

THIRTEENTH BIRTHDAY

PURITY

EASTVIEW FAMILY RESOURCES



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THIS YEAR AT A GLANCE...

Webster's Dictionary defines "pure" as: "free from everything that might make dirty, change, or lower the quality; free from sin or guilt." Purity is much more than refraining from sex or heeding a list of don'ts. It is a positive, passionate existence that frees us to experience all God made us to enjoy. This year, we are going to work on how we help our children go against the norm and live a life filled with the intense joys only purity can bring.

HERE'S WHAT YOU'LL FIND INSIDE:

- **Letter from Jason Smith**, Next Gen Pastor of Eastview.
- **A Letter To Your Child** A guide to writing a letter to your child with memories and affirmations
- **"PURITY" Overview** A wholistic view of sexual purity and 5 important steps to take.
- **Purity Resources** Recommended resources for both you and your child.
- **Purity Covenant** A sample created by a Dad for his teenaged son here at Eastview.
- **This Year's Parenting Plan Checklist** A summary of this year's focus with an easy checklist.
- **Marriage Plan** Follow this simple plan to keep your family healthy beginning with your marriage.
- **Digital Resources** The Parent Cue App, Tough Guys & Drama Queens, and RightNowMedia.



According to our records, you are celebrating a birthday in your family this month! As you celebrate your child's birth, we want to provide this booklet to help you as you guide your child on a spiritual journey to know, love and follow Jesus. This year's focus is: PURITY.

At Eastview, we believe that God designed the home to be the primary place for discipleship in a child's life. It is our privilege to come alongside you as you raise your child in the ways of the Lord. We offer this Parenting Plan as a guide to help you raise your child one step at a time — with one annual focus each year. This certainly isn't the only parenting plan you could follow, but over the 18 years of your child's life, you will have followed a fairly comprehensive plan to raise your child in the faith.

These booklets are not intended to cover all there is to know about each topic. Sometimes parents feel overwhelmed with the responsibility of raising their child to know the Lord, and aren't sure where to start. So we have created simple steps to get you started. We also include recommended resources to

help you in your parenting journey. Visit our Family Resource Center and Eastview Bookstore where our staff and volunteers can help you with other topics and resources.

During the time that your child is in our Junior High programs here at church, we will be focusing on:

GETTING MY IDENTITY FROM JESUS

BELIEVING I'M MADE FOR A PURPOSE

FINDING A HOME IN GOD'S FAMILY

We are committed to being a faithful partner to you and your family. Our staff is praying for your child by name this month. If you have anything that we can pray for specifically, or if you have any questions, send me an email or call 309-451-5000.

Jason Smith,
Next Gen Pastor
jsmith@eastview.church



MY LETTER TO YOU FOR YOUR 13TH BIRTHDAY

Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will speak life and love into your child, as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the rest of their lives. You could collect them in a journal or write each letter as a separate piece of paper.

1. Things I've loved about you this year...
2. Important memories from this past year...
3. Some of my favorite time with you is when we...
4. Your favorite books to read are...
5. Your favorite hobbies are...
6. Things that make you laugh...
7. Your favorite things to do with your friends...
8. I am impressed when you...
9. I've been praying about this for you this year...
10. I've been praying about this for me as a parent this year...
11. What I want for you in life...
12. I am praying for your future spouse that he/she is...

**Include a photo of your family with the letter to give a year by year collection of memories all in one place.
Each year after giving your child the letter, get it back and keep them all somewhere safe.
You will give back all of the letters to your child in the 18th year for LAUNCH.**

THIRTEENTH BIRTHDAY: PURITY

Webster's Dictionary defines "pure" as: "free from everything that might make dirty, change, or lower the quality; free from sin or guilt." Purity is much more than refraining from sex or heeding a list of don'ts. It is a positive, passionate existence that frees us to experience all God made us to enjoy. Sadly, our culture bombards kids with opportunities to tarnish their lives, even making fun of those who try to remain clean. How do we help our children go against the norm and live a life filled with the intense joys only purity can bring?

