



Christian Sexuality Education Lesson Plan **Grade 7-9: Relationships in Christianity**

	Grade 7	Grade 8	Grade 9
5A: Marriage & family	Major	Minor	Minor
5B: Friends	Minor	Major	Minor
5C: Courtship /Dating	Minor	Minor	Major

1. Lesson sub-topics

- Marriage and Family
- Friends
- Dating

2. Lesson Objectives

By the end of this lesson, you will be able to:

- Recognize the importance of marriage and family
- Know how to choose and maintain healthy friendships
- Understand the importance of waiting to date

3. Servants' resources/references

- Bible
- 1. <https://drive.google.com/drive/folders/1luoteSbMFYewQSMZyjG9h8WI-O3W2kFE?usp=sharing>
 - ✓ المفهوم الروحي للجنس – Fr.Dawood Lami
 - ✓ 1 ثقافة جنسية مسيحية – Fr.Dawood Lami

✓ 2 – ثقافة جنسية مسيحية – Fr.Dawood Lami

- A Christian guide to Ontario's (health and physical education curriculum) grade 8
- <https://teachingsexualhealth.ca/teachers/sexual-health-education/information-by-topic/consent/>
- Curriculum guidelines
- Upper Room... Real talk, 6 sermons one hour each for Fr Anthony Messeh (Christian marriage , sex & dating)

4. Lesson Content and timing

Red: Sub-topic

Green: Open ended question for the students.

Blue: Conclusion

Purple: Verses within the lesson

A. Review Previous lessons (5 Min.)

- Christian Identity
- Christian Values
- Decision Making
- Purity

B. Opening / Icebreaker (5 Min.) Different for each grade: Example:

G7: A look into future

Describe some of the marriages you've seen that you want to model your future marriage on. What attributes of those relationships do you hope to imitate?

G8: Things in Common

The participants are divided into groups of 3 or 4. Each group must find three things that they have in common with each other. After 10 minutes each group announces the three things they have in common.

G9: "What is dating?"

Gather answers anonymously and share the answers with the class after introducing the courtship explanation. Encourage open discussion.

C. Present the new information/lesson Outline (40-45 Minutes)

Section I (10-15 Min.):

#5A: Marriage and Family

What is the difference