

Sexuality

Dear Facilitator: For several weeks we have been discussing how successful families communicate, support one another, and organize their lives.

This week we are going to focus on sexuality. While you might think that you and you alone are responsible for your body, did you know that your body really does not belong to you?

First Corinthians 6:19 says, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.”

God created each of us in unique ways. We feel, we think, we learn, we love. Sex is one of the ways in which God gave us to express love to another.

It might be helpful for you to know what we hope to accomplish through this lesson.

Participants will:

1. Explain why God created sex.
2. Explain God's design for sex.
3. Create a healthy sexual lifestyle.

During the past few lessons, we have made commitment statements. This week's commitment statement is: I will honor God with my sexuality.

We pray that God will give you direction and clarity as you prepare the lesson and activities. We hope that the families in your group will grow together in God's love and become a source of friendship and support for one another.

Blessings

Welcome 5 minutes

 **Say:** Welcome back! I hope it's been a good week for all of you as you have been working diligently on many things that are positively influencing your family.

Last week we spent time learning about what characteristics to look for in a godly mate how to select the right mate.

 **Ask:** Did anyone try something this past week that made a positive difference in your family that you would be willing to share?

Introduction 5 minutes

 **Say:** God desires that we take care of our bodies. The Bible says that our bodies are a temple. First Corinthians 6:19 says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." Ask: How do you take care of your body? What do you not do?

 **Say:** God created sex for a male and female in a marital relationship. Sex outside of this context is wrong.

 **Say:** There are many ways we can demonstrate what happens when we sin and do not take care of our bodies.

Object Lesson: (<http://www.youthgroupcollective.com/ygc/how-to-create-a-youth-sex-relationship-talk-free-lesson>)

 **Do:** Choose from one of the following object lessons:

1. Take water and spit phlegm in it and say, "No one would ever want to drink this."
2. Hold up a beautiful rose and encourage others to pass it around during the talk.

At the end, say “Where’s that rose?” At this point, it’s been damaged and lost its beauty and shine, and some petals have fallen off because of everyone touching it. Say, “Who would ever want this rose now?”

3. Hold up a really sticky piece of tape and press it against someone’s shoulder. Then, take it off and go to someone else and press it against their shoulder and take it off. Say, “Every time, we lose our stickiness, we lose our ability to bond.”

Try this instead: Hold up a 100-dollar bill. Ask people if they want it. Then crumple it up and ask people if they still want it. Now stomp on it. Now spit on it. Now tear it in half. Guess what? It’s still worth \$100. We’re going to sin. We’re going to make mistakes. We’re going to make a mess of things. God will still think we’re valuable. God won’t think less of us. Our value isn’t based on who we are or what we do, but it’s based on who God is—God is love and God is unchanging, and God will always love us and that will never change!

Today’s teaching objectives are to:

1. Explain why God created sex.
2. Explain God’s design for sex.
3. Create a healthy sexual lifestyle.

This week’s commitment statement is: I will honor God with my sexuality.

Family & Table Talk 20 minutes

As you enjoy your dinner, answer the following question: How do we show that we love others?

After the meal, children are dismissed to their group.



Scripture SUPPORT

Genesis 2:24

That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

Mark 10:6-9

“But at the beginning of creation God ‘made them male and female.’ ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.’ So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”

Song of Solomon

40 minutes

Parent Training

Marriage

SEXUALITY

Why did God create sex?

(Taken from *The Mingling of Souls* by Chandler.) Before sin entered the world, God created man and woman. No part of either's physic was sinful. God purposefully and carefully shaped each body part. After Adam woke from his sleep and saw Eve for the first time, "He began to sing" (p.13). At that time, Adam and Eve were naked and unashamed (Genesis 2).

God then gave man and woman the gift to be fruitful and multiply. When we reproduce, we bring glory to God.

What happened next in Genesis 3?

"We discover there that sin entered the world through Adam's and Eve's disobedience, fracturing the harmony and disrupting and disgracing the rhythm. Think of a loud electric guitar that's not playing correctly in a band. It's discordant and distracting. You can sort of sense how the song was meant to be played, but the dissonance is obscuring the beauty, the harmony. The guitarist might not even know he's off" (Chandler, 2015, p. 15).