Step One: Clarify the Standard: Psalm 119:9 says "How can a young person stay on the path of purity? By living according to your word." While Jesus Christ was the only person to live a life of total purity, he invites us to follow his example by fulfilling the purpose for which we were made. When it comes to purity, our children need to understand that their bodies belong to God first and to their future spouse second. I Corinthians 6:18-21 says "Flee from sexual immorality...your body is the temple of the Holy Spirit...you are not your own...Therefore honor God with your body."

Step Two: Focus on Purity, Not Just Sex: It is vital to emphasize remaining a virgin before marriage. But purity is much more than saying no to premarital sex. Sometimes teen culture

tries to define purity as not "going all the way," while anything else is considered fair game. God desires for us to have much more than "technical virginity" before marriage. It is possible to be technically a virgin, and yet have lost your purity. God has a great plan for our hearts, minds and actions. Teach your child that purity involves every area of life, like media, jokes, conversations, thoughts, and fashion.

Step Three: Give a Positive Vision: Give a positive vision of the purpose and joy of sex in the context of marriage. Nothing gives a child a positive view of God's design for passion like basking in the love of parents who cherish one another and speak positively about the joys of marital intimacy. Use discretion, don't be graphic, but celebrate God's design for sex.

Step Four: Delay Temptation: Kids want to start dating younger than ever before. One study showed that a child who starts dating at twelve-years-old has only a 9% chance of remaining a virgin at eighteen years old. If they wait until sixteen, however, they are 80% likely to be a virgin at eighteen. God made us with desires that are very good. But those desires can be awakened too early. So talk to your child about purity before allowing them to date and then continue dialogue after they start the process. The topic can be awkward so try to make

the experience comfortable. For one child that could mean scheduling a regular coffee date; for another it might mean chatting while hunting or attending a sports event. Find some context for keeping the lines of communication open.

Step Five: Pray for Them: Commit yourself as a parent to cover your child in prayer. Pray specifically for his or her purity in relationships, a clean thought life, integrity in school and other activities. Pray for a heart that is connected to Christ and a mind immersed in God's Word. Likewise, pray for their future spouse to be living a life of purity in preparation to join your child in a pure marriage bed someday.

Practical Ideas: Write letters to your child. Share your heart and scripture instead of mere rules. Give them a vision of God's plan for their lives. Plan a time to talk about the letter after they have read it such as a special breakfast or coffee date. Take time to listen to what they say and try to steer clear of teaching or lecturing.

Have your child write out what they want in a future spouse. As they get closer to dating, have them pull that list out and talk through the potential individuals that they are interested in dating to see if they fulfill that list. Ask the following questions:

- What would your future spouse want from you in purity?
- What do you want from your future spouse?

Use the enclosed Purity Checklist to help your child set boundaries and accountability to remain pure.

Make a way for your child to have a tangible reminder of their commitment to remaining pure. It might be a commitment card that you create, a purity ring that they pick and you purchase, or even just a prayer that they write in their journal. One family gave each of their daughters a necklace on their 13th bday that they were to in turn give to their husband on their wedding day.



RECOMMENDED RESOURCES ON PURITY

Above all, pray for the purity and protection of your child.

“Pour your heart like water before the face of the Lord. Lift your hands towards Him for the life of your young children.”

Lamentations 2:19

The natural desires of the sin nature combined with the accessibility of sexually immoral material, a secularization of our society and an atmosphere of sexuality that most of us did not grow up in, all wage a battle on our kids' purity. Pray for them. Pray with them - sure it will weird them out! Pray for your own purity and model it in your own choices.

