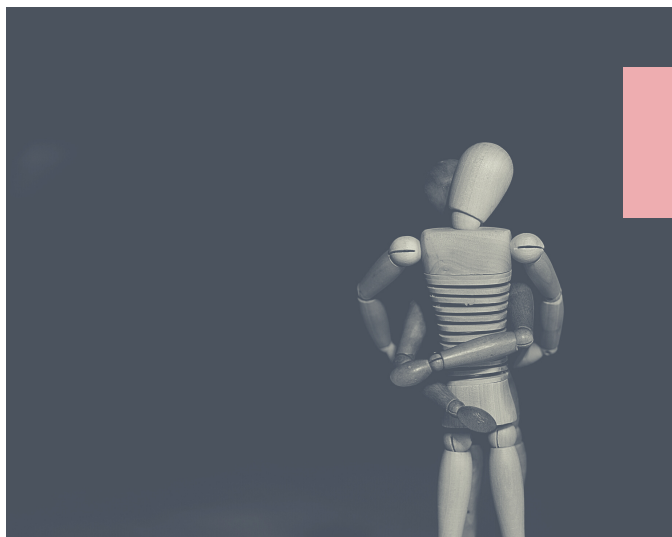


SEX & INTIMACY



A NOTE

*Thank you for having the courage to choose this box. This is not an easy topic, but we believe it is SO important. **Our goal for this box is to help create an open and ongoing dialogue on this topic.** Although this is not the "sex talk", it is designed to help you meet your teen where they are now, giving you some direction as you navigate the critical issue of sex while also exploring what this means through a Biblical lens. Make this content your own. Add or take away what doesn't fit for your family. Fight the urge to avoid hard and awkward conversations. You got this!!*

THOUGHTS

- 1. Go into this topic with the intent on listening not lecturing.*
- 2. It's about asking not judging.*
- 3. It's about them not me.*
- 4. It's a process not an event.*



INCLUDED

- 1. Non awkward activities :)*
- 2. Questions to discuss*
- 3. Stories & scriptures to dig into*
- 4. Weekly challenges*
- 5. Additional resources we trust*



WEEK 1

Activity / Playlist

Make a joint playlist together of songs each of you choose to add to the playlist. Pick a new hike you could try out and listen to your playlist together while you hike. (We are loving the new Jack Fork trails near Pinnacle)

Questions

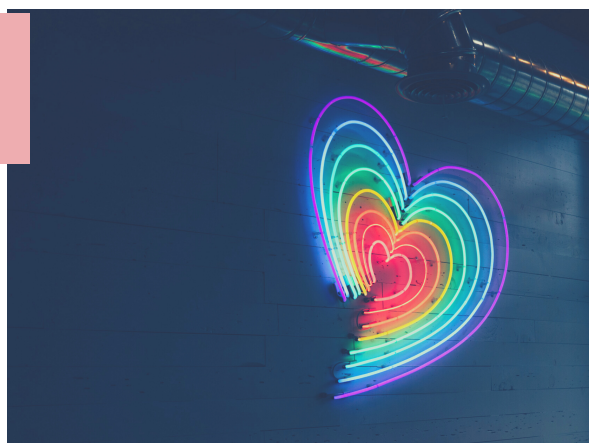
Start by communicating with your teen that this will be an ongoing conversation. Something you want to be open about and hope they can as well. Then try asking your teen to ask you any question. See where that goes. If they don't ask a question, ask them why they think a topic like this could be important.

If something deeper is shared, resist the urge to give advice and first say, "Thanks for telling me that".

SCRIPTURE

1 Corinthians 6:9-20

Ask, how would you define sexual immorality? How do you think scripture defines it? How do we follow such a high standard?



CHALLENGE & RESOURCES

Challenge / Parent

Be vulnerable and share a mistake with your teen that you have made in the past in regards to this topic.

Resource

Sexual Integrity Life Phase Map

Scan QR code to view





WEEK 2

Activity / Game Night

Ask your teen to pick a board game or card game they enjoy playing and have a family game night. Enjoy the popcorn and chocolate in this box that night!

Questions

Have you set boundaries before in a relationship? And if so, what were your boundaries? If not, what would you say?

STORY

2 Samuel 11

Read the story of David and Bathsheba. Talk about lust and justification of lust. Talk about both sides of the story (David and Bathsheba's). Talk about how you can relate to both of them and address the human struggle in this story.



CHALLENGE & RESOURCES

Challenge

The night you have the game night, place all your phones in a basket or on a table in another room.

Resource

This author, Mo Isom. I heard her speak and this is great stuff. Also, it's free. Scan QR code.

www.moisom.com/resources/





WEEK 3

Activity / Family Tech Night

Spend an evening with your electronic devices-together in the same room. Embrace your teen's techiness. Ask them to show you their favorite YouTube videos, funny memes or gifs. Show them some of your favorites or ones that make you laugh.

Scriptures

Deuteronomy 6:4-5

Matthew 28:19

Genesis 2:24

QUESTIONS

The Hebrew word for "one" is echad and it is the same word used when describing God in the Deuteronomy verse.

Talk about how intimacy and sex are connected, how does that support "oneness" with your future spouse?

How does this "oneness" depicted in scripture look different than what the world tries to sell us about sex and intimacy?



CHALLENGE & RESOURCE

Challenge

Parents and teens make a list of struggles or questions or doubts or fears you have related to this topic. Consider sharing the list with one another and then spending time in prayer over that list.

Resource

It's not a matter of if, but WHEN your teen will see pornography. These are good resources to navigate this topic and help create safeguards. Scan QR code.



SCAN ME



WEEK 4

Activity / Collective Cooking

Have everyone in the family choose a piece of the meal. They get to choose what it is and they make their part happen. Have the meal together with everyone's part represented. Whose part was the best? Post a picture with the chosen cook wearing the included chef hat and hashtag it with #pghomemadefaith. Or send us a pic :)

Questions

What are some real life examples of what intimacy looks like? Can you be physically and emotionally intimate with someone outside of marriage and it be "okay" in God's eyes?

What are some examples of physical and emotional intimacy boundaries that might be worth establishing?

SCRIPTURE

Read Hosea 2 together

Talk about the how the relationship, the intimacy, the instant gratification, how this represents Israel's relationship with God. Then scan the QR code to the right for more commentary of what is one of my most favorite passages in scripture.



CHALLENGE & RESOURCES

Challenge

Each of you talk about someone who could help hold you accountable on current or future struggles you might face with sex and intimacy. Text that person and start the conversation.

Resource

Check out the [31 virtues and scriptures](#) to pray over your teen. Scan QR code to the left.