

# CHAPTER 1

# REFLECTION QUESTIONS

## *A Real-World Overview*

# OF INTIMACY AND SEX

“Train up a child in the way he should go; even when he is old he will not depart from it.”

PROVERBS 22:6



### SESSION OVERVIEW

The world is speaking loudly about intimacy and sex—often before our children are ready. This chapter presents real statistics and powerful testimonies that reveal why faithful, honest, and early conversations are essential.

### KEY TRUTH

Silence will not protect our children.  
Truth, love, and wisdom will.



### BIBLICAL REFLECTION

1. Why do you believe God calls parents to disciple their children in every area of life—including sexuality?
2. How does Proverbs 22:6 apply to conversations about intimacy and sex?
3. What responsibility do parents have if “the world” is already shaping their child’s understanding of sex?



### SELF-REFLECTION

4. What messages did you receive about sex growing up?
5. Were conversations about intimacy open, shame-based, avoided, or unhealthy in your home?
6. How has your upbringing affected your comfort level discussing sex today?
7. What fears do you personally have about talking to your children about intimacy and sex?



### PARENTING REFLECTION

8. Do your children feel emotionally safe enough to ask you uncomfortable questions?
9. At what age do you think conversations about pornography, dating, and sex should begin?
10. What signs might indicate your child is already learning about intimacy from outside influences?
11. If your child learned about sex primarily from peers or media, how would that concern you?



### GROUP DISCUSSION

12. Why do many Christian homes avoid conversations about sex?
13. What damage can silence create?
14. How can the Church better equip parents in this area?



### PRAYER & ACTION STEP

15. Pray and ask God to reveal areas where fear, shame, or discomfort may be preventing healthy communication in your home.

### MY TAKEAWAYS & NEXT STEPS

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Our children are forming beliefs today that will shape their future.  
**LET’S LEAD THEM WITH TRUTH, LOVE, AND PURPOSE.**

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. **ROMANS 12:9-10**

# CHAPTER 2

# REFLECTION QUESTIONS

A BIBLICAL WORLDVIEW

## of Intimacy and Sex



GOD'S DESIGN is good.  
GOD'S GRACE is greater.  
GOD'S TRUTH sets us free.

Then the man and his wife were both  
naked and were not ashamed.

GENESIS 2:25



### SESSION OVERVIEW

This chapter helps us see intimacy and sex through God's eyes. We explore God's good design, the impact of sin, and how to guide our children with truth, grace, and restoration.

### KEY TRUTH

Sex is God's idea, designed for His glory within the covenant of marriage. Our role as parents is to teach with truth, correct with love, and restore with grace.



### BIBLICAL REFLECTION

1. According to Scripture, what is the purpose of intimacy and sex?
2. Why is it important that children understand sex as God-created rather than culture-created?
3. Read Genesis 2:25. What does it mean that Adam and Eve felt "no shame" before sin?
4. How did sin distort intimacy?



### SELF-REFLECTION

5. Have you ever connected sexuality more with shame than with God's design?
6. In what ways has culture shaped your understanding of sex more than Scripture?
7. Have you personally experienced shame tied to sexual mistakes or trauma?



### REMEMBER

Our goal is not perfect children, but children who run to us when they fall. Grace creates safe conversations.



### PARENTING REFLECTION

8. When your child fails morally, is your first instinct correction or restoration?
9. How can parents respond to sexual sin without humiliating their children?
10. What would it look like for your child to "run toward you" instead of hiding after failure?
11. How can parents model both truth and grace simultaneously?



### GROUP DISCUSSION

12. Why do you think shame often pushes children deeper into secrecy?
13. What stood out to you from the story of Samantha?
14. How can discipline and restoration work together biblically?



### PRAYER & APPLICATION

15. Ask God to help you reflect His heart toward your children the same way He approached Adam and Eve—with truth, grace, and restoration. Pray for courage to speak truth in love and wisdom every day.

### MY TAKEAWAYS & NEXT STEPS

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LET'S LEAD OUR CHILDREN WITH TRUTH.  
*Let's love them with grace. Let's point them to Jesus.*

The Lord is compassionate and gracious,  
slow to anger, abounding in love.

PSALM 103:8

# CHAPTER 3

# REFLECTION QUESTIONS PORNOGRAPHY AND ADOLESCENTS

“Set your mind on things that are above, not on things that are on earth.”