BOOKS:

- [Passport to Purity](#)
by Dennis and Barbara Rainey Familylife.com
- [Every Young Man's Battle](#)
by Stephen Arterburn, Fred Stoeker, Mike Yorkey
- [Every Young Woman's Battle](#)
by Shannon Ethridge, Stephen Arterburn
- [Dateable: Are You? Are They?](#)
by Justin Lookadoo and Hayley DiMarco
- [Choosing to Wait](#) by Laura Gallier
- [The Purity Code](#) by Jim Burns
- [Teaching Your Children Healthy Sexuality](#) by Jim Burns

DIGITAL RESOURCES: As with any app, there are mixed reviews, but no Christian parent should leave any device that has data or wi-fi unprotected. If you don't like Covenant Eyes, use [something](#) and deal with the heart, because 90% of kids have encountered some sort of explicit web content by middle school. They will hear how to avoid "blocks" and may encounter inappropriate content on someone else's device, so we still have to do the heart-work. Check online review charts for comparisons of content blockers and reporting programs. Don't put this off! Porn addiction is real and dangerous - for you and your child.

- **Covenant Eyes/NetNanny/ForceField** While there are many other parental control apps and software, several Eastview families use Covenant Eyes and Net Nanny programs for accountability and protection.
- **PluggedIn Online** When your child asks to download some music, watch a program, play a new game, or go to the movies with his friends you can get quick access to Christian content reviews.
- **RightNow Media** This is a great FREE video resource for you and your child on issues of sex and pornography.

A COVENANT OF PURITY

This sample covenant was created by a dad for his son here at Eastview.
Use this as a model and leave room for your child to write in other items they want to commit to as well.

"I made a covenant with my eyes not to look lustfully at a girl."

Job 31:1

"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body."

1st Corinthians 6:18-20

"So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

1st Corinthians 10:12-13

I make a covenant with God, my future wife and myself to be sexually pure, so I will not:

Look at pornographic material.	Look lustfully at the girls at school and church.	Allow my eyes to dwell on tempting images on TV and other media.	Date a girl who does not share my commitment to Christ.	Try to find a loophole in the Covenant Eyes Software on my phone or computer.
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I make a covenant with God, my future wife and myself to be sexually pure so I will:

1. Memorize these verses above.
2. Submit to accountability by my peers, my pastors and my dad.
3. Only hold hands, appropriately hug and kiss any girls that I date.
4. Give my wife a pure mind, heart and body on our wedding night.

When I fail to keep this covenant, I will fall on the grace and mercy of God, and ask for His forgiveness, His cleansing, and His strength to repent and press on. *"If we confess our sins, he is faithful and just and will forgive our sins and purify us from all unrighteousness."* **1st John 1:9**

Signed: _____ Date: _____





PURITY CHECKLIST

It is wise to help an early teen establish clear boundaries **BEFORE** they face tempting or awkward situations. As soon as he or she begins taking an interest in the opposite sex spend time together walking through the following discussion checklist to create healthy expectations and goals. This checklist was created by the staff of HomePointe Ministry/ Inkling Productions. Use this Checklist as a start, but then create a Purity Checklist of your own. The point is, create clear expectations and present them in such a way that your child knows that you and God are for them, not against them.

THE PURPOSE OF DATING: Use the following statements to frame discussions with your teen when they might be ready to start dating.

WHAT DATING IS:

- Spending time with the opposite sex in order to discover a future spouse.
- Building a friendship without the physical bonds God reserves for marriage.
- A process intended for those approaching the age for engagement and/or marriage.

WHAT DATING IS NOT:

- A time to kiss, touch and enjoy other forms of physical intimacy before marriage.
- A status symbol among peers impressed by those with a boyfriend or girlfriend.
- A way to boost your own confidence through attention from the opposite sex.

MODESTY: Avoid causing temptation for others and demonstrate self-respect by establishing basic guidelines for dressing modestly such as...

- Fingertip length on girl's shorts and skirts
- Girls practice sitting (watch the back of bottoms)
- Swimsuit (jump up and down and make sure everything stays in)
- Girl's tops must fully cover breast/cleavage even when bending forward
- Girl's should wear a one piece swimsuit when swimming with boys
- Make sure guy's pants stay at the waist

ACCOUNTABILITY: In addition to parents, encourage your child to identify a close friend or two who shares similar values to help hold each other accountable to protect their purity.

DRAWING THE LINE: Coach your teen to decide now what he/she will and will not do in a relationship with the opposite sex. Discuss the following summary of the natural progression of physical intimacy. Decide together where to draw the line in order to protect purity and prevent a broken heart.

