

Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight. *Proverbs 3:5-6*

It's time to discuss the topic of sex. I know it might feel a bit awkward, but it's important. We want to approach this conversation from a biblical perspective. It's not just about the birds and the bees; it's about God's design for relationships. Start by creating a relaxed space where they can ask questions without feeling judged. Let them know it's not just a list of dos and don'ts, but a way to honor themselves and others as God intended. Keep it real, keep it open, and remember, the Lord is with you.

➤ **conversation starter**

I was thinking about how God designed sex and relationships, and I want us to have an open discussion about it. How can we navigate this part of life in a way that aligns with our faith?

I know talking about sex can feel awkward. Our faith is more than a bunch of dos and don'ts. Why do you think God would design sex to be between one man and one woman in the confines of marriage? What benefit could there be?

➤ **navigating the conversation:**

- **Choose the Right Time and Place:** Find a quiet, private, and comfortable setting where you and your teens feel at ease.
- **Use Biblical References:** Integrate relevant Bible verses to convey the biblical perspective on sex and relationships. Share passages that highlight God's design for intimacy within marriage and the importance of honoring one another.
- **Share Personal Values and Experiences:** Share your own experiences and values regarding relationships and intimacy, emphasizing how your faith has guided your decisions. This personal touch can make the conversation more relatable.
- **Encourage Questions and Clarifications:** Let your teens know that it's okay to ask questions or seek clarification. Ensure they feel comfortable discussing any doubts or concerns they might have.
- **Discuss Boundaries and Respect:** Emphasize the importance of setting boundaries and treating others with respect, aligning these principles with biblical teachings. Discuss the significance of waiting until marriage and the beauty of God's design for sexual intimacy.
- **Address Cultural Influences:** Acknowledge the impact of culture and media on our perceptions of sex and relationships. Discuss how biblical values might differ from societal norms and help your teens navigate these differences.
- **Highlight the Spiritual Aspect:** Discuss the spiritual aspect of relationships and how a strong faith foundation can contribute to healthy decision-making. Talk about the importance of prayer and seeking God's guidance in these matters.
- **Revisit the Conversation:** Recognize that this is an ongoing conversation. Check in with teens periodically to see if they have further questions or if there's anything new on their minds. Keep the lines of communication open.

