are unbelievers. How can righteousness be a partner with wickedness? How can light live with darkness?” 2 Corinthians 6:14 (NLT)

4. We must model the behaviors and values we want to see in our children.

“Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.” 1 Timothy 4:12 (NLT)

**Parenting Tip:** We must never let our past mistakes and sins prevent us from fulfilling our responsibilities as parents. “This is a trustworthy saying, and everyone should accept it: ‘Christ Jesus came into the world to save sinners’—and I am the worst of them all.” 1 Timothy 1:15 (NLT)

5. We must maintain healthy relationships with our kids so we can have ongoing conversations about sex as they grow and mature.

“Write these commandments that I’ve given you today on your hearts. Get them inside of you and then get them inside your children. Talk about them wherever you are, sitting at home or walking in the street; talk about them from the time you get up in the morning to when you fall into bed at night.” Deuteronomy 6:6-7 (MSG)

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### **Connect Group Question:**

1. How has our culture changed its attitude about sex in the last 25 years?
2. Read and discuss any or all of the topics and Bible references listed above.
3. In what way do you think your parents did a good or poor job teaching you about sex?

### **8 Reasons To Wait To Have Sex Until You Are Married:**

1. By waiting you will experience joy and blessing from God.
2. By waiting you will not sin against God.
3. By waiting you will protect your heart from guilt and shame.
4. By waiting you will develop the godly qualities of patience and self-control.
5. By waiting you will avoid sexually transmitted diseases.
6. By waiting you will avoid unplanned pregnancy.
7. By waiting you will have security. Within marriage you don’t need to perform or fear comparison.
8. By waiting your thinking will not be clouded. You will be able to evaluate relationships more clearly.

### **Topics and Bible References to Discuss with your Children Regarding Sexuality:**

**Marriage:** Genesis 2:18-25, Proverbs 5, 18:22, Mark 10:2-9, Hebrews 13:4

**Adultery:** Genesis 39:6-20, Exodus 20:14, Proverbs 6:20-35, 2 Samuel 11-12, Matthew 5:27-30

**Homosexuality:** Genesis 19:1-29, Leviticus 18:22, Romans 1:24-28, 1 Corinthians 6:9-11, 1 Timothy 1:9-11

**Sexual Purity:** 1 Corinthians 6:15-20, Ephesians 5:3, Colossians 3:5-8, 1 Thessalonians 4:2-8, 2 Timothy 2:22

**Abortion:** Psalm 139:13-18, Ecclesiastes 11:5, Isaiah 49:1, Jeremiah 1:5,

**Confession & Repentance:** Malachi 3:7, 2 Timothy 4:1-5, 1 John 1:8-10, Acts 3:19-20

**God's Forgiveness:** Psalm 32, 103:1-14, Isaiah 1:18, John 3:16-17, 8:3-11, Romans 3:22-24, Romans 6

**Restoration of sinners:** Luke 15, Galatians 6:1-2, Jude 1:23

**Resources:**

*Teaching Your Child About Sex: An Essential Guide for Parents*, by Grace Ketterman M.D. Revell / 2007

*Every Young Man's Battle: Strategies for Victory in the Real World of Sexual Temptation*, by Stephen Arterburn, Fred Stoeker & Mike Yorkey, Waterbrook Press / 2009

*Every Young Woman's Battle: Guarding Your Mind, Heart and Body*, by Shannon Ethridge & Stephen Arterburn, Waterbrook Press / 2009

*Preparing Your Child for Dating*, by Bob Barnes, Zondervan / 1998

*Passport2Purity (P2P) Getaway Kit: A Life-Changing Weekend with Your Preteen*, by Dennis and Barbara Rainey, Family Life / 2012

*So You're About to Be a Teenager: Godly Advice for Preteens on Friends, Love, Sex, Faith and Other Life Issues*, by Dennis & Barbara Rainey, Thomas Nelson / 2003

Family Life Today website: [www.familylifetoday.com](http://www.familylifetoday.com)

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