

- **Remove the shame.** This is perhaps the most important gift we can give our children when talking to them about a subject that can be awkward to navigate. It's critical that our young people understand that their sexuality is nothing to be ashamed of; it is a God-given gift to be enjoyed within the boundaries He has established.
- **Look away.** Noticing an attractive person is not sinful, it is normal. But looking again or even looking for several seconds for the purpose of indulging the flesh nature is lust. *Turn my eyes away from worthless things; preserve my life according to your word. Psalm 119:37.*
- **Leave/avoid the situation.** If the temptation in the environment or situation becomes too powerful, leave if possible, and avoid especially tempting environments. *Flee from sexual immorality. 1 Corinthians 6:18.*
- **Thought replacement/ prayer.** The mind is where the battle for sexual purity is won or lost. Remember, noticing a person's beauty or attractiveness is not sinful, but the thoughts that follow, if not taken captive, can easily turn to fantasizing and objectification of that person. By definition, the word lust means *to covet*, which means that lusting is selfish. When all that is noticed about someone is their sexuality, that person is being dehumanized and becoming an object to satisfy another person's desires. When we teach our young people to pray for the person they are attracted to, we're teaching them to humanize the person. The prayer could be as simple as, "God, I hope that person has a nice day." Or they could pray for their future spouse, "God, thank you for creating beauty and I thank you in advance for the spouse you have created for me." Praying these Scriptures has also proven to be helpful in battling the temptation to lust: *Psalm 51:10, Philippians 4:8, 2 Corinthians 10:5.* And, of course, we as parents need to be praying for our children's purity.