

## **Abstinence/Purity Class Resources**

But first, let me start with a favorite abstinence quote, strangely enough:

“It’s not that you’re holding yourself back from something good, it’s that you’re waiting to experience something better.”

### **Books:**

Learning about Sex: A Series for the Christian Family by Concordia Publishing

Website: <http://www.cph.org/> and click on “Sex Education” on the left menu

Sex Has a Price Tag by Pam Stenzel **HIGHLY RECOMMENDED**

This is a no-nonsense book about the real risks of sexual activity spiritually, physically and emotionally. I love the whole tone of the book, but be aware it is a frank discussion of sexual activity.

Find this at [www.amazon.com](http://www.amazon.com) or other booksellers on the web.

Every Young Man’s Battle Stephen Arterburn, Fred Stoeker

A guide is also available with the book to put the practice of purity to work. These guys do good work and have also published the best-selling Every Man’s Battle for adults. A good Men’s Ministry study guide!

And the Bride Wore White: Seven Secrets to Sexual Purity by Dana Gresh

Witness and conversation about purity issues for teens and young women. Could be used as a mother-daughter book study.

Find this at [www.amazon.com](http://www.amazon.com) or other booksellers on the web.

I Kissed Dating Goodbye by Josh Harris

Josh talks about his choice to give up dating and to take up courtship, a far more restrictive and contracted type of chaperoned and coached dating. Physical contact during the entire courtship is restricted to hand-holding—no kissing until the wedding day!—and chaperones are always present.

Before you decide that this sounds ridiculous, my niece followed this model prior to meeting her husband and they have a wonderful and healthy marriage, so it is an option for those who choose to follow or who feel led by God to do so.

Find this at [www.amazon.com](http://www.amazon.com) or other booksellers on the web.

<http://www.teens4jesus.org/resources/purity/resources/links.htm>

General info

<http://www.abstinence.net/about/>

Amazing amount of resources from the Abstinence Clearinghouse

## **Videos:**

*Please note that I have not screened all these videos; I received them from the Abstinence Resource Center in Dayton, Ohio. All videos are available for borrowing if you call the office: (518)692-9550 ext. 131 **Screen all videos first before presenting them to teens or parents!***

Sex is Not a Game: Teens Get Real About the Risks of Casual Sex 11 minutes  
The Medical Institute for Sexual Health

Time to Wait for Sex: Pam Stenzel Produced especially for public school audiences; not overtly faith-based.

Enlighten Communications, Grand Rapids, MI

Also see Pam Stenzel's website at [www.pamstenzel.com](http://www.pamstenzel.com)

Sex Has a Price Tag Faith-based and factual. See Pam's book above to note content.  
Enlighten Communications, Grand Rapids, MI

## **Programs:**

Passport 2 Purity: A resource for dads and sons, or moms and daughters, which includes planning a weekend apart with your pre-teen to fully discuss purity issues. Includes audio CD and books. I know several families who have done this and have been very pleased with the program. Aimed at pre-teens, but can be adapted to suit older children. For more info, see their website: <http://www.familylife.com/passporttopurity/>

Project Reality's Navigator Non-faith based, but more adaptable to offer to community programs. While I believe that faith-based programs are best, you may need to reach a different audience. Workbook series on choices and consequences. Aimed at teens.

Sex Respect the Option of True Sexual Freedom Non-faith based, and claims to be the world's leading abstinence program

## **Important Note about Programming:**

Feel free to adapt any materials to add a faith component. When I taught the abstinence class at my church, the Youth Pastor and I pulled a variety of materials together to create a tailor-made program for *our* girls. This seems to be the best model, in my opinion. Take the ages of the kids into consideration, use current movie clips or TV clips to bring home the prevalence of sexuality as normative, and show them the better, healthier, holier way.

## **Other Resources:**

The Abstinence Resource Center, 211 S. Main Street, Suite 800, Dayton, OH 45402  
 Not all resources are faith-based, so shop carefully, but they can help with public school issues, statistics, etc. They were a *great* help to me in doing research.  
 Website: [www.getthetruth.net](http://www.getthetruth.net)

## Scriptures on Purity

*These scriptures were downloaded from the above website:  
[www.teens4jesus.org](http://www.teens4jesus.org) Clearly they are from the KJV!*

The statutes of the Lord [are] right, rejoicing the heart: the commandment of the Lord [is] pure, enlightening the eyes.  
 Psalms 19:8

Who shall ascend into the hill of the Lord? or who shall stand in his holy place? He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully. He shall receive the blessing from the Lord, and righteousness from the God of his salvation.  
 Psalms 24:3-5

Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Psalms 51:7

Iniquities prevail against me: [as for] our transgressions, thou shalt purge them away. Psalms 65:3

Thy word [is] very pure: therefore thy servant loveth it. Psalms 119:140

The thoughts of the wicked [are] an abomination to the Lord: but [the words] of the pure [are] pleasant words. Proverbs 15:26

Who can say, I have made my heart clean, I am pure from my sin? Proverbs 20:9

The way of man is forward and strange: but as for the pure, his work is right. Proverbs 21:8

There is a generation that are pure in their own eyes, and yet is not washed from their filthiness. Proverbs 30:12

Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. Isaiah 1:18

And I will turn my hand upon thee, and purely purge away thy dross, and take away all thy tin: Isaiah 1:25

And he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged. Isaiah 6:7

Many shall be purified, and made white, and tried; but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand. Daniel 12:10

Shall I count them pure with the wicked balances, and with the bag of deceitful weights? Micah 6:11

But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap: And he shall sit as a refiner and purifier of silver: and he shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the Lord an offering in righteousness. Malachi 3:2-3

Blessed are the pure in heart: for they shall see God. Matthew 5:8

Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit. John 15:2

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8

Now the end of the commandment is charity out of a pure heart, and of a good conscience, and of faith unfeigned: 1 Timothy 1:5

Holding the mystery of the faith in a pure conscience. 1 Timothy 3:9