

SEXUAL INTEGRITY

7TH GRADE

OBJECTIVE

Equip your student to understand and pursue sexual integrity through God's truth and grace.

WHAT TO KNOW

Your 7th grader is starting to experience more curiosity, peer pressure, and exposure to ideas about sex from media and friends. They're forming opinions about relationships, identity, and boundaries—often influenced by voices outside your home. That's why it's so important they hear from you—clearly, often, and with grace. Sexual integrity means honoring God with our thoughts, actions, and relationships. It's about how we treat others and ourselves, what we fill our minds with, and how we choose to live. Help your student see that purity isn't about shame or rules—it's about freedom, purpose, and living the life God designed. Encourage open, ongoing conversation, and remind them that God's design is always for their good—even when it's different from what culture says.

TRUTH FROM THE BIBLE

It is God's will that you should be sanctified: that you should avoid sexual immorality ...

1 Thessalonians 4:3–5 NIV

God calls us to live with integrity, setting ourselves apart for His purposes.

Blessed are the pure in heart, for they will see God. Matthew 5:8 NIV

Purity starts in the heart and leads to closeness with God.

Do you not know that your bodies are temples of the Holy Spirit ... ? Therefore honor God with your bodies. 1 Corinthians 6:19–20 NIV

Our bodies belong to God, and we honor Him through our choices.

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23 NIV

Our thoughts and choices begin in the heart—so we must protect it and stay away from what pulls us away from God.



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TALK ABOUT IT

- Why do you think God calls us to live with sexual integrity?
- What does it mean to be “pure in heart”?
- How can we protect our minds and hearts from unhealthy messages?

Affirm their identity as someone made in God’s image. Talk about how purity isn’t just physical—it includes what we think, say, and do. Help your student see that integrity involves setting wise boundaries, choosing media that honors God, and avoiding situations that pull them away from who God is calling them to be. Be honest about temptations and pressures, and help them make a plan to stay accountable. Let them know they’re not alone—and that God offers grace, strength, and new mercies every day.

LIVE IT OUT

Help your student put sexual integrity into practice by talking about what boundaries look like and why they matter. Discuss how media influences our thoughts and how they can make choices that reflect God’s best for them. Encourage them to identify a trusted adult or mentor they can go to for honest conversations and support. Spend time praying together for strength, wisdom, and the courage to live with integrity. Most importantly, remind them that sexual integrity is a journey, not a single decision—and no matter what, God’s grace is always enough to guide and restore them.

PRAY TOGETHER

Take time to pray with your student. Ask God to help them walk in truth, guard their heart, and pursue a life of integrity through His strength and grace.

"God, thank You for creating me with value and purpose. Help me honor You with my heart, body, and choices. Give me the strength to walk in purity and the wisdom to know what’s right. I want to live in a way that reflects who You are and brings You glory. Amen."

