

Grace Bible Church – Premarital Mentor Workshop Handout

This handout is designed for mentors who listen to the audio version of the Grace Bible Church premarital workshop. It compiles the core teaching content so you can coach engaged couples—especially those who have struggled with sexual immorality—toward Christ-centered purity. Use it alongside the audio to take notes, fill in key ideas, and guide discussion.

Instructions for Use

1. **Follow along with the teaching blocks** in the audio workshop. Each block below corresponds to a teaching segment.
 2. **Read the key points and examples** under each block to reinforce the message.
 3. **Use the questions** (without answers) at the end of each block to prompt thoughtful conversation with couples.
 4. **Apply the tools** described to help couples set boundaries, form habits and pursue purity with joy and grace.
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Block 1 – Christ at the Center of Joy

Curiosity Hook

Many people think God is restrictive, joyless or only concerned about rules. In reality God is **the author of the highest, most life-transforming joy**. His presence can make even the most broken or ordinary person experience joy they never thought possible. Christ is *not* a cosmic “buzzkill”; He is the source of true fulfillment.

Key Teaching Points

- **God’s Presence Brings Joy** – Christ is the author of the highest joys His children can experience. There is “fullness of joy” in His presence (Psalm 16:11).
- **God Transforms Lives** – When God shows up He redirects the trajectory of even the most wayward sinner.
- **Preferring God’s Presence Over Sin** – Purity flows from a desire to enjoy God personally over indulging sin. Choosing holiness is not legalism but a choice to delight in Christ.

Biblical Examples

- **Abraham (Genesis 12; cf. Joshua 24:2)** – Abram worshipped other gods in Ur of the Chaldeans. God’s presence called him out, redirected his life and made him the father of faith.
- **David (1 Samuel 16–17; Psalms 22; 27)** – Overlooked by his family, David found his identity in God’s presence. He slew wild animals and giants not by his own strength but because God is a conqueror and transforms weaknesses into victory.

Scripture to Reference

- **Psalms 16:11** – “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”
- **John 17:3** – “This is eternal life: that they know You, the only true God, and Jesus Christ whom You have sent.” Purity is not legalism but enjoying a relationship with the living God.

Mentor Notes / Takeaways

1. **God’s presence safeguards joy** – even in the face of temptation or past mistakes, choosing His presence protects and restores true joy.
2. **Encourage couples to choose God over fleeting pleasure** – obedience is not restriction; it leads to peace, freedom from guilt and lasting fulfillment.
3. **Purity is a pathway to experiencing Christ fully** – sexual purity and obedience are avenues to deeper intimacy with God.

Discussion Questions for Couples

1. **How would you describe Christ to a couple who sees Him as restrictive or joyless?**
2. **Why is God’s presence life-changing in the stories of Abraham, Moses and David?**
3. **What does it mean to prefer God’s presence over the presence of sin? How can couples live that out?**

Block 2 – God’s Design for Sexuality

Question

What if the very biology God designed in us—our hormones, our feelings, our desire—can either build a thriving marriage or tear a relationship apart depending on how it’s stewarded?

Key Teaching Points

- **Sex as God’s Gift** – Sexual intimacy is a gift from God meant to bond husband and wife physically, emotionally and spiritually. The Song of Solomon celebrates marital love

with delight, admiration and mutual praise. Scripture (Genesis 2:24; Hebrews 13:4) clearly places sexual intimacy within the covenant of marriage.

- **Visual Metaphor: the Wedding Band** – A gold ring represents security, safety and the covenant relationship that protects sexual intimacy. Marriage is a safe place where husband and wife can give themselves fully without fear of betrayal.
- **Science Confirms God’s Wisdom** – During sexual intimacy the brain releases oxytocin (“bonding hormone”) and vasopressin; these hormones create emotional and physical attachment. Outside of marriage, these bonding triggers activate without covenant security, leading to confusion, heartache and betrayal.
- **Abstinence is Training** – Waiting for marriage isn’t deprivation but training. Research shows couples who wait enjoy stronger relationships: about 22 % higher stability, 20 % greater satisfaction and improved communication.
- **Desire as a River** – Sexual desire is like a powerful river: within the banks of marriage it nourishes, refreshes and strengthens; outside those banks it can flood and destroy. Desire is not shameful—mentors should help couples steward it according to God’s design.