- Flirting
- Side hugs
- Frontal hugs
- Holding hands
- Arms around each other
- Cuddling
- Kissing
- French kissing
- Touching/caressing with clothes on
- Petting/groping under or without clothes
- Oral sex
- Sexual intercourse

DANGER ZONES: Create a list of strategies that will help them avoid potentially compromising situations including...

- Never be in a house with the opposite sex without parental supervision.
- Stay in family areas of the house. No going in bedrooms.
- Doors of the room you are in remain open.
- Come straight home after a date. No “parking.”

- Limit alone time to a set amount to give the relationship breaks.
- Date only a growing Christian.
- Only group date as friends until a designated age such as 16 or 17 years old.

EXIT PLAN: Create an easy way for your teen to flee a tempting or risky situation with the opposite sex. Discuss possible “code language” they might use when calling or texting for a ride home such as “I’m having a great time, but not feeling well.” This will alert you that they need to leave without embarrassing them in front of others.

GRACE: If your teen has already made mistakes such as viewing pornography or going too far with a boyfriend/girlfriend, read John 8 and ask God to help you model Jesus’ balance with the woman caught in adultery. You must clearly call the sin a sin so that they can receive grace through repentance. But offer hope by challenging him/her to start fresh and “go and sin no more.” Find an appropriate time to talk rather than react in the heat of discovering the sin. Coach them through the same steps to set new boundaries and accountability for the future. Offer grace and forgiveness, but also lead them in making a commitment from this point on to avoid further risk and harm to their purity.

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SAFEGUARDING YOUR HOME

PROTECTING YOUR CHILD FROM ONLINE THREATS

Did you realize that your child is in the average age window that children are first exposed to pornographic content on the internet? If you haven't already, you need to make sure that every device in your family is protected. Having unprotected devices in your home would be as if our parents had left explicit magazines lying around the house, expecting us to make good choices.

3 STEPS TO PROTECTING YOUR CHILD ONLINE

1. **Talk to your child about using their devices.** Discuss how they should never give out personal information or chat with strangers. Have an age-appropriate conversation about pornography. Stress how important it is to let you know if they come across inappropriate content. Make sure they know you are a safe person to talk to about what they've seen. For help in talking with kids about pornography, check out Good Pictures/Bad Pictures and Good Pictures/Bad Pictures Jr. by Kristen Jenson, M.A. and Gail Poyner, PhD. There are also great resources at family.org and covenanteyes.com.
2. **Set boundaries for internet usage.** Require that all internet usage be done in a central area of the house where parents and other family members will be. Do not allow surfing while you are not home, including homework which typically requires a lot of need for google images.

Do not allow devices in a child's room - they should not need privacy to be on the internet.

3. **Protect your devices with a content blocker and report generator.** There are several companies that provide these services/software. Focus on the Family partners with *Net Nanny* and *Forcefield*. *Covenant Eyes* is used by many families at Eastview. These programs will not only block content, but will also send accountability reports on everyone's usage in the family. You should also go into the settings of each device and determine the restrictions for that device, which is then protected by a 4 digit PIN.

Commit yourself to being intentional about being a gatekeeper for your child's heart and mind - no apologies. It will be impossible to protect them entirely, but these simple steps are a good start toward giving them a good shot at never knowing the dark world of a porn addiction.

Get answers to your toughest parenting questions in this new free course. Mark Gregston's "Tough Guys and Drama Queens" course is now available absolutely free!!

How you choose to navigate your child's teen years is one of the most important factors in how they learn and grow into adults, and your relationship with them now will set the course for years to come.

Whether you're in the middle of your teen's adolescent years and struggling with how to connect with them, or preparing for the years ahead, you're in the right place.

For almost 40 years, Heartlight Ministries has been passionate about guiding kids and parents through the turbulent teenage years. Tough Guys and Drama Queens has been a huge part of that mission, and we're thrilled to be able to offer it now, to you, as a free online course!

