

Whole  
Sex

# The Talk™

Dangerous. Beautiful. Gift.

# Let's Talk

Study Guide

## MISSION STATEMENT

The *Whole Sex Talk*™ is a Biblically-based, six-session multimedia program that empowers parents to have healthy, ongoing conversations with their kids about love, sex, and relationships.

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## SESSION 4

### SPIRITUAL & EMOTIONAL CONSEQUENCES

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

Proverbs 4:23

## BEFORE STARTING

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Since session three had heavy content, you may want to take a little extra time to follow up and talk before starting session four.



### WHAT TO DO

1. Share how the conversations with your kids have been going.
2. Encourage one another.
3. Take your time.



### WHAT NOT TO DO

1. Disregard others' experiences.
2. Ignore God's redemption found in each story.
3. Go off on tangents.

## GUARD YOUR HEART

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The wisest man, Solomon, told his son, "Above all else, guard your heart, for it is the wellspring of life" (Prov 4:23).<sup>17</sup> Water is essential for life. Keeping water clean was, and still is, one of society's highest priorities.

Solomon told his son that a pure heart is as important to life as pure water. The heart holds our truest feelings and our thoughts. From the heart, we love and worship. No wonder God is telling us to protect it. Attacking the core of who we are is a part of the enemy's plan, and one of the quickest ways to our heart is through sex, because sexual sin is against our own body (1 Cor 6:18).

The choices we make could be causing physical life or death but, more importantly, spiritual life or death. "Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life." (Gal 6:7-8). Because we want our children to choose life physically and spiritually, we need to teach them how to protect their hearts.

# SPIRITUAL & EMOTIONAL CONSEQUENCES

## WHEN LIFE REALLY BEGINS

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A stylized and creative short film demonstrates that no life is a mistake. Conception is more than just physical birth.



**PABLO GIACOPELLI**  
Author and Speaker

“In Ephesians, we are told that God knew us and chose us before laying the foundation of the world.”

### KEY MESSAGES

- **BEGINNINGS** - Scripture shows that God knew us before we were conceived
- **HELLO** - When God created the heavens and earth, He had us specifically in mind

## SPIRITUAL CONSEQUENCES

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Two pastors talk about God’s design for sex – one that is great and rewarding. Any other design is empty and damaging.



**REV. STEPHEN RAEMISCH**  
Pastor

“When we are isolated with a sin of that magnitude, the guilt can be overwhelming.”

### KEY MESSAGES

- **KILLJOY** - God is NOT a killjoy but wants us to truly enjoy sex ... His way
- **DECEPTION** - Sin will take you further than you want to go



**REV. GEORGE DAVIS**  
Pastor

“They don’t tell you that although you believe in God’s forgiveness, you’ll go over [the abortion] time and time again.”

### KEY MESSAGES

- **PERMANENCE** - The lasting effects of abortion
- **HEALING** - God turning tragedy into triumph

# Let's Chat

## DISCUSSION QUESTIONS

What are some spiritual consequences of sin?

Are you more worried about spiritual or physical consequences of sin for your kids?

How would you articulate the spiritual union of a husband and wife during sex?

## NOTES

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## DETOUR

In life, there are no guarantees. Watch this short film called *Detour* about a father looking forward to his daughter's birthday celebration as he drives home.



*The texting in this video was for dramatic purposes only. The PRC does not recommend texting while driving.*

# EMOTIONAL CONSEQUENCES

Sex is much more than the body since it also involves our minds and souls. That's why the psychological consequences of temporary sexual relationships are powerful and real.



## DIANE SPICER

A survivor of abuse, rape, sexual addictions, and subsequent abortions

"He said to me, 'You need to forgive the man who abused you.'"