Mentor Notes / Takeaways

1. Sexual desire is a **good and natural gift** meant to bond husband and wife. Attraction signals health but must be stewarded within covenant.
2. **Science and Scripture agree** that sexual bonding outside of marriage brings attachment without security, often ending in emotional pain.
3. **Waiting trains self-control and trust**; it’s practice for lifelong fidelity. Help couples reframe abstinence as positive preparation, not deprivation.
4. Use metaphors (river of power, wedding band) to help couples visualize why God designed sex within marriage.

Discussion Questions for Couples

1. **How would you explain that sexual desire is a good, natural gift from God?**
 2. **Why does sexual intimacy outside of marriage often lead to heartbreak or confusion?**
 3. **How can couples see abstinence as training rather than deprivation?**
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Block 3 – The Call to Holiness

Question

Many people think holiness is a solo effort or a set of rigid rules. What if holiness is actually communal, grace-filled and intentional—where failures aren’t fatal and grace plus community help couples grow together?

Key Teaching Points

- **Holiness Is Corporate and Communal** – Believers are set apart for God together. We grow stronger when we spur one another on (Hebrews 10:24-25) and bear each other's burdens (Galatians 6:1-3). Holiness isn't a solo journey.
- **Repentance Leads to Action** – True holiness bears fruit in repentance and concrete steps. Accountability must involve more than confession—couples should take intentional actions to avoid temptation. If a phone or social media triggers lust, switch to a basic phone or install accountability software; if spending is an idol, share statements with a mentor.
- **Grace-Saturated Obedience** – God's grace not only saves but trains us to live godly lives (Titus 2:11-12). Purity is choosing Christ's presence over sin. Even when couples fail, grace provides a path to confession, forgiveness and recommitment (1 John 1:9; Philippians 1:6).
- **Train for Godliness** – Spiritual growth requires discipline (1 Timothy 4:7-8). Work out your salvation with fear and trembling, trusting that God works in you (Philippians 2:12-13). Purity isn't legalistic but a joyful, grace-empowered pursuit of holiness.
- **Heart-Level Holiness** – Jesus taught that lust in the heart is sin (Matthew 5:27-28); Paul said there shouldn't be even a hint of sexual immorality (Ephesians 5:3). Engagement means relating as brother and sister in Christ (1 Timothy 5:1-2) while preparing for marriage.

Mentor Notes / Takeaways

1. **Holiness is a shared journey** – Encourage couples to connect with mentors, accountability partners and their church family.
2. **Accountability must involve tangible actions** – Don't let groups become confession loops without change. Help couples identify triggers and set practical safeguards.
3. **Grace empowers obedience** – When couples stumble, remind them of God's forgiveness and encourage them to recommit.
4. **Purity is freedom** – It protects the marriage bed, cultivates respect and builds spiritual muscle. Obedience now sets the stage for lifelong fidelity.

Discussion Questions for Couples

1. **How would you explain to a couple that holiness is more than just rules or individual effort?**
2. **Why does pursuing holiness within community matter?**
3. **How can couples view failure or past mistakes without shame?**
4. **What does it mean to pursue holiness intentionally?**

Block 4 – Practical Boundaries & Accountability

After establishing a mindset of holiness, mentors teach concrete strategies for sexual purity. These tools help couples with a history of sexual immorality or those struggling during engagement.