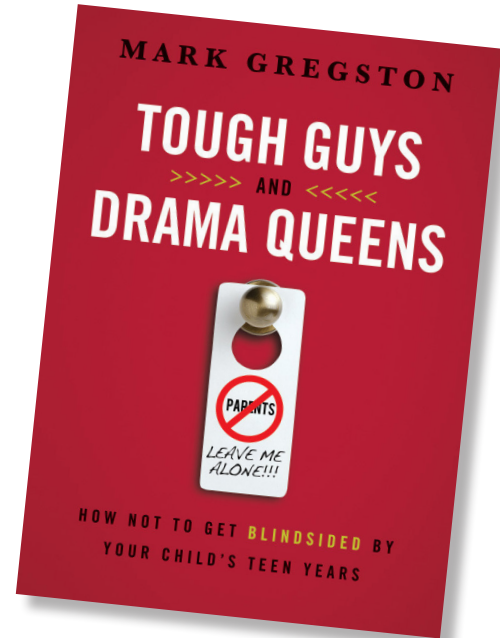
This two-week course will reveal:

- why traditional parenting techniques aren't as effective as they used to be
- the pressures teens face in today's culture
- how to build a stronger relationship with your teen throughout these years.

Enjoy Tough Guys and Drama Queens, and remember: God is the one truly in control of your teen's life. Your job is to help them through it.

For more information go to:

facebook.com/parentingteens/posts/10154830885106892



THIS YEAR'S PARENTING PLAN SUMMARY/CHECKLIST

WEEKS TO GRADUATION: 260 and counting
PHASE PARENTING PHRASE: Affirm Their Personal Journey

*“But among you there must not be even a hint of sexual immorality,
or of any kind of impurity, or of greed, because these are improper for God’s holy people.”*

Ephesians 5:3

- Read the contents of this booklet and the tri-fold Phase Summary that comes with this booklet.
- Write a letter to my child.
- Plan some occasions to discuss purity with my child, using the Checklist and Purity Commitment
- Pray & read the Bible with my child daily
- Get parental protection/accountability software on all our devices this year, including my own
- Follow This Year’s Marriage Plan below. *(We know not every parent is married. We don’t mean to offend by including this segment.)*

THIS YEAR'S MARRIAGE PLAN

Each year we want to encourage you to make a plan to keep your marriage healthy. One of the most important gifts you'll give to your child is the love you give to your spouse. When mom and dad love each other and demonstrate the traits of a healthy (NOT PERFECT!) marriage, it not only sets a good example of a godly marriage, but gives them a greater sense of security and well-being. Andy Stanley in [The Principle of the Path](#) writes "We don't drift to good places." (Thomas Nelson, 2008). Good marriages require intentionality. Use the plan below to make an intentional effort in your marriage this year. Read [The Best Us](#) by Ted Lowe (©MarriedPeople 2016) for a full explanation of Have Serious Fun! Love God First; Respect and Love; Practice Your Promise.

Have Serious Fun! Date Night Scheduling: Grab your calendars and mark at least TWO date nights for each month and PROTECT those dates. Remember that you were boyfriend and girlfriend before you were dad and mom, and have fun together! No family administration discussions! For extra fun, watch for sponsored "Date Nights" by Eastview's Marriage Ministry. Each date night, you swing by the church to receive your plans for the evening.

Love God First - Faith Practices 101: Research finds that couples who pray together at least twice a week have a divorce rate of less than 1% (HomePointe). Commit to praying as a couple at least twice a week. Plan which worship service the two of you will attend together each week – don't "divide and conquer" in order to volunteer.

Love and Respect - Write an Annual Letter: Write a letter to your spouse for your anniversary this year, much like the one in this booklet that you will write to your child. Write a letter of memories from this past year, affirmations, prayers and promises to each other.

Practice Your Promise - Personal Growth: Set a "secret goal" to grow as a spouse, such as "listening better," "praising her in public," or "initiating romance." Write it down and seal it in an envelope or save it on your phone. When you receive next year's booklet, open the envelope or file and assess your progress.

