

# 05 Singleness & Intimacy

## PARENT GUIDE

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### **BIG IDEA:**

Help youth value meaningful relationships as single people. Even if they are currently dating, we want them to value and learn to build intimate non-sexual relationships that have depth and meaning.

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### 5 Minute Check-In with Yourself and/or Your Spouse:

1. When you discuss marriage in the home, do you say things like "When you get married" or "If you are called to marriage?"
  2. Have you ever communicated to your kid(s) that they don't have to get married to live a God-honoring and happy life?
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### 5 Minute Check-In with Your Child:

1. What stood out to you in this week's teaching and/or small group time?
  2. What does it mean for you to live a flourishing life?
  3. Have you ever considered, before this week's talk, what you could do with your singleness? Why or why not?
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### Tips for Further Conversation:

In the Christian worldview, flourishing is about realizing our potential as human beings made in the image of God. It's about becoming fruitful, creative, and relational human beings who find our identity in Jesus Christ.

Our responsibility as parents is to be a safe place where we can help our children explore their faith, understand their sexuality, and learn what it means to experience intimacy with the one who created us.

Maybe this is not what was modeled to you growing up. If so, I am sorry.

Maybe this is something that you've not yet done much in your own home. Please know that it is never too late to start! You can take it little by little, step by step. It doesn't need to be done all at once.

You have the ability to show that singleness is not a curse. It can be a gift your child receives joyfully. Many youth have grown up with the notion that marriage is the epitome of the Christian lifestyle—the crème brûlée of Christian delicacies. Even if you didn't grow up in a Christian household, you were likely immersed in the assumption that marriage was THE most substantial relationship you could enter into.

But now, you have an opportunity to communicate an important truth to your child: singleness is a gift (1 Corinthians 7:7, 32, 34). There is real intimacy available to singles that brings lasting joy and satisfaction. That intimacy is found in Jesus.

Remember this principle as you engage in these conversations with your child over the next several days, weeks, months, and years.

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### Additional Resources:

**HANDOUT:** 7 Thoughts on Talking to Your Children About Sexuality

**TOOL:** Weekly devotional

