

God created four powerful instruments to transform the lives of those who love Him:

1. **Jesus Christ in Me** (Colossians 1:27) Think about the wealth we have in us—a Savior that gives hope in any circumstance!
2. **The Spirit of God** (2 Corinthians 3:18) The Spirit is working on us as if we're a frosted mirror, with the goal for us to more clearly reflect the glory of the Lord.
3. **God's Word** (John 17:17) The truth of God's Word is active. As we open ourselves to it, we are set apart for God.
4. **Spirit-Filled People** (Proverbs 27:17) The work of God and the Gospel in the lives of others cascades into our lives—transforming us. Often God uses someone in my life to transform me.

It only happens by the work of the living God through relationship — relationships with Jesus, the Holy Spirit, God's Word, and the refining influence of people God uses to help us grow into the likeness of Christ.

In the spring of 2018, Utah became the first state to declare pornography a public health crisis, calling on businesses and educators to protect children from it.

If nothing else, see these helpful sites:

**[www.desiringgod.org/
topics/sexual-purity/articles](http://www.desiringgod.org/topics/sexual-purity/articles)**

www.family.org and select tabs across the top menu: "Marriage" or "Parenting" or "Faith" and perform a SEARCH.

Great tools for parents!

You can't keep the devil from suggesting thoughts, but you can choose not to dwell or act on them.

Titles include the following, from desiringgod.org:

- **How Do I Talk to My Children About Sex?**
- **Four Ways to Fight Sexual Sin**
- **What I Wish I Had Known About Purity: 8 Lessons Forty Years Later**
- **Every Woman's Silent Struggle: Fighting Lust with Sisters in Christ**
- **The Real Battle for Sexual Purity**
- **Seven Things to Do After You Look at Pornography**
- **How to Fight Addiction in a Pornographic Culture**
- **The Passions that Prevent Adultery**
- **Strategies for Fighting Lust**



Friends Don't Let Friends . . . Suggestions When Ministering to Friends

- (1) Admonish them to avoid watching late night, provocative television or movies.
- (2) Urge them to proactively destroy all pornographic media and print.
- (3) Recommend that they install Internet filters and disable illicit cable stations.
- (4) Caution them against spending extended time alone without accountability.
- (5) Challenge them to regularly confess and repent of sinful thoughts and actions.
- (6) Encourage them to engage in an accountability relationship.
- (7) Exhort them to consistently seek Jesus through His Word and to cultivate a renewed love for Him and a passionate desire to please and serve Him.
- (8) Advise them to develop a devotional routine of spending time with Jesus in prayer.

How Do You Respond to Your Child's Suspected Porn Use? – family.org

There have been countless times I've had to respond to a parent's pleas for help after they have just discovered their child has viewed pornography. They say, "What do I do?" "How do I confront my daughter?" "How do I talk to my son about this?"

I can still recall a desperate phone call from a mom and dad who had discovered their 9-year-old daughter had been secretly accessing pornographic sites on the computer. They thought it was just a boy thing and that a 9 year old wouldn't be interested. It turns out she accidentally opened an ad that had popped up and continued to seek it out from that point on. The same scenario has happened to too many parents.

1. Twenty-five percent of total search engine requests are porn related
2. Average age of first Internet exposure to pornography is 11-years-old
3. More than 70% of men from 18-34 years-old visit a pornographic site in a typical month
4. Thirty-four percent of female readers of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn in a recent poll and one out of every six women, including Christians, struggles with an addiction to pornography
(*"The Porn Event"; Live Church.com*)

Chicago's Minirth-Meier counseling center claims sexual addiction is the number one reason Christians come to them for counseling.

Key Bible Verse: We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. (2 Corinthians 10:5)

Dig Deeper: 2 Corinthians 10:3-6

So what are we to do in this battle? The Bible tells us to (1) take our thoughts captive and examine them, (2) bring them into submission, (3) consider the fruit, and then (4) fight with gospel truths.

We overcome the enemies of God by taking every thought captive to obey Christ (See today's Key Bible Verse). Another way of saying this is, make sure that what you are thinking (even what you are wanting) lines up with what is true of Jesus and of your new life in him.

See family.org to read more of these articles . . .

Healthy Sexuality: Sending the Right Message to Your Kids – Dannah Gresh

I remember the look in his eyes like it was yesterday. My sweet tween boy was channel surfing and paused when he saw a barely-dressed rock star. She moved close to the camera with what I call the “porn-look” in her eyes. Gone were the preschool days of innocence; my son had awakened to the allure of the female body.

Dannah Gresh is the author of *Six Ways to Keep the "Little" in Your Girl* and *Six Ways to Keep the "Good" in Your Boy*.

