

BIG IDEA

Sex should be seen as a good gift created by God to be enjoyed between a man and woman in the marriage relationship.



KEY SCRIPTURES

- God created sex as a good gift to be enjoyed between a man and a woman within the marriage relationship ([Gen. 2:8-9,15-25](#)).
- People can distort and abuse the original design for sex ([Rom. 1:21-28](#)).
- We are to flee sexual immorality ([1 Cor. 6:12-18](#)).
- It is God's will that we remain sexually pure ([1 Thess. 4:3-8](#)).
- Jesus is a friend to sinners and offers forgiveness for those who have sinned sexually ([Luke 5:29-32](#)).



KEY QUESTIONS YOUR YOUNG ADULT IS ASKING

- What's wrong with having sex outside of marriage?
- If we are all sinners, how can anyone judge others?
- What's wrong with being gay, lesbian, or transgender?
- How can I love others without endorsing their lifestyle?



AT THIS AGE MOST YOUNG ADULTS WILL ...

- Critically evaluate what the surrounding culture says about sex and sexuality with what they have been taught by authority figures.
- Test their beliefs about certain issues including sexuality.
- Engage more in the pursuit of romantic relationships.



DEVELOPMENTAL MILESTONES

- Young adults have more freedom than ever to express themselves sexually. Too often this freedom is translated into casual hook-ups or live-in relationships.
- Students at this age are making plans for their future and relationships are based on individual decisions rather than what others think.
- They have completed their full physical maturation and are usually comfortable with their own body image.
- Students at this age are engaged in higher-level thinking, abstract problem solving, and contrasting culture with Scripture.



COACHING TIPS

- Champion the positive when discussing sex with your young adult. Talk about how God created everything and called it good, including sex. Explain that He has established standards to protect us and provide a life and marriage that flourishes. Discuss the consequences of being sexually active, including how it would affect her relationship with God and a future spouse, her self-confidence, and emotions (shame, guilt).
- Be honest about your own struggles with sexual temptation as a young adult. However, you don't have to be totally transparent to talk about your mistakes and what you learned from them.
- If you find out your young adult has been or is presently sexually active, deal in a redemptive manner with them. Speak the truth in love without condoning or condemning. You want to keep the door open for further conversations. Let your child know that it is never too late to begin making choices about sex that are God honoring.
- Because many young men struggle at some level with pornography, make sure to talk with your son about the dangers of this sin and how to overcome. However, realize that young women can also wrestle with this sin. You may need to have a similar conversation with your daughter.



CONVERSATION STARTERS

- **WHAT MESSAGES DO THE MEDIA AND CURRENT CULTURE PROCLAIM ABOUT SEX?** This question may open a door to discuss the biblical view of sex versus the world's view.
- **IS PORNOGRAPHY A PROBLEM AMONG YOUR FRIENDS?** This may be a non-threatening way to begin a discussion about pornography and your young adult's involvement with it.
- **WHAT IS THE VIEW OF THOSE AROUND YOU CONCERNING HOMOSEXUALITY AND TRANSGENDER ISSUES?** Your young adult is probably hearing lots of differing views and strongly held opinions about these issues. Hopefully this question leads to an honest conversation where you can discuss the biblical view.



SAY OR PRAY

- Pray that God will reveal to your young adult His beautiful design for sex and marriage.
- Pray your young adult will have godly influences around him that point toward a life of purity in Christ.
- Pray for your young adult's future spouse. Pray for God to protect that person and shape that future mate into the person He desires.