

# Boundaries and Purity

Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. *Philippians 4:8*

Teens face all kinds of temptations today. Falling into these traps can cause so much pain in their lives and rob them of experiencing joy in their future relationships. As parents, we want to encourage them to wait until marriage for sexual intimacy, emphasizing purity as a gift within marriage. Through these conversations, remind them that waiting aligns with God's plan for their lives.

## ➤ conversation starter

I want to remind you that being tempted is not a sin. I know it can be hard to talk with your parents about the temptations you're facing, but I love you and want to help you walk faithfully in your relationship with God. What situations or choices have you recently faced where it felt challenging to honor God? How do you think setting clear boundaries could help you in those situations?

How can we use the Bible as a source of wisdom to help us make decisions and set boundaries in our daily lives?

## ➤ navigating the conversation:

- **Listen:** When discussing boundaries, start by listening to their thoughts and concerns. These can be difficult conversations and feelings of awkwardness may cause teens to shut down. Stick with it knowing that it could take more than one attempt to have this conversation.
- **Use the Bible as a Guide:** Share relevant Bible verses that emphasize the importance of boundaries and God's wisdom. Proverbs 4:23 encourages us to guard our hearts, and 1 Corinthians 6:19-20 reminds us that our bodies are temples of the Holy Spirit. These verses can be useful in explaining the biblical foundation for setting boundaries.
- **Encourage Self-Reflection:** Ask questions that prompt self-reflection. For example, ask how certain choices align with their faith, or what values they consider most important.
- **Be Non-Judgmental:** Create a judgment-free atmosphere where teens feel comfortable discussing their struggles and experiences. Jesus showed empathy and forgiveness to those who sought Him, like the woman caught in adultery (see John 8:1-11). Emulate this compassion in your conversations while also standing for truth.
- **Share Personal Experiences:** Be willing to share your experiences and challenges in setting boundaries. This can make the conversation more relatable and show how you've faced similar situations.
- **Pray Together:** Praying together can be a powerful way to seek God's guidance and strengthen your relationship. Philippians 4:6-7 reminds us to pray about everything and experience God's peace.