"God's plan is for a man and a woman in the bond of the marriage covenant to have their souls—not just their bodies—become one" (Chandler, 2015, p. 17).

What does that statement mean?

"If you have physical attraction and no companionship in your relationship, you'll eventually be miserable; but if you have deep companionship with each other, physical attraction isn't as important and becomes less and less so as time passes" (Chandler, 2015, p.41).

Discuss author's statement.

According to Chandler (2015), sex is... (discuss each statement)

- romantic
- tender
- passionate
- holy
- reciprocal
- fulfilling

Here are some thoughts about the role of sex in adult relationships:

Engaging in sex can be part of a positive cycle in relationships:

1. When people feel more closely connected to their partner on an emotional level, they also tend to feel more sexual desire for their partner. This is especially true for women.
2. When a couple has sex, they tend to show more affection toward one another the following day than they usually do. This affection could be shown through kind words to one another or through physical touch. What's even more interesting is that expressing and receiving affection makes people happier about life in general.

The reasons why people have sex are also important. Sometimes people have sex because they want to promote positive outcomes for themselves, their partner, and their relationship. For example, they might have sex to feel good, to express love for their partner, and to promote intimacy in their relationship. These are called approach motivations because people want to approach or get good things. Sometimes people have sex because they want to avoid negative outcomes. For example, they might want to keep their partner from getting upset or avoid conflict in their relationship. These are called avoidance motivations because people want to avoid bad things.

When people have sex for approach reasons, they tend to have a more positive mood and feel better about their relationship. However, when people have sex for avoidance reasons, they tend to have a more negative mood and feel worse about their relationship.

One needs to keep boundaries regarding sex before marriage. Here are some tips (Warren, 2005):

Notes

Notes

1. Write out how you will control your sexual passion before marriage and review that card daily. Memorize it.
2. Make sure you plan your activities and involvements with people of the opposite sex, so you don't lose control of the situation.
3. Find somebody you can talk about sexual matters who is unconditional in their regard for you. In other words, you do not have to worry about offending them.

Many have children and wonder how to talk about sex. Here are some resources:

- <http://www.annemariamiller.com/authors/stan-brenna-jones/>
- *How and When to Tell Your Kids About Sex* by Stan and Brenna Jones
- *The Story of Me* by Stan and Brenna Jones (intended for children ages 3-5)
- *Before I Was Born* by Carolyn Nystrom (intended for children ages 5-8)
- *What's the Big Deal? Why God Cares About Sex* by Stan and Brenna Jones (intended for children ages 8-11)
- *Facing the Facts: The Truth About Sex and You* by Stan and Brenna Jones (intended for children ages 11-14)

Today's session was not easy for some. Hopefully you found it enlightening.

Our teaching objectives were to:

1. Explain why God created sex.
2. Explain God's design for sex.
3. Create a healthy sexual lifestyle.

This week's commitment statement is: I will honor God with my sexuality.

To end our lesson, please answer the following:

1. Who has an insight tonight about something you've learned or want to try?
2. What will you change or improve in your role as parent this week?

Notes

Ages 4-16

40 minutes

Student Training

Marriage

SEXUALITY

Objectives

- **Help children be aware of the meaning of sexual integrity.**
- **Help children be aware of healthy sexual behaviors.**
- **Help children be aware of the importance of respecting and taking care their body.**
- **Help children be aware of the sexualization of our society.**
- **Help children be aware of what the Bible says about sex.**

Today we are going to talk about sexuality. The definition of the word sexuality is: The capacity for sexual feelings; a person's sexual orientation; or sexual activity. Sexuality is something that is very important to God. In Psalm 139:14, God tells us that we are fearfully and wonderfully made. Ephesians 2:10 says, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." These verses tell us how precious we are to God. Out of all the things He created, human beings are His favorite part of creation. God calls us His masterpiece!

After God created man (Adam), God said it was not good for man to be alone, so

God put Adam in a deep sleep, and while he slept, God took one of Adam's ribs. In Genesis 2:22, it tells us, "Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man."

That is when God created marriage. Genesis 2:24 says, "That is why a man leaves his father and mother and is united to his wife, and they become one flesh." Yes, God created both sexes, male and female, and He said it was very good! Genesis 1:28 says that God gave his blessing and told them, "Be fruitful and increase in number; fill the earth and subdue it."

