

Participant’s Guide

Episode 14

Abstinence Counseling

Summary

In our “whatever feels good” society, our efforts to guide our patients toward biblical standards of sexual relations can seem archaic and inconvenient. However, the Bible reveals the behavior to which we are called, and it also communicates the source of power by which we can live a God-honoring life. Morality is most powerfully taught in light of a relationship, and the most powerful relationship we have is with Jesus Christ.

Speaker

A person wearing glasses

Description automatically generated with low confidence

Dr. Selina Lin is a private practice physician in Katy, Texas (a suburb of Houston). She is on the CMDA Houston Council. She is a board member of Interserve, a mission sending agency. She has been a member of CMDA since medical school. She plays the violin and enjoys meeting and discipling medical and premed students. For more information or to contact Dr. Selina Lin, email her at [selina.lin77@gmail.com](mailto:selina.lin77@gmail.com).

Discussion Questions

1. **What from this video inspired, edified or challenged you?**
2. **How have you been counseling your patients with regard to abstinence? How has it worked? How has it not worked?**
3. **Do you agree with Dr. Lin’s point that merely trying to scare patients with statistics and moral standards is unlikely to promote abstinence? Why or why not?**
4. **Dr. Lin notes that adolescent patients need to feel love, acceptance and validation. How might Deuteronomy 26:18, Matthew 6:26 and Romans 8:38-39 help us communicate how God views them?**
5. **As we relate to our patients, how can we model for them how Christ has shown love for us? How can we practically show the kind of love demonstrated in Romans 5:8 to adolescent patients?**
6. **Dr. Lin points to the desire that most adolescent patients have for intimate loving relationships. How might Colossians 3:12, Isaiah 54:10 and Psalms 100:5 apply to their quest?**
7. **Both Dr. Sandra Christiansen and Dr. Kathy O’Connell recognize the inability of any human relationship to fulfill us as only Jesus can. How would a relationship built upon the foundation of the gospel be different from one that is indifferent toward Jesus?**
8. **Dr. Lin states, “Morality is most powerfully communicated in light of a relationship.” What are examples of loving relationships that can powerfully communicate biblical morality with regard to sexual morality?**
9. **What is one take-home item from today’s session that you hope to implement?**