Invest in Your Marriage: Join an email blog like [lesandleslie.com](#), choose one book to read this year, or choose a small group study on marriage. The Eastview Family Resource Center, Eastview Marriage Ministry and RightNow Media have many helpful events and resources.




STEP-BY-STEP

WE BELIEVE THAT EVERY PARENT
WANTS TO BE A GOOD PARENT.
WE CAN HELP YOU TAKE THE NEXT STEP.

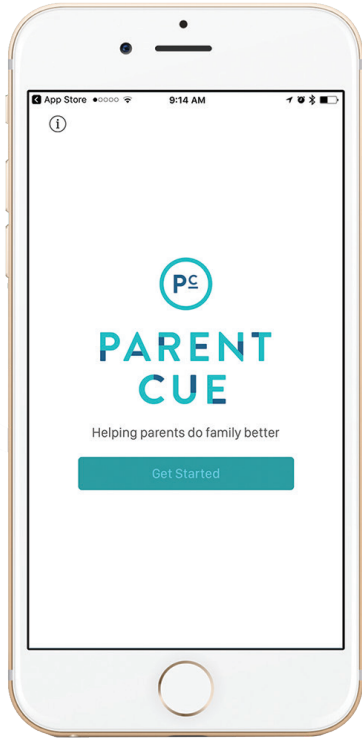
STEP-BY-STEP PLAN: As a part of our Eastview Church Family, we never want you to feel like you have to parent alone. We want to come alongside you in your parenting journey and provide resources and relationships that can help you along the way. While this is certainly not the ONLY Christian parenting plan out there, and probably not even the best one, it is a way to raise your children in the faith over the years, with one specific focus a year.

FAMILY RESOURCE CENTER & EASTVIEW BOOKSTORE: However, you will have specific needs along the way that we do not cover in these booklets. You might have a child with special needs, or your child might be dealing with a specific issue, or you might need more creative ideas for family times together... whatever it is, we will do our best to offer helpful resources. Stop by our Family Resource Center on the lower level of the atrium. We can point you to great organizations like Focus on the Family (focusonthefamily.com) and others that give expert advice on all things family. We have topical cards that give you some quick advice on a variety of topics with recommended resources and next steps to take at Eastview. We highlight various books and resources to help with different aspects and seasons of parenting and marriage. Our Bookstore is also a wonderful resource for us at Eastview. Sure, you can buy books on Amazon, but at our bookstore, all of the books have been recommended by Eastview Staff and leaders and our helpful staff and volunteers are able to help you find the just right resource.



MEMBER CARE: At Eastview, we believe that the care of our members is very important. Because of this, we have different areas where we can assist our members needs, whether that be counseling referrals, help needs and family journeys.

- **CARE APPOINTMENTS:** We know that connecting to others for prayer and encouragement is a necessary part of our spiritual formation, especially in times of need. Care Appointments are scheduled times we have set aside to meet with you for pastoral care. We would like to hear your story, pray with you, and offer guidance on your next steps. To sign up for a care appointment visit eastview.church/membercare.
- **COUNSELING REFERRALS:** We want to help people connect to Christian Counselors when professional services are needed for healing and growth. For information on counselors in our area contact: Sara Thompson sthompson@eastview.church or 309.451.5057.
- **HELPS MINISTRY:** We depend on our small groups to help support one another and take care of one another's needs. For our church members that are not already in a small group, we can utilize our helps ministry team. This team can assist with meals, and limited transportation to our Sunday services during times of illness, hospitalization, new baby, or other life interruptions. For more information, please contact Nicki Green at ngreen@eastview.church or 309.451.5033.
- **CARE GROUP:** Eastview Care Groups range from support groups for parents with kids with autism to men's sexual integrity groups to divorce care to single moms groups and more. We keep a list of them at the Family Resource Center, or you can learn more about them at www.eastview.church/caregroups. For specific information, contact Jason Sniff at jsniff@eastview.church.
- **THE FAMILY ROOM:** Open on Sundays before, after and during services, our family room is a place to connect with caring staff and volunteers for prayer and encouragement.