It is God's will for His children to have a healthy God-given viewpoint on sexuality. It

is a natural part of life. God made us sexual beings. Sexuality is more than body parts and sex. God wants His children to reserve sex for marriage not because it is bad or dirty, but because it is a precious and wonderful gift. Because it is a gift, God expects us to treat it special. It is to be set apart, sanctified, and engaged in only in the right context. The Bible tells us that the right context for sex is marriage. Sex outside of marriage is called fornication or adultery. Fornication is when a single person has sex and is not married. The Bible teaches us that sex outside of marriage is sin and a serious offense to God (Hebrews 13:4). Sex is not for casual recreation, and it is not just a way to express love—it is intended for a husband and wife to become one flesh and have children.

Until you are grown up and become married, sexuality for you mainly involves an overall program of health and wellness. We honor God by doing all that we can to keep our bodies healthy, clean, and pure to be used by Him for His glory. You do that by practicing sexual integrity. How we feel about our bodies and care for them and respect them is called sexual integrity. The word integrity means having strong moral principles in every area of our lives including our sexuality. Sexual integrity is something that you should start practicing when you are young and continue throughout your entire life. It involves appreciating your body, taking responsibility for your own behavior, communicating effectively with both genders in appropriate and respectful ways, and learning to act in a proper and responsible way with the opposite sex.

When we become saved, the Holy Spirit comes to live inside of us. At this point, we become sanctified and set apart from the world for God's purpose for our life. First Corinthians 6:18-20 says, "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor

God with your bodies.” Understand that though the word body refers to our sexuality, it includes every area of our lives.

The Bible lets us know that God’s plan is for His children is for them to stay sexually pure until marriage, and that is also the heart’s desire of every Christian parent. This is a critical decision for you to make, and the path you choose will affect your self-image, your health, your reputation, who you marry, any children you may have in the future, and your entire life. So, in order to help young people honor God with their bodies and remain sexually pure, they are encouraged to make a commitment to self-discipline and living by the Purity Code. When you choose to live by the Purity Code, you are promising to:

- 1. Honor God with your body:** (1 Corinthians 6:20)
It means not participating in sexual sin, but it also includes practicing good hygiene, eating healthy, exercising, and going to bed on time.
- 2. Renewing your mind for good:** (Romans 12:2)
This includes taking time to read the Bible and pray, listening to wholesome, inspirational music that reflects on positive messages, and finding and spending time with Christian friends where you lift each other up and engage in encouraging, favorable conversations. Philippians 4:8-9 says, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
- 3. Turn your eyes from worthless things:** Matthew 6:22 says, “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.” And an area that is closely related is guarding your heart.

4. Guard your heart: This is the final part of the Purity Code commitment. Proverbs 4:23 tells us, “Above all else, guard your heart, for everything you do flows from it.” God is telling us to be careful what we allow to go into our hearts because it will come out in our words and actions, and any corruption we allow in our hearts can cause us much regret and grief. This verse is talking about the inner person—your thoughts, feelings, desires, and choices that make you who you are. So, what are some ways to guard your heart? You guard your heart by selecting carefully what television shows you watch, what sites you visit on the internet, and what books you read. You also guard your heart by refusing to listen to music with harsh, violent, disrespectful lyrics and by staying away from R rated movies and mature rated video games.

God has given your parents the responsibility to teach you what the Bible says about sexuality and living a pure and wholesome lifestyle. In Proverbs 22:6 God tells parents, “Start children off on the way they should go, and even when they are old they will not turn from it.” Ephesians 6:1 says, “Children, obey your parents in the LORD, for this is right.” Your parents know what’s best for you, and God is holding them accountable for keeping you safe. That’s why you want to be obedient and listen to them. Also, be sure to keep an open line of communication with them about healthy boundaries and sexuality. Allow your parents to guide you along this critical path.

First Thessalonians 4:3 says, “It is God’s will that you should be sanctified: that you should avoid sexual immorality.” By choosing to live by the Purity Code, you will be showing godly wisdom as you honor God, the creator of your body, and fulfill His desire for you to live a prosperous, healthy, and holy life.

