

# SAMPLE FAMILY PLAN

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*for dealing with pornography*

**Conquerors through Christ** exists to help people **reject, resist,** and **recover** from the wreckage of pornography and addiction and help more people **rejoice** in God's good gift of sex as it was designed to be used.



The **Parent Support System** is a suite of products designed to help parents gradually nurture their child's sexual character. These resources give parents the tools they need to engage their children early and often with age-appropriate information.

**Thank you for using and sharing this resource!**

## ***Introduction***

“My mom’s going to kill me!” Very few mothers kill people, but many children have shouted this phrase right after they mess up. Often, children avoid telling parents that they’ve seen sexual content because they’re afraid of what might happen next. Use this sheet to plan ahead for how you’ll handle situations when a family member acts in a way outside of God’s plan for sex.

## ***Rationale***

God has a plan for sex: that a man and woman enjoy sex in a marriage. God’s plan for sex is powerful in a good way. When sex doesn’t go according to God’s plan it is just as powerful in a bad way. In this respect, sex is kind of like fire. Fire in a fireplace is powerful in a good way. Fire that doesn’t go according to plan can be powerful in a bad way.

We need to talk about what to do when we encounter sex outside of God’s plan just like we need to talk about what to do if a building catches on fire. If we don’t talk about it, we’ll get burned! So, we talk about it to get healing, comfort, and to appreciate the beauty and power of God’s gift.

## ***Instructions***

Work on the examples that are already listed first, for practice. Start at the top and work your way to the bottom. You may find it helpful to choose Bible verses from the bank below. Once you’ve finished the examples, there are blank pages for you to add your own situations. To help you come up with situations, here are a few additional questions:

- **In what ways have you seen examples of sex that don’t follow God’s plan?**
- **In the past, which situations have been hard to talk about?**
- **What makes me really nervous to talk about?**
- **How is this situation different from sex in a committed marriage?**
- **What questions might I have after this situation?**
- **What problems might this cause if I never talk about it with someone?**
- **How could this situation hurt me?**

**Sample:**

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
EXAMPLE: I saw sexual content on accident.	<p>That image can stick in my memory for a long time. I might get curious about what I saw and look for more.</p> <p>1 Corinthians 6:18 Flee from sexual immorality.</p>	<p>Jesus and his love and forgiveness will be with me forever.</p> <p>Matthew 28:20 I am with you always to the very end of the age.</p>

<b>Plan</b>   What will our family do when this happens?
<p>Tell Mom/Dad as soon as possible.</p> <p>Mom/Dad will review the Bad News/Good News.</p> <p>Mom/Dad will check the filters on all our internet and tv settings.</p> <p>Child will be sure to tell mom or dad if anything else comes up.</p> <p>Pray together.</p>

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
I looked up sexual content on purpose.		

<b>Plan</b>   What will our family do when this happens?
<p>Tell Mom/Dad as soon as possible. Mom/Dad will review the Bad News/Good News.</p> <p>Because of God's love this is our plan:</p>

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
I heard something about sex that doesn't sound right.		
<b>Plan</b>   What will our family do when this happens?		

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
I feel guilty about something I saw.		
<b>Plan</b>   What will our family do when this happens?		

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
I feel guilty about something I said or did.		
<b>Plan</b>   What will our family do when this happens?		

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
I was touched in a way that made me feel uncomfortable.		

**Plan** | What will our family do when this happens?

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)
I've learned sexual words that I don't fully understand.		

**Plan** | What will our family do when this happens?

<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)

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<b>Situation</b>   What happened that you encountered sex outside God's dream for you?	<b>Bad News</b>   What could be harmful about this situation? (Add a Bible passage!)	<b>Good News</b>   How does Jesus overcome this bad news? (Add a Bible passage!)

**Plan** | What will our family do when this happens?

## Bad News Passages:

*Ephesians 5:3* 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.

*1 Corinthians 6:18* Flee from sexual immorality.

*Job 31:1* I have made a covenant with my eyes not to look lustfully at a woman.

*Psalms 101:3-4* I will set before my eyes no vile thing... men of a perverse heart shall be far from me; I will have nothing to do with evil.

*Hebrews 13:4* Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

*Matthew 5:28* I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

*Mark 7:22-23* Adultery, greed, malice, deceit, lewdness, envy, slander, arrogance, and folly: all these evils come from inside and defile a person.

*1 Thessalonians 4:3-5* It is God's will that you should be sanctified: that you should avoid sexual immorality, that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans who do not know God.

*1 Corinthians 6:13* The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body.

*1 Corinthians 6:19-20* Do you not know that your bodies are temples 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 bodies.

*Ephesians 4:18-19* They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

*Psalms 32:3* When I kept silent, my bones wasted away through my groaning all day long.

## Good News Passages:

*1 John 1:9* If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

*Psalms 51:7* Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

*Psalms 32:1-2* Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.

*Psalms 32:5* Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord" and you forgave the guilt of my sin.

*Psalms 51:12* Restore to me the joy of your salvation and grant me a willing spirit to sustain me.

*Psalms 103:10-11* He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgression from us.

*Isaiah 1:18* "Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."

*2 Corinthians 5:21* God made him who had no sin to be sin for us so that in him we might become the righteousness of God.

*John 19:30* Jesus said, "It is finished." (The phrase "it is finished" can also mean "the debt is paid in full.")

*Daniel 9:9-10* The Lord our God is merciful and forgiving, even though we have rebelled against him; we have not obeyed the LORD our god or kept the laws he gave us.

*Romans 3:23-24* All have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus.

*John 1:29* The next day John saw Jesus coming toward him and said, "Look the Lamb of God who takes away the sin of the world!"