COLOSSIANS 3:2

Guard your heart above all else, for it determines the course of your life. PROVERBS 4:23



## SESSION OVERVIEW

Pornography is one of the greatest threats to the hearts, minds, and futures of our children. This chapter helps parents understand the statistics, patterns, dangers, and solutions so we can guide our children with wisdom, grace, and truth.



## KEY TRUTH

Pornography promises pleasure but delivers bondage. God offers freedom, healing, and a future.

JOHN 8:36



## BIBLICAL REFLECTION

1. Why is purity not merely physical but also mental and spiritual? (Matthew 5:27–28)
2. What does Romans 7 teach us about internal struggles and addiction?
3. How does the gospel provide hope and freedom for those battling pornography?
4. How can God's Word renew the mind and transform our desires? (Romans 12:2)



## SELF-REFLECTION

5. Have you personally struggled with pornography, lust, or secret sexual sin?
6. How might your own unresolved struggles impact how you parent?
7. Do you tend to respond to addiction with compassion or condemnation?
8. What triggers, habits, or environments have influenced your own struggles or victories?



## REMEMBER

Our children need more than rules—they need relationship, truth, grace, and ongoing conversations.



**TALK**  
Open conversations



**PROTECT**  
Healthy boundaries



**RESTORE**  
Grace, healing & accountability



## PARENTING REFLECTION

9. How proactive are you in discussing pornography with your children?
10. Are your current technology boundaries sufficient?
11. What practical safeguards can you implement in your home (devices, filters, accountability, etc.)?
12. Would your child feel safe confessing exposure to pornography to you? Why or why not?
13. How can you better balance accountability and grace if your child is already struggling?
14. What does a recovery-centered environment look like in your home?



## GROUP DISCUSSION

15. Why are phones, social media, and anonymity such powerful gateways today?
16. What surprised you most from the statistics and testimonies?
17. Why is punishment alone often ineffective in pornography addiction?
18. How can parents create a shame-free, grace-filled environment for healing?
19. What role should the Church play in helping families navigate this issue?



## PRAYER & ACTION STEP

20. Pray for protection over your children's hearts, minds, and eyes.
21. Identify one practical step your family will take this week to strengthen boundaries and communication.
22. Commit to staying informed, involved, and intentional.

## MY TAKEAWAYS & NEXT STEPS

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**TRUTH + LOVE + ENVIRONMENT = FREEDOM**

*We can protect, equip, and point our children to the One who sets captives free.*

May the Lord strengthen you with wisdom, courage, and grace as you lead your children. 2 TIMOTHY 1:7



# REFLECTION QUESTIONS

## MASTURBATION

A Biblical Perspective on Purity, Self-Control, and God's Design

“Flee from sexual immorality. Every other sin a person commits is outside the body, but whoever sins sexually, sins against their own body.”

1 CORINTHIANS 6:18

So whether you eat or drink or whatever you do, do it all for the glory of God.

1 CORINTHIANS 10:31



### SESSION OVERVIEW

This chapter addresses masturbation through the lens of God's Word, truth, and compassion. Our goal is to help parents understand the issue, speak with grace and clarity, and guide their children toward freedom, self-control, and a deeper relationship with God.



### KEY TRUTH

God created our bodies for His glory. Self-control is possible through His Spirit, His Word, and His strength.

2 TIMOTHY 1:7



### BIBLICAL REFLECTION

1. Why is self-control considered a fruit of the Spirit? (Galatians 5:22–23)
2. How do lust and fantasy affect the heart according to Scripture? (Matthew 5:28)
3. What does it mean to glorify God with our bodies? (1 Corinthians 6:19–20)
4. How does God's grace empower us to overcome sin? (Philippians 4:13)



### SELF-REFLECTION

5. Was masturbation discussed openly, shamefully, or never at all in your upbringing?
6. How has secrecy affected sexual struggles in your life?
7. What emotional triggers tend to drive people toward unhealthy coping behaviors?
8. How can you grow in honesty and dependence on God's strength?



### TRUTH TO REMEMBER

You are not defined by your struggles. You are defined by whose you are. In Christ, you are forgiven, loved, and empowered to walk in freedom.

ROMANS 8:1



### PARENTING REFLECTION

9. How would you respond if your child admitted struggling with masturbation?
10. What tone, words, or reactions should parents avoid during these conversations?
11. How can parents separate conviction (truth) from condemnation (shame)?
12. What practical accountability structures could help teenagers grow in purity?
13. How can you encourage your child's heart without minimizing the seriousness of sin?
14. Are you creating an environment where your child can talk openly without fear?



