

HeartSmart Program Overview

Program Details for Youth Pastors

HeartSmart promotes abstinence until marriage centered in a relationship with Jesus Christ. Our mission is to motivate, educate, and support generations of young people to embrace a lifestyle of sexual abstinence until marriage. HeartSmart is a free service for local churches offered by the *Worth Waiting 4!* staff from the Pregnancy Care Center of Rocky Mount. HeartSmart leadership recognizes that the practice of "safe-sex" will not ensure protection from the physical, emotional and spiritual problems resulting from sexual activity among students. The only way to reverse the moral decay of any youth culture is to inspire a change in the conduct and behavior from those within the culture. Truth is, the condition of our hearts is sinful and desperately wicked and our only hope is for hearts to be radically transformed by Gospel of Jesus Christ.

HeartSmart is our Christ-centered abstinence program for middle and high school youth and their parents. The thesis of this program is that sex is a gift from God for marriage. This goal is accomplished by a series of guided discussion with the students about God's design for sex, influence of media and peer pressure, and finding victory in the battle over our minds are just a few of the topics discussed. An essential component is the parent presentation which outlines the student presentation and provides parents with information necessary to continue the discussion of sexual health with their students at home. What a privilege and a necessity it is for parents to share this information with our students!

HeartSmart program is two presentations (1-1.5 hour) to meet with the students. This could be accomplished on a normal night that youth would already meet. Prior to the student presentations, we hope to have a 1 hour parent presentation so we can inform parents of the topics being discussed. This time can be chosen at your discretion.

For more information about scheduling a HeartSmart event at your church, please contact Cody High at 252-446-2273 or at our emails: chighww4@gmail.com Our deepest appreciation to you for supporting this abstinence message and taking a stand for purity in our culture!

In Christ,

Cody High
Worth Waiting 4!
Director

Guard your heart above all else, for it determines the course of your life. Proverbs 4:23