DISCUSS

- Lead children in a discussion about the meaning of sexuality.
- Lead children in a discussion about the importance of healthy sexual behaviors.
- Lead children in a discussion about respecting and taking care of their bodies.
- Lead children in a discussion about the sexualization of our society.
- Lead children in a discussion about what the Bible says about sex.



Activities

Activities are age appropriate. One is focused on ages 4-11, and the second is for older children ages 12-16.

AGES 4-11

Materials

“I Promise” worksheet

Pencils or Ink Pens

You may want easel or whiteboard for discussion (optional).

Have children view YouTube:

https://youtu.be/jYGzLr3W_zs “6 Steps on How to Take Care of Your Body.” (If not possible, do exercise without video.)

- Briefly discuss with the children the Purity Code promise list from the lesson. Discuss ways they can:
 - 1) Honor God with their bodies.
 - 2) Renew their minds.
 - 3) Turn their eyes from worthless things.
 - 4) Guard their hearts.
- Then have children complete the “I Promise” worksheet.
- Have children share some of the things they wrote.

AGES 12-16

Materials

“I Promise” worksheet

Vow of Purity Certificate (Pink for Girls—Blue for Boys)

You may want easel or whiteboard for discussion (optional).

Pencils or Ink Pens

Have children view YouTube:

Choose to Be Pure. <https://youtu.be/2xE-iK1pdp0>

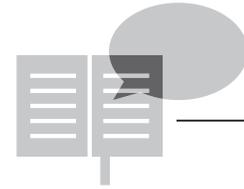
(If possible) (If not possible, do exercise without video.)

- Briefly discuss with the children the Purity Code promise list from the lesson. Discuss ways they can:
 - 1) Honor God with their bodies.
 - 2) Renew their minds.
 - 3) Turn their eyes from worthless things.
 - 4) Guard their hearts.
- Then have children complete the “I Promise” Worksheet.

When completed...

- Have older children sign the “Vow of Purity” Certificate. (Teacher/Teachers sign on Witness line.)
- Hand certificates out to the children.
- If you would like, the teacher can have them recite the oath out loud as a group (optional).

Notes



Scripture
SUPPORT

Psalm 139:14

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Ephesians 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Genesis 2:22

Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

Genesis 2:24

That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

Genesis 1:28

God gave his blessing and told them, "Be fruitful and increase in number; fill the earth and subdue it."

Hebrews 13:4

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

1 Corinthians 6:18-20

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Philippians 4:8-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Matthew 6:22

The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

Proverbs 22:6

Start children off on the way they should go, and even when they are old they will not turn from it.

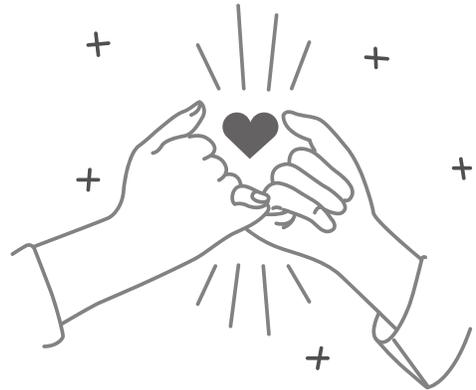
Ephesians 6:1

Children, obey your parents in the LORD, for this is right.

1 Thessalonians 4:3

It is God's will that you should be sanctified: that you should avoid sexual immorality.

I Promise



Here's how I will:

1. Honor God with my body.
2. Renew my mind.
3. Turn my eyes from worthless things.
4. Guard my heart.

Signed _____

Date Presented _____



CHALLENGE QUESTION

DO I TREAT MY BODY LIKE IT IS THE TEMPLE
OF THE HOLY SPIRIT?

CHALLENGE COMMITMENT

WHAT DO YOU PLAN TO DO THIS WEEK TO WORK
ON THE CHALLENGE QUESTION?

	AFFIRMATION <i>Have children repeat:</i>
	<i>I honor God by respecting my body and taking good care of it.</i>

Resources & Materials

A special thank you to Dr. Laura Luchies for her contributions to this lesson.

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Warren, Neil Clark. (2005). *Falling in Love for All the Right Reasons: How to Find Your Soul Mate*. New York: CenterStreet.