



## SEXUAL INTEGRITY INITIATIVE

A resource of CPYU and Project Six19

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# TEACHING KIDS TO WAIT

| By Dr. Walt Mueller

The Apostle Paul's words in I Corinthians 6:18 (NIV), "Flee from sexual immorality," conjure in my mind images of a person running out of and away from a burning building in an effort to not only avoid danger, but to save their own life. These are timely words for today's children and teens. Too many are staying in the sexual inferno as the building or their emotional, relational, physical, and spiritual health burns to the ground. But we must do more than tell them to "RUN!" We must tell them why. Kids should avoid premarital sexual activity not because we said so but because there are several good reasons.

### There are physical reasons for waiting.

Teens who choose to have sex risk doing great harm to their physical bodies. There are millions of teenagers in America who, thinking they were invulnerable and somehow immune, wound up with one or more sexually transmitted diseases or infections. Millions of others have gotten pregnant. Still others have had abortions. Kids need to know that "safe sex" is a lie. Using a condom isn't the answer to all of their fears: They have a 20 percent failure rate against diseases when used by teens, and they don't prevent pregnancy. The reality is, that even a short, random, few minutes of self-serving sexual pleasure is a choice that could radically change the rest of one's life.

### There are emotional reasons for waiting.

Teens who are sexually active often feel used. While this may sound crude, one promiscuous girl admitted she felt like a urinal on a men's-room wall. An endless parade of guys, caring nothing at all about her, chose to relieve themselves in her. We shouldn't be surprised at the emptiness that follows a premarital sexual encounter or the ending of a long-term relationship.



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God created intercourse to serve as a total expression of the lifelong commitment of marital love between one man and one woman. Take away the lifelong part, the commitment, or the love, and sex becomes empty, cheap, and purely mechanical.

**There are relational reasons for waiting.**

For six months Mandy told me about her new boyfriend. "Austin's wonderful. We do so many fun things together. I really do love him. But he keeps pressuring me to have sex. I told him I wanted to wait until I'm married." I told Mandy that she should walk away from the relationship immediately. Rather than take my advice, she continued on and eventually had sex with Austin. As is the case in most adolescent relationships where kids have sex, intercourse quickly became "the main course" whenever they spent time together. No longer were they doing those fun things that Mandy had enjoyed so much. "We don't communicate anymore," said Mandy. "All he ever wants to do is get physical." When premarital sexual activity starts – no matter what that activity is – the

foundation of the relationship quickly changes, even though the teenagers continue to spend time together.

Premarital sex also affects all of a person's future relationships, including their marriage. Every sexual relationship and partner that follows will be compared to previous partners. This comparison game can continue to haunt and follow a person right into the marriage bed.

Thanks to recent developments in brain research, we now know that this reality has been built into our brains by the God who made our brains to function in conjunction with our sexuality. For example, He has constructed our brains to release chemicals and hormones when we engage in sexual activity. Not only do these chemicals and hormones make sex enjoyable, pleasurable, and something we want to engage in over and over, but these same chemicals have been put there to "addict" us to our spouse. But when we step out of the bounds of marital sexuality, the same things occur. In effect, we become addicted even to casual hook-up partners.

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### There are future reasons for waiting.

Kids who have sex are putting their hopes, dreams, and plans for the future in jeopardy. None of them plan an unwanted pregnancy, birth, or disease. These aren't things that kids experience and magically forget. These things are life changers!

Premarital sex impacts the future in many ways. For example, girls who are sexually active prior to marriage face a higher risk of divorce and marital disruption than girls who are virgin brides. Those who become teenage parents are more likely to drop out of school, live in poverty, and forfeit all of their future plans. Teenage fathers will find themselves having to redirect the course of their lives to support their children.

Making the choice to engage in any kind of sexual activity outside the bounds of God's borders and boundaries for

His wonderful gift of sex and sexuality is always a choice that effects the rest of one's life in some way, shape, or form.

And most importantly, there are spiritual reasons for waiting. Premarital sex is sinful. Our children need to learn that while God is pro-sex, he is anti-sin. Making the choice to enter into a premarital physical union with another person is also a choice to drive a wedge into the spiritual union one has with God.

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For additional information or resources to help kids navigate their sexuality, visit the Center for Parent/Youth Understanding and Project Six19's Sexual Integrity Initiative website at [SexualIntegrityInitiative.com](http://SexualIntegrityInitiative.com).

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