DOWNLOAD THE PARENT CUE APP

As a parent, some of the most important things you do for your child don't happen in a single day. You make small deposits in their life week after week - over time. That's why the Parent Cue App gives weekly cues to help you make the most of the time you spend with your kid or teenager. This app is brought to us by The ReThink Group, producers of the Phase Summaries that come with these booklets, as well as the curriculum we use for our 4th & 5th Grade Ministry at ECC.



Easy encouragements to help your child start their day.



Ideas for meaningful talks on the way to soccer practice.



Conversation starters while grabbing drive thru tacos or sitting around the table.



Great reminders for ways to end the day on a great note.



Timely help for those moments that take you by surprise.

Do you have access to the **BIGGEST** Christian video library in the world?

Sign up for a **FREE** account
at EASTVIEW.CHURCH/RNM

BIBLE STUDY • ENTERTAINMENT • DISCIPLESHIP

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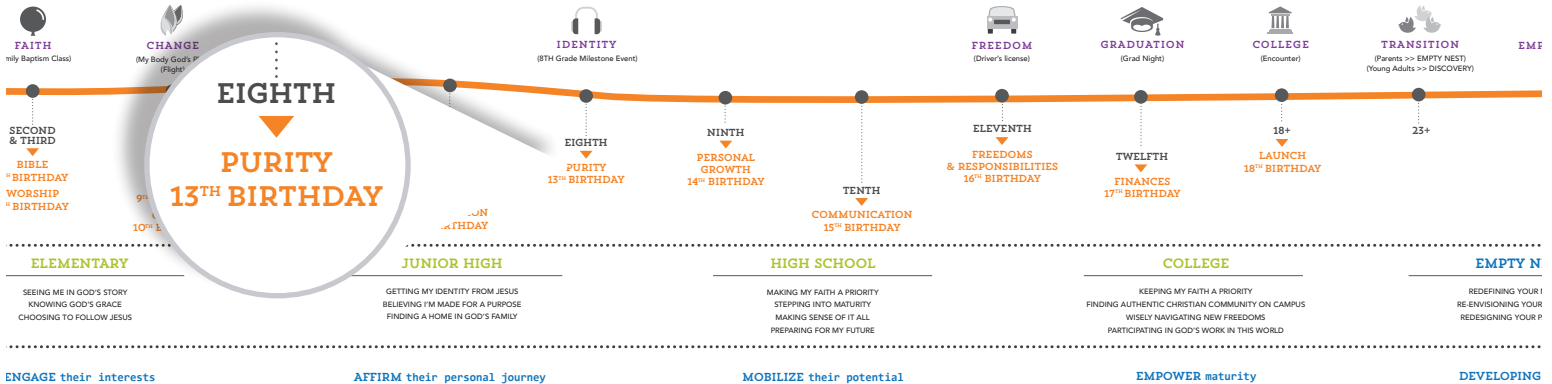
CHECK OUT THE VIDEOS FOR KIDS, YOUTH, PARENTING AND MARRIAGE!



EASTVIEW FAMILY RESOURCES

FAMILY MINISTRY MAP

LEGACY YEARS



AN INTENTIONAL PLAN FOR YOUR FAMILY. STEP BY STEP PARENTING FROM BIRTH THROUGH HIGH SCHOOL.

The Eastview Family Ministry Map is a bird's eye view of our strategy for helping families thrive. From the formation of families as young couples date, through the child rearing years, to the empty nest, we have a plan that families can follow to build strong marriages and pass on a legacy of faith to the next generation—one step at a time. For the full map, visit our Family Resource Center in the lower level atrium next to the bookstore.

SIGN UP FOR OUR PARENTING PLAN: TEXT "#PARENTPLAN" TO 309.808.6002

Each year on your child's birthday we will provide you with a new booklet to help you focus on one aspect of your child's life and spiritual formation. Each booklet contains helpful information on developmental milestones, simple ideas for passing on your faith in everyday rhythms, as well as practical ways to speak into their lives. Every parent wants to be a good parent. We can help you with the next step.