

5

conversations
you **must** have with
your
daughter



THE BIBLE STUDY

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CONVERSATION BOOSTER

Once you get into 5 Conversations Bible study, you'll find several Conversation Boosters to help moms "boost" their talks with their daughters. This Conversation Booster suggests guidelines to this question:

How much should you share with your daughter about your past?

Most of us, truth be told, made plenty of mistakes along the way and wrestle with how much information, if any, we should share with our daughters. Here are some general rules when it comes to sharing about your past:

- *Never share details with your daughter regarding past sexual sin.*
Your focus should be on your regret, not on the details.
- *Never share information regarding your past before your daughter is ready.*
If she is somewhat sheltered and not even displaying an interest in boys, then what is the purpose? You want to be protective, yet at the same time stay sensitive so as not to rob her of her innocence. Pray and ask God to nudge your heart when and if the time is right.
- *Only communicate information over which you have already experienced personal healing.*
When we share, we must be walking in victory and be at a place in our healing that our motive is to provide our daughters an example of sincere regret. Our daughters are not equipped to help us process guilt and shame over our past actions.

Conversation Booster

God has forgiven your sin “as far as the east is from the west” (Ps. 103:12). If you have not embraced that truth, then share your pain with a trusted Christian friend or counselor who can encourage you on the road to healing.

- *Refrain from sharing information related to past sexual abuse.* Perhaps your children will be ready in their adult years to hear such information, but seek counsel from a professional before you share with them.
- *Never, ever share information regarding someone else’s past in an effort to gain a teachable moment with your daughter unless you have prior permission.*
“‘So-and-so’ at church had several abortions and shared in our small-group Bible study” is destructive gossip. “I have a dear friend ...” would be a better approach. Again, never give names without prior consent.

Many of us are hesitant to share our own past regret because we fear that our daughters may walk away with the impression that if “Mom messed up; I can mess up, too.” I cannot guarantee that this will not happen. If your daughter is currently in a rebellious phase and looking for permission to misbehave, she may draw that conclusion.

However, if you convey a heartfelt sense of regret mixed with a sincere intent to spare your daughter from making the same mistakes, I doubt she will race out to repeat your sin.

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