### GROUP DISCUSSION

15. Why do many believers struggle to talk about masturbation honestly?
16. How can the Church address sexual struggles without creating fear or shame?
17. What role do isolation, boredom, stress, and secrecy play in addiction cycles?
18. How can we support our children and others with grace while still upholding God's standards?



### PRAYER & APPLICATION

19. Ask God to help your family develop honesty, accountability, and self-control rooted in grace rather than fear.
20. Pray for purity of mind, heart, and body—for you and your children.

### MY TAKEAWAYS & NEXT STEPS

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GOD DOESN'T CALL US TO PERFECTION, He calls us to progress—one day at a time.

Walk by the Spirit, and you will not gratify the desires of the flesh.

GALATIANS 5:16

# REFLECTION QUESTIONS

## DATING

*Guiding Our Children Toward Godly Relationships*

Better is a patient person than a warrior,  
one with self-control than one who takes a city.

PROVERBS 16:32

“Above all else,  
guard your heart,  
for everything you do  
flows from it.”

PROVERBS 4:23



### SESSION OVERVIEW

This chapter explores God's design for dating and relationships. Our goal is to help parents prepare their children emotionally, spiritually, and relationally to honor God while building healthy, wise, and purpose-filled relationships.



### KEY TRUTH

Dating is not about finding someone to complete you, but finding someone who complements your walk with God and your purpose.

ECCLESIASTES 4:9-10



### BIBLICAL REFLECTION

1. What qualities should believers prioritize in relationships? (Proverbs 31:10-12; 1 Corinthians 13)
2. How does Scripture define love compared to the world's definition?
3. Why is discernment important before emotional attachment develops? (Proverbs 14:15)
4. What does God's Word say about dating with purpose and boundaries? (2 Corinthians 6:14; Proverbs 5:3-4)



### SELF-REFLECTION

5. Did you learn healthy or unhealthy relationship patterns growing up?
6. Have past relationships influenced your fears or concerns about your children dating?
7. What mistakes did you make in relationships that you hope your children avoid?
8. Are there areas in your own heart that God is still healing regarding love and relationships?



### REMEMBER

Our children are watching how we love, respect, and honor others. Be the example they will follow.



### PARENTING REFLECTION

9. What age and level of maturity should guide dating conversations?
10. Are you preparing your child emotionally and spiritually, or only warning them physically?
11. How can parents build trust instead of merely enforcing rules?
12. What standards should be taught regarding emotional, physical, and digital boundaries?
13. How can you help your child recognize red flags in a relationship?
14. How do you help your child value other people without seeking validation through relationships?



### GROUP DISCUSSION

15. How has dating culture changed over the past generation?
16. Why do many teens seek validation through relationships?
17. How can parents guide dating conversations without being controlling or overly restrictive?
18. What role does community and accountability play in healthy dating?



### PRAYER & APPLICATION

19. Pray for God's wisdom as you guide your children toward healthy, God-honoring relationships.
20. Ask God to help your child find a partner who loves Him more than they love your child.

### MY TAKEAWAYS & NEXT STEPS

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LET'S RAISE A GENERATION THAT KNOWS THEIR WORTH  
AND WAITS FOR WHAT IS WORTH THE WAIT.

*Love God. Love Others. Honor His Design.*

Commit to the Lord whatever you do,  
and He will establish your plans.

PROVERBS 16:3

# CHAPTER 6

# REFLECTION QUESTIONS

## Next-Gen Perspectives OF INTIMACY AND SEX

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

ROMANS 12:2



Understanding the world our children are navigating so we can disciple them with wisdom, truth, and love.



### SESSION OVERVIEW

This chapter helps us understand the culture, pressures, and perspectives of today's next generation. When we understand their world, we can reach their hearts without compromising biblical truth.



### KEY TRUTH

Truth without compassion creates distance, but compassion with truth creates disciples.

COLOSSIANS 4:6



### BIBLICAL REFLECTION

1. Why must believers understand culture without conforming to it? (Romans 12:2)
2. How can Christians show compassion without compromising biblical truth? (John 1:14; 1 Peter 3:15)
3. What does Scripture say about speaking truth in love? (Ephesians 4:15)



### SELF-REFLECTION

4. Are there areas where you struggle to understand younger generations?
5. Do you listen before reacting when younger people share their struggles?
6. Have you ever dismissed younger generations instead of disciplining them?
7. How does your own upbringing affect how you view today's youth and culture?



