# When No One Talks About It

## Real Talk:

Sex. It’s everywhere, music, movies, social media, conversations at school or work. But when it comes to church, silence. Awkward glances. Maybe even shame.  
This week is about breaking that silence. God isn't afraid to talk about sex—He created it. But our culture has hijacked the conversation, leaving many of us confused, ashamed, or searching for truth in all the wrong places.  
What if God isn’t trying to ruin our fun? What if He’s trying to protect something sacred, something powerful, and give us something better?

## Scripture Focus:

Genesis 2:25 — "Adam and his wife were both naked, and they felt no shame."

1 Corinthians 6:18-20 — "Flee from sexual immorality... You are not your own; you were bought at a price."

## Journal Prompts:

1. What messages about sex have I picked up from culture? What have I believed without questioning?

2. What has the church taught (or not taught) me about sex, and how has that shaped me?

3. Do I believe God cares about my sexuality? Why or why not?

## Prayer:

God, I’m tired of the confusion. I want to hear Your truth, not just noise from the world. Help me drop the shame and lean into Your voice—even when it’s uncomfortable. Begin healing the parts of me that have been shaped by lies. I want real freedom.

## Challenge of the Week:

Silence is powerful, but honesty is healing. Confide in someone you trust (mentor, small group leader, parent) about your desire to understand God’s view on sex. Even a simple, “Can we talk about this?” is a bold step.

# The Wound Behind the Want

## Real Talk:

We don’t chase sex just for the act itself—we chase what we think it gives us: love, validation, connection, escape. Sometimes we want to feel wanted. Sometimes we just don’t want to feel alone.  
This week is about going deeper: What's behind our sexual choices? What's fueling the craving? Often, it's a wound we never dealt with. Until we let Jesus in, we’ll keep using broken things to numb real pain.

## Scripture Focus:

John 4:13-18 — The woman at the well who looked for love in all the wrong places.

Psalm 147:3 — "He heals the brokenhearted and binds up their wounds."

## Journal Prompts:

1. What’s one relationship, experience, or memory that shaped how I see myself sexually?

2. Do I ever use relationships or attention to fill a deeper need inside me?

3. What am I truly craving—love, safety, affirmation, belonging?

## Prayer:

Jesus, I bring my hidden hurts to You. You see past what I do and into why I do it. I don’t want to keep numbing the pain—I want healing. Show me what I’ve used as a Band-Aid and teach me how to trust You with the deeper places.

## Challenge of the Week:

Spend 10–15 minutes in complete silence this week. No phone, no music—just journal and listen. Ask God: “What wounds in me still need healing?” Be honest. Healing starts with awareness.

# More Than a Virgin — Living Pure in Heart, Body, and Mind

*📖 “Do you not know that your body is a temple of the Holy Spirit…? You are not your own; you were bought at a price. Therefore, glorify God with your body.” — 1 Corinthians 6:19–20*

Let’s talk real for a moment.

Maybe you’re at the age where dating is no longer “off-limits.” Your parents trust you. You’ve prayed, and you feel led to explore a relationship. But here’s the question: What are your intentions?

Are you dating to glorify God? Or are you dating to feel wanted and validated? Because the cost of dating isn’t just emotional — it’s spiritual.

This is why God doesn’t just call us to “keep our virginity.” He calls us to walk in purity. There’s a difference. Virginity can be kept while still crossing every other boundary. Purity, however, is a posture of the heart, not just the body.

Virginity says: “We didn’t have sex, so I’m still good.” Purity says: “Does this relationship glorify God — even in what we touch, watch, or entertain?”

The Bible says that sexual sin is unlike any other sin (1 Corinthians 6:18). It’s not just about harming someone else. It wounds your own body, soul, and spirit.

Sexual sin attaches data — memories, habits, trauma, shame — to your temple. And not all of it leaves just because you say, “I’m done.”

The body remembers through STDs, unwanted pregnancies, or hormonal confusion. The soul remembers through comparison, regret, emotional damage, and soul ties. The spirit is weighed down by guilt, secrecy, and disconnection from God.

Even without sex, soul ties can form. Emotional entanglement. Spiritual fusion. Longing. Possessiveness. All from doing everything but “the deed.”

Here’s the truth: If you wouldn’t want to carry your past into your marriage bed, then don’t carry it into your singleness.

## Reflect & Journal

1. 1. Are you trying to justify emotional or physical compromise under the label of “still a virgin”?
2. 2. What would it look like for you to live holy, not just abstinent?
3. 3. In what areas have you awakened desires that now need to be surrendered back to God?

## Heart Reset Prayer

Father, I confess where I’ve crossed boundaries and compromised purity. I want more than just a title — I want to live holy before You. Teach me to submit my body as a living sacrifice. I surrender the places I’ve awakened too soon. Heal me, restore me, and give me wisdom for the future. In Jesus’ name, amen.

## Think About It

Purity isn’t just about what you haven’t done — it’s about how much of your heart you’ve given to God.

## Daily Declaration

Today, I choose purity over performance. My body is not a bargaining chip; it is a temple of the Holy Spirit. I will not settle for counterfeit love. I will honor God with every part of me, mind, body, and soul.