



Harvest Church Marriage Mentor Ministry Premarital Sexual Covenant



The language outlined below is a voluntary pledge by a dating or engaged couple to chastity. It is optional, but is strongly encouraged. Research provides evidence that couples who live by scripture standards are more likely to experience a lifelong marriage. Therefore, your Marriage Mentors will ask you to consider limiting your physical involvement, as indicated below, and to be accountable to them.

The goal is to build a relationship on a foundation that can last a lifetime. Premarital couples are asked by their Marriage Mentors at their second session to discuss the Covenant privately among themselves, to pray about it, before deciding whether to take this step. Regardless of your decision, the matter will remain confidential and will not affect your continuation in the premarital preparation program. Ultimately, it is a spiritual matter between you and God. The purpose of the Covenant is to support you and help you to be accountable to the pledge.

1) *Be honest about the physical part of your relationship. Consider making a commitment to keeping your physical level at #7 or below.*

- | | |
|------------------------------|----------------------------|
| (1) Look | (6) Strong kiss |
| (2) Touch | (7) French kiss |
| (3) Lightly holding hands | (8) Fondling breasts |
| (4) Constantly holding hands | (9) Fondling sexual organs |
| (5) Light kiss | (10) Sexual intercourse |

2) *If the physical level exceeds #7, you must both be willing to inform your Marriage Mentors. The Marriage Mentors' role is to help you get back on track without being judgmental. The man must contact the male Mentor within 24 hours after exceeding the physical limit. If the man does not do so, the woman will call the female Mentor. Being accountable to your Marriage Mentors keeps your focus on spiritual, character-building issues, which are important in forming a lifelong, committed marriage.*

We pledge to hold our conduct to a biblical standard so the Lord might bless this relationship now and in the years ahead. Therefore, we agree to call our Mentors if our physical involvement goes beyond level #7.

Woman or Fiancée : _____ Date: ___ / ___ / ___

Man or Fiancé: _____ Date: ___ / ___ / ___

Signatures of Marriage Mentors:

Wife: _____ Date: ___ / ___ / ___

Husband: _____ Date: ___ / ___ / ___



Harvest Church Marriage Mentor Ministry Premarital Sexual Covenant