### KEY MESSAGES

- **CARNAGE** - Addiction, abuse, and using abortion as birth control
- **FORGIVENESS** - If I can be forgiven, I can forgive

*The PRC recognizes that a victim of abuse contacting his or her abuser could put someone in a high-risk and possibly dangerous situation. Please defer to the advice and supervision of a certified counselor in such matters.*



## DR. DAN ROOKS

Clinical Psychologist

"Our natural tendency in responding to shame is to hide because of our fear of the other person's judgment."

### KEY MESSAGES

- **BAGGAGE** - Struggling with vulnerability and intimacy
- **CELEBRATE** - How we heal and that sex is good

## Let's Chat

### DISCUSSION QUESTIONS

What are some emotional consequences of sin?

Why does forgiveness play such an important role in our lives?

How does sex build the emotional relationship between a husband and wife?

How can we show our children that sex is a good gift from God?

### NOTES

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## SESSION WRAP-UP

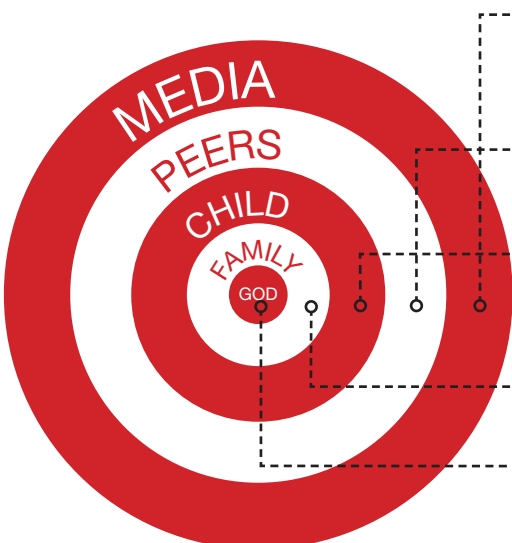
Every decision has consequences. Giving oneself to someone outside of marriage is irreversible, but God can redeem our failures. He promises to forgive the sins of those who repent (1 John 1:9). Our role is to guide our children away from these sins in the first place.

When children understand how they are made and that God wants them to be healthy—physically, emotionally, and spiritually—they are equipped to make better choices and to protect their hearts.

### SET UP

1. Play one of your favorite “love songs” from when you were a teen. Share with your children how that song connected with your relationships.
2. While watching a movie or TV show, ask your children to identify characters who are ruled by their emotions. What role should emotions play in our lives?

### CONVERSATION STARTERS



**MEDIA:** How did (movie, TV show, or book) demonstrate the spiritual and emotional consequences of sex?

**PEERS:** Have you seen the emotional consequences when couples in your school break up?

**CHILD:** Which do you think would affect you more—the physical, emotional, or spiritual consequences of sex? Why?

**FAMILY:** Is our family a safe place to express our emotions?

**GOD:** Is God a safe place to share our emotions? (Check out the Psalms!) Why does sexual sin affect us more deeply than other sins? (1 Cor 6:12-20)

### ACTION STEPS

1. Talk to your spouse about what sex means to you emotionally and spiritually. Consider sharing that with your child.
2. Take two backpacks. Fill one with rocks and the other with balloons. Explain how our emotions can either lift us up or drag us down.











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What To Do. What Not To Do...

The Noun Project. Icon by Milky - Digital innovation. Web. 3 August 2016. <<https://thenounproject.com/>>

Whole  
Sex

# The Talk™

**Dangerous. Beautiful. Gift.**

“The Whole Sex Talk program is indeed a beautiful gift to parents seeking Biblically-based, culturally relevant guidance on talking to their kids about sex. ... I can’t recommend it enough.”

Roland C. Warren, President & CEO, Care Net

“This is must-have information for parents.”

Jor-El Godsey, President, Heartbeat International

“The time has come to step up to the plate, and this curriculum will equip you to do just that.”

Dr. Julie Parton, Former Director, Pregnancy Resource Ministry, Focus on the Family

“This program helps parents overcome their fears of talking with their kids about sex by offering great resources.”

Mike G. Williams, Comedian, Speaker, Author



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