

BECOME *Disciples*

BE ONE • MAKE ONE •

SEXUAL INTEGRITY TEST

YOUTH EDITION

A Self-Examination

From Mike Matumaini
and Become Disciples



“Don’t let anyone despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.” 1 Timothy 4:12 CSB.

This is not about being perfect. It is about being honest with God. Growing up means new feelings, new curiosity and new attraction. That is normal, and God made you that way. Feeling tempted is not a sin; Jesus was tempted too. What matters is what you do with it.

Take your time. Be honest.

God already knows, and He is not shocked.

READ THIS FIRST

- This is between you and God, but you don’t have to carry anything alone. Talk to a parent, youth leader or another adult you trust.
- If anyone has pressured you, touched you in a way that felt wrong, sent you sexual messages or pictures, or asked you for photos, **that is not your sin**. It is not your fault, and you will not be in trouble for telling. Tell a trusted adult as soon as you can.
- If you are under 18, sexual images of you are illegal for anyone to ask for, keep or share. If a photo of you has been shared, the eSafety Commissioner (esafety.gov.au) can help get it removed.
- You can talk to Kids Helpline any time, day or night, on 1800 55 1800.
- God’s conviction draws you closer. Shame makes you hide. If you feel crushed, that isn’t the Holy Spirit.

MY HEART

Everything starts on the inside.

1. Do I think God’s rules about sex are there to spoil my fun?
2. Do I believe I need a boyfriend or girlfriend to be happy or worth something?
3. Do I tell myself “everyone does it” so I don’t have to change?
4. Am I willing to let Jesus be in charge of this part of my life?

Reflection: Is there any part of this I’m keeping from God?

MY THOUGHTS

Jesus said purity starts in the mind (Matthew 5:27–28).

5. When a wrong thought comes, do I push it away, or do I let it stay?
6. Do I daydream about things I know God wouldn’t want?
7. Do I use those thoughts to escape when I’m bored, lonely or stressed?
8. Do I tell myself it doesn’t matter because “it’s only in my head”?

A thought you feed grows. A thought you hand to God loses its grip.

WHAT I WATCH AND SCROLL

9. Do I follow accounts or watch shows that make sexual stuff seem normal?
10. Do I keep scrolling when I know I should stop?
11. Have I looked at pornography, or gone looking for it?
12. Would I be comfortable if Jesus was sitting next to me watching my screen?
13. Do I delete my history so no one will know?

What you keep looking at slowly shapes what you want.

FRIENDSHIPS AND RELATIONSHIPS

14. Am I in a relationship my parents or leaders don't know about?
15. Do I flirt or chase attention to feel wanted?
16. Have I sent, asked for, or kept pictures or messages I'd be ashamed for others to see?
17. Is anyone, especially someone older or someone I only know online, asking me to keep our chats secret? **(If yes, please tell a trusted adult. That is a warning sign, not a friendship.)**
18. Do I treat people as people, or as bodies?

Secrets are where trouble grows. Healthy friendships don't need hiding.

MY BOUNDARIES

"God is faithful... He will also provide the way out" (1 Corinthians 10:13).

19. Do I go places, online or in person, where I know I'll be tempted?
20. Is my phone in my room behind a closed door late at night?
21. Have I set limits before I'm in the moment, or do I just hope I'll be strong?
22. Do I have someone who is allowed to ask me hard questions?

Wise people don't test how close they can get to the edge. They stay away from it.

BEING HONEST

23. Is there something I've done that I've never told God about properly?
24. Do I say sorry to God but keep doing the same thing?
25. Do I only admit things when I get caught?
26. Do I think, "God will forgive me anyway," so it doesn't matter?

Hiding keeps you stuck. Honesty is the first step to freedom.

WHICH WAY AM I HEADING?

Look at the direction, not perfection.

- 27. Am I more honest with God than I was last year?
- 28. Are my boundaries getting stronger or weaker?
- 29. When I mess up, do I run to God or away from Him?
- 30. Do I want more of God than I used to?

Growth is about direction before it's complete.

FINAL HEART CHECK

- 31. Is there anything I'd ask God not to look at?
- 32. What is the Holy Spirit gently asking me to hand over to Him?
- 33. Who is one trusted adult I could talk to this week?

CLOSING PRAYER

Jesus,
You are holy, and You love me.
I bring You my thoughts, my phone, my friendships and my past.
Forgive me where I've gone wrong.
Help me say no to what pulls me away from You,
and give me courage to be honest.
I want to follow You with my whole life.
Amen.

REMEMBER THIS

- Purity isn't about pretending you have no feelings. It's about giving them to God.
- You are not your worst mistake. Jesus has the final word on you.
- Grace forgives you. Obedience keeps you free.

"It is for freedom that Christ has set us free." (Galatians 5:1)

NOTE FOR PARENTS AND YOUTH LEADERS

Use this one on one or privately, never in a group where answers could be shared. If a young person discloses abuse, pressure or image sharing, follow your church's child safe policy and your mandatory reporting obligations. Don't promise to keep it secret, and don't investigate yourself.