Purity and Your Teen – various authors

Consider these suggestions for ways to enhance your teen’s commitment to purity:

“I don’t like friends thinking I’m some kind of prude.”

The girl sitting in my office made one thing clear: She didn’t enjoy her reputation as the innocent teen who didn’t understand the sexual culture of high school. Her parents reported that she was enduring a difficult environment, with serious pressure from friends to participate in and approve of their lifestyles.

Sadly, this wasn’t the first time I’d heard a young person express that sentiment. The language varies, but Christian kids have long voiced the same concern: I don’t like feeling weird and uncool.

Pornography: The New Narcotic

Brain Science

The new narcotic. Morgan Bennett just published an article by this title. The “big idea”:

Neurological research has revealed that the effect of internet pornography on the human brain is just as potent, if not more so, than addictive chemical substances such as cocaine or heroin.

To make matters worse, there are 1.9 million cocaine users, and 2 million heroin users, in the United States **compared to 40 million regular users of online pornography.**

Here’s why the addictive power of pornography can be worse:

Cocaine is considered a stimulant that increases dopamine levels in the brain. Dopamine is the primary neurotransmitter that most addictive substances release, as it causes a “high” and a subsequent craving for a repetition of the high, rather than a subsequent feeling of satisfaction by way of endorphins.

Heroin, on the other hand, is an opiate, which has a relaxing effect. Both drugs trigger chemical tolerance, which requires higher quantities of the drug to be used each time to achieve the same intensity of effect.

Pornography, by both arousing (the “high” effect via dopamine) and causing an orgasm (the “release” effect via opiates), is a type of polydrug that triggers both types of addictive brain chemicals in one punch, enhancing its addictive propensity.

Celebrate Purity

Teen girls are more likely to remain sexually pure when boundaries are defined and they’re given a clear understanding of why God requires abstinence.

Parents can encourage their daughter to solidify her desire for godliness by having her write letters to her future husband and to God, expressing her promise of abstinence until marriage. After signing and dating the letters, she can put them in a safe place, assuring herself that no one else will read them. (It might be helpful for her to reread the letters occasionally as a reminder of her commitment.)

THOUGHT PREVENTION

by Max Lucado

**WE ARE NOT A VICTIM OF
OUR THOUGHTS.
WE HAVE A VOTE.
WE HAVE A VOICE.
WE CAN EXERCISE
THOUGHT PREVENTION!**

God's Plan

— by Erin Prater

Have teens create a list of qualities they would like to see in a future husband or wife.

Help them concentrate more on internal than external qualities.

Encourage them to dream big and wait on God to meet their needs and desires.

Pray for their future spouse with them.

Have teens reflect on Romans 8:28. Remind them that God has known them from before they were born. He's in charge of their lives.

They need to trust His timing for all their relationships.

Visit <https://puredesire.org/>

Who We Are:

To provide hope, freedom and healing from sexual brokenness through Jesus Christ.

Talking Abstinence with Your Teen –

Freda Bush

I remember one day, when my girls were older, when I realized that all the talk had actually been sinking in. One of my daughters remarked that she was glad I had told her why she should wait until marriage to have sex. My second daughter joined the conversation and thanked me for teaching her that sex is beautiful and it's to be enjoyed with one special person. My third daughter chimed in and said that if she had only been told about disease and pregnancy, she may have thought I just didn't want her to have any fun.

More than anything, we need God — His saving power through the cross, to forgive and cancel our sin (Colossians 2:13–14), His renewing Spirit (2 Corinthians 5:17), His grace and wisdom (1 Corinthians 10:13), His people to fight with us weekly, daily, hourly if necessary (Hebrews 3:13).

While acknowledging this, though, many of us may have missed a mountain of help, an ocean of strength, a river of perspective and guidance, a field of superior pleasure, a forgotten well of purity. We may have misplaced an old and proven book on how to be free: Job.

The Forgotten Book of Sexual Purity

Marshall Segal

The following are a few suggestions for discussion with your teen:

- Remaining a virgin until marriage is realistic, and it is the standard for our family.
- Sex is beautiful and it is to be shared with one special person within the marriage relationship.
- Sexually transmitted infections are a big deal.
- Pregnancy is a big deal — it will change your life forever.
- Others may not tell you the truth. Teachers, websites and books may assert that you can have sex without worry. We will always tell you the truth.
 - You must choose wisely to protect yourself and ensure your best chance of achieving your potential.
- We expect appropriate modesty.
- Parties with alcohol are off-limits.
- Sex has a much deeper meaning than its mere physical act.
- We are here to support you, so you don't have to make these choices alone.
- It is never too late to abstain.