### REMEMBER

Every generation faces unique pressures, but the need for identity, love, purpose, and truth remains the same. Our role is to guide, not criticize.



### PARENTING REFLECTION

8. Are your children more influenced by social media or your voice?
9. How can parents stay engaged with what children are consuming online?
10. What cultural pressures are your children facing that you never experienced?
11. How can you build trust so your child will share what they are truly facing?
12. How can you help your child develop a strong biblical identity in a confusing culture?



### GROUP DISCUSSION

13. Why are identity, validation, and belonging such major issues for this generation?
14. How has technology impacted relationships, dating, and sexuality today?
15. How can churches bridge the generational gap more effectively?
16. What role should mentorship play in helping young people navigate intimacy and relationships?



### PRAYER & APPLICATION

17. Ask God to give you eyes to see the world of your children with His heart.
18. Pray for wisdom, patience, and opportunities to speak truth in love.
19. Identify one area this week where you can better understand your child's world.

### MY TAKEAWAYS & NEXT STEPS

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**LEAD WITH TRUTH. LOVE WITH GRACE.**

*Help the next generation stand firm in a changing world.*

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

JOSHUA 1:9

# CHAPTER 7

# REFLECTION QUESTIONS AGE-APPROPRIATE CONVERSATIONS

## — on Intimacy and Sex —

Helping our children understand God's design  
at every stage of their development.

DEUTERONOMY 6:6-7

“Talk with your children about these things when you sit at home and when you walk along the road, when you lie down and when you get up.”

DEUTERONOMY 6:7



### SESSION OVERVIEW

Parents are their children's first and best teachers. This chapter helps us have intentional, age-appropriate conversations that are honest, biblically grounded, and empowering—building trust and shaping hearts from the earliest years through adolescence.



### KEY TRUTH

God gives us the words, wisdom, and opportunities to speak life and truth to our children at every stage.

PROVERBS 22:6



### BIBLICAL REFLECTION

1. What does Scripture teach us about the importance of teaching our children continually? (Deuteronomy 6:6-7)
2. Why is it important to answer our children's questions with truth and clarity? (Proverbs 23:23)
3. How does God's design for intimacy and sexuality remain the same for every age group?
4. What are the dangers of silence, shame, or giving information too late?



### SELF-REFLECTION

5. How comfortable are you discussing intimacy and sex with your children right now?
6. What fears, past experiences, or beliefs influence the way you communicate about these topics?
7. Did you have open conversations with trusted adults when you were growing up? How does that impact you?
8. What is one area where God is calling you to grow in confidence or consistency?



### REMEMBER

You don't have to have all the answers—just a willing heart and a teachable spirit. Speak early, speak often, and speak truth in love.

LOVE. LISTEN. LEAD.



### AGE-APPROPRIATE GUIDANCE

#### EARLY CHILDHOOD (Ages 2-7)

Focus on body safety, names for body parts, boundaries, and privacy.

#### MIDDLE CHILDHOOD (Ages 8-12)

Focus on changes in the body, respect, friendships, media influences, and values.

#### EARLY TEEN (Ages 13-15)

Focus on purity, emotions, managing attraction, dating culture, and decision-making.

#### LATE TEEN (Ages 16-18)

Focus on godly relationships, sexual integrity, purpose, and preparing for the future.

9. What is one practical step you can take this week to start or continue these conversations with your child?



### GROUP DISCUSSION

10. What age-appropriate topics did your parents do well—or struggle with?
11. How can we normalize conversations about intimacy without making them awkward?
12. What resources (books, videos, church programs, etc.) have been helpful for your family?
13. How can we as a community support one another in navigating these conversations?



### PRAYER & APPLICATION

14. Ask God for wisdom, courage, and the right words for your child's age and season.
15. Pray for open hearts and strong trust in your home.
16. Ask the Holy Spirit to help you be consistent, loving, and clear.

### MY TAKEAWAYS & NEXT STEPS

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Speak truth.  
Show grace.  
Build trust.  
Point to Jesus.



OUR WORDS TODAY SHAPE THEIR TOMORROW.

Let's lead the next generation with truth, grace, and purpose.

May your conversations bring life, protection, purity, and a deeper walk with Jesus.

JOSHUA 24:15