Key Strategies

1. **Limit Alone Time in Private Places** – Temptation escalates when isolated. Encourage dates in public spaces, living rooms with housemates or outside; use video calls when necessary.
2. **Avoid High-Temptation Situations** – Identify triggers (e.g., late-night visits, certain movies, alcohol, swimming together) and set boundaries before temptation arises. Explain that avoiding triggers is honouring God’s design, not hiding from Him.
3. **Bounce & Reform Your Eyes** – Job 31:1 inspires a “covenant with your eyes.” Teach couples to bounce their eyes away, pause, redirect their thoughts and pray. For example: when lustful thoughts come, look away, thank God for your fiancé(e), and ask Him to reform your eyes and heart so you see your future spouse as His image-bearer rather than an object. Mental boundaries are as important as physical ones.
4. **Set Clear Physical Limits** – Couples should discuss and write down specific boundaries (e.g., hand-holding, short kisses, no lying down together). Review these with mentors and accountability partners.
5. **Invite Accountability & Use Tech Tools** – Choose same-gender accountability partners. Use tools like Covenant Eyes to filter pornography, and share location or phone activity with mentors. Regularly report progress, pray together and address weaknesses.
6. **Plan Purposeful Dates & Downtime** – Unstructured time invites temptation. Schedule creative dates: cook dinner, go to a coffee shop, do premarital studies, serve at church, hike, etc. The goal is to strengthen the relationship while limiting opportunity for moral failure.
7. **Discuss Sexual Expectations for Marriage** – Encourage couples to share hopes and fears about intimacy post-wedding. Ask, “What does godly sexual intimacy look like to you?” “Are any expectations shaped by culture or pornography?” Clarify beliefs in a safe setting and set a shared vision for healthy marital sexuality (see Song of Solomon; 1 Corinthians 7:3–5).

Mentor Practice

- **Role-Playing:** Choose common scenarios (e.g., too much alone time) and practice coaching couples: brainstorm alternatives, clarify boundaries and reinforce that boundaries are **guardrails for joy and trust**, not control.
- **Encourage Transparency:** Foster an environment where couples feel safe to ask questions and seek help.

Block 5 – Spiritual Practices & Lifelong Tools

Even after marriage, there will be seasons when intimacy is temporarily unavailable (e.g., childbirth recovery, travel, illnesses). Couples must develop habits that sustain purity, intimacy and spiritual growth for the long term.

Key Tools for Lifelong Purity

1. **Prayer** – Cultivate daily personal prayer and praying together. Pray in the moment of temptation. Example: “Lord, guard my thoughts and desires; fill me with Your presence and help me honour my spouse.” A lifestyle of prayer reflects dependence on God.
2. **Scripture Meditation (Picture, Ponder, Pray)** – Use verses like 2 Timothy 2:22 (“Flee youthful passions and pursue righteousness...”) as a framework. Picture a biblical scene (Joseph fleeing Potiphar’s wife), ponder what it means to flee temptation and pursue God, then pray for strength in similar moments. Scripture memory and meditation help couples guard their hearts long after engagement.
3. **Fasting from Touch or Media** – When good things become ultimate things (food, social media, even certain types of touch), practice fasting to reset focus. If movies or social media trigger lustful thoughts, take a break and refocus on God. Self-denial trains the mind to desire God above all and prepares couples for unavoidable seasons of abstinence.
4. **Worship & Filling Up on God** – Engage regularly in corporate worship, sing together and listen to sermons or devotionals. Build an “audio library” for times of temptation—favourite worship songs, Bible readings and sermons. Worship is both preventive and restorative, helping couples rejoice always (1 Thessalonians 5:16).
5. **Remember the ‘Why’** – Purity glorifies God, protects marriage and strengthens trust. Remind couples of verses like 1 Thessalonians 4:3-4 (“This is God’s will: your sanctification, that you abstain from sexual immorality”). Preach the gospel to yourselves daily: salvation is by grace; sanctification and obedience flow from gratitude for Christ’s finished work.
6. **Ongoing Accountability** – Lifelong discipline and community equal lasting victory. Accountability isn’t just for engagement; it remains crucial when schedules change, stress increases or temptation resurfaces. Encourage couples to stay connected to mentors and same-gender accountability partners.

Mentor Tip: Embed these practices during engagement so they become lifelong habits. Help couples see purity as part of a vibrant relationship with Christ, not merely rule-keeping. Encourage them that joy, trust and intimacy grow through **Christ-centered practices, intentional purity and grace-filled accountability.**

Conclusion This handout summarizes the essential teaching blocks of the Grace Bible Church premarital workshop for mentors listening to the audio. It provides the theological foundation for sexual purity, practical boundaries and accountability strategies, and spiritual disciplines for lifelong faithfulness. By guiding couples to prefer God’s presence over sin, steward their desire within the covenant of marriage, pursue holiness in community and adopt lifelong disciplines, mentors can help engaged couples build marriages that glorify God and experience lasting joy.