

Premarital Mentor Supplement

Integrating Sexual Purity & Christ-Centered Discipleship

(To Be Used Alongside Tying the Knot – Rob Green)

This supplement is designed to help mentors coach engaged couples who have identified sexual purity as a struggle. It provides theological framing, practical tools, and coaching questions to be woven throughout the 8 sessions of *Tying the Knot*. Use this as a **discipleship overlay**, not a replacement.

Big Picture Framework for Mentors

Before the sessions begin, anchor couples in this:

Two Gospel Anchors

All growth in purity flows from two realities:

1. Power to Change

“If anyone is in Christ, he is a new creation.” (2 Cor 5:17)

Faith produces repentance. Repentance produces obedience. Obedience flows from grace.

2. Passion for Jesus

“In your presence there is fullness of joy.” (Ps 16:11)

Purity is not rule-keeping — it is preferring Christ over competing pleasures.

Mentors are not merely behavior coaches.

You are **heart shepherds**.

Session Integration Guide

Session 1 – *Jesus Must Be the Center of Your Life*

Purity Emphasis:

Purity begins with **lordship**, not boundaries.

Key truth to surface:

Who is functionally on the throne of your heart — Jesus or desire?

Mentor Questions:

- What does repentance look like in your life right now?
- Where have you seen the gospel actually change your behavior?
- Is obedience something you see as *joyful* or *restrictive*?

Tool to Introduce:

First Tool – Worship (Teach them to redirect desire, not just suppress it.)

Teaching: Here's one of the most important principles in the fight for purity:
we don't just suppress desire — we redirect it.

God didn't make you a sexual being by accident.
Desire itself is not the enemy.
Disordered desire is.

So instead of just saying *no* to temptation,
we train people to say a deeper *yes* to God.

In moments of temptation, we teach them to pray like this:

'Lord, thank You for making me a sexual being.
I choose to associate my sexuality only within marriage.
Until then, be infinitely personal and intimate with me.'

That prayer doesn't shame desire.
It **re-aims** desire.

You're not just denying the flesh —
you're **cultivating intimacy with Christ**.

And over time, what you enjoy most
is what shapes you most."

Session 2 – *Love with Jesus as the Center*

Purity Emphasis:

Biblical love protects, not consumes.

Key truth:

Love seeks the other's holiness, not just their body.

Mentor Questions:

- How do you show love without arousal?
- Do you treat each other more like lovers or like brother/sister in Christ?

Tool:

Limit Alone Time

Temptation thrives in isolation.

Coach:

- Public dates
- Living rooms, not bedrooms
- Zoom instead of private time

Teaching: Here's another critical tool in the fight for purity:
know your alone-time threshold.

Temptation thrives in isolation.
Not because people are evil —
but because private environments lower resistance.

So we coach couples to be honest about this:
bedrooms are never helpful.

Start with living rooms, not bedrooms.
But if even living rooms keep leading you toward temptation,
that tells you your threshold is lower than you thought.

So what do you do?
You move the relationship into the public eye.

That means:

- Public dates
- Coffee shops
- Group hangouts

And if you need to meet late at night,
or talk through serious things in private,
choose **Zoom instead of physical space.**

This isn't about mistrusting your heart.
It's about **being wise with your environment.**

You don't fight temptation at the point of failure —
you design your life to avoid the battlefield altogether.”

Session 3 – *Problem Solving with Jesus as the Center*

Purity Emphasis:

How couples handle temptation reveals their theology.

Mentor Questions:

- What are your highest-risk moments?
- What patterns keep repeating?

Tool:

Bounce & Reform the Eyes (Job 31:1)

Teach:

- Bounce the eyes
- Pause
- Pray
- Reframe: *image-bearer, not object*

Teaching: Now let's make this very practical.

The tool is called:

Bounce and Reform the Eyes — from Job 31:1:
I have made a covenant with my eyes.’

This means four simple steps.

First, **bounce the eyes.**
No second glance.

Second, **pause.**
Interrupt the moment instead of drifting into it.

Third, **pray**.

And here are two prayers you can actually use:

First prayer — redirect desire toward God:

‘Lord, thank You for making me a sexual being.

I choose to associate my sexuality only within marriage.

Until then, be infinitely personal and intimate with me.’

Second prayer — reform the way you see people:

‘Lord, help me honor You in this moment.

Help me see this person as made in Your image,

not as an object of my desire.’

Fourth, **reframe**.

This person is an **image-bearer, not an object**.

You’re not just trying to stop lust —

you’re training your heart to love rightly.

That’s not suppression.

That’s spiritual formation.”

Session 4 – *Roles & Expectations*

Purity Emphasis:

Leadership = self-control.

Key truth for men:

A godly husband is battle-tested in the war against his flesh.

Mentor Questions:

- Question for groom: How do you lead spiritually in temptation?
- Question for couple: What disciplines shape your self-control?
- Question for groom: What type of reinforcements do you need to tap into to shore up your weakest moments?
- Question for bride: What are ways you can help your future husband pursue purity?

Teaching: Let’s talk about roles, because roles matter in the pursuit of purity.

Here's the key truth:

Leadership equals self-control.

For men, this means something very specific.

A godly husband is not just loving —
he is **battle-tested in the war against his own flesh.**

Biblical leadership starts with self-leadership.

If a man cannot lead himself in temptation,
he will not be able to lead his marriage in holiness.

So here's the first question for the groom:

How do you lead spiritually when you're tempted?

Do you pray?

Do you flee?

Do you call accountability?

Do you take initiative to shut down risky situations?

Second question for the couple:

What spiritual disciplines are shaping your self-control?

Prayer?

Scripture?

Fasting?

Accountability?

Worship?

Self-control doesn't happen accidentally —
it's trained.

Third question for the groom:

What reinforcements do you need to shore up your weakest moments?

More accountability?

Stronger boundaries?

Tech filters?

Less isolation?

And finally, a question for the bride:

How can you help your future husband pursue purity?

By honoring his boundaries.

By not pressuring him sexually.

By encouraging spiritual leadership.

By supporting accountability instead of resisting it.

Here's the bottom line:

Purity is not just personal — it's relational.

A man leads with self-control.

A woman supports that leadership with wisdom and respect.
And together, you train for holiness now
so you can lead with strength later.”

Session 5 – *Communication*

Purity Emphasis:

Hidden sin dies in silence.

Tool:

Same-Gender Accountability

Repeat:

“Without accountability, I am dead.”

Teach Hebrews 10:24–25 and Galatians 6:1–3

Teaching: Biblical accountability is not just confession and prayer.
It is **surgical restoration, not confession loops.**

You want same-gender accountability not only to **confess to** and **pray with**,
but to help you **shore up your weakest moments.**

That means letting trusted brothers or sisters:

- Help you identify your most vulnerable patterns
- Name the situations that make you most susceptible to temptation
- And then intentionally close those gaps together

In other words, accountability is not just:

“I sinned, pray for me.”

It is:

“Here’s where I’m weak — help me change my structure, not just my feelings.”

That’s what Galatians 6 means by **“restore such a one.”**

It’s getting close, careful, and intentional —
bearing with one another to remove habitual sin
so that real freedom can grow.

Session 6 – *Finances*

Purity Emphasis:

Stewardship reveals idolatry.

Coach with these questions:

- Are finances, comfort, or housing being used to justify sin?
- Is “*We can’t afford to live separately*” actually a financial issue — or a spiritual one?

Teaching: Often what sounds like a practical problem is really a **heart problem**.
Comfort, convenience, and money can quietly become idols that excuse disobedience.

For example, couples may say:

“Driving home late isn’t practical — we’re up late planning the wedding and our future.”

Mentor response:

You may not be able to afford the inconvenience —
but you **cannot afford the spiritual risk** if it leads to sexual immorality.

So instead of asking, “*What’s easiest?*”
help them ask, “*What’s wisest for our holiness?*”

Practical alternative:

Suggest **Zoom or FaceTime evenings** for planning and connection,
so intimacy stays relational and spiritual — not physical and tempting.

Good stewardship doesn’t ask,
“*What can we get away with?*”

It asks,
“*What best protects our obedience and future marriage?*”

Session 7 – *Community*

Purity Emphasis:

Holiness is communal.

Teach: Grace does not excuse sin — grace empowers change.

Mentor questions:

- Who knows your full story?
- Who has permission to confront you?
- Who is praying for you and who can you quickly call or text for prayer in moments of temptation?
- Who do you have in your life to confess moral failures and who can clearly remind you the Gospel and beauty of forgiveness after godly sorrow leads to confession in 1 John 1:9?

Teaching: Let's talk about community, because this is where purity actually becomes sustainable.

Here's the key truth:

Holiness is not a solo project. It is communal.

God never designed us to fight sin alone.

Isolation weakens us.

Community strengthens us.

And here's something important to remember:

Grace does not excuse sin — grace empowers change.

Grace is not God saying, 'It's okay, just try harder next time.'

Grace is God saying, 'I forgive you, and now I will give you the power to walk differently.'

So here are the questions every couple needs to answer:

Who knows your full story?

Not your highlight reel — your real story.

Who has permission to confront you?

Not just comfort you, but lovingly challenge you.

Who is praying for you?

And who can you quickly call or text in moments of temptation?

Who do you confess moral failures to?

And who can clearly remind you of the gospel when you fall?

Because 1 John 1:9 tells us that when we confess our sins,
God is faithful and just to forgive us and cleanse us.

That's community.

Not perfection.

Not pretending.

But honest people, walking in the light,
helping each other pursue holiness together.

Session 8 – *Intimacy*

Purity Emphasis:

Sex is covenantal, not chemical. **Sex is covenantal, not chemical.**

Teaching: God designed sexual intimacy to operate inside a covenant, not just a body.

Science shows us part of how this works:

- **Oxytocin** = bonding hormone (creates emotional closeness and trust)
- **Vasopressin** = attachment hormone (strengthens long-term pair bonding)

These chemicals are powerful — they literally *tie hearts together*.

But here's the key:

Outside of covenant, bonding still happens — but without security.

That's how you get attachment without protection, intimacy without permanence, and desire without stability.

Use the River Metaphor:

Sexual desire is like a powerful river.

- **Inside the banks of marriage**, it nourishes, strengthens, and brings life.
- **Outside the banks**, it overflows and destroys — causing emotional confusion, spiritual damage, and relational pain.

The problem isn't the river.

The problem is when it's not stewarded within its God-given channel.

Practical Formation Tools (Not Boundary Talks)

For mentors, this session isn't about enforcing abstinence —
it's about **training couples for lifelong sexual faithfulness**.

Even sexually active couples need this question:

“How will you handle future seasons of involuntary abstinence (C-sections, illness, postpartum recovery, work travel) if you haven’t learned how to steward desire now?”

If they’ve never learned to govern desire spiritually, those seasons become dangerous instead of formative.

Additional Tool: Digital Stewardship

Because desire today is constantly fueled digitally, help couples keep the river within its proper channels by using **internet accountability tools** on *all devices*:

- **Covenant Eyes**
- **Mobicip**
- Filters and reporting on phones, laptops, tablets, and TVs

These tools don’t replace the heart — but they *support the heart* by removing unnecessary temptation and secrecy.

They help keep desire **directed toward covenant, not consumption.**

Core Takeaway for Mentors

Intimacy is not about chemistry.
It’s about covenant.

This session is about forming couples who can say:

“We don’t just feel desire —
we steward desire for the long game of faithfulness.”

Pornography

Use **Freedom Fight Group**

Steps:

1. Confess

2. Repent
3. Remove access
4. Install accountability
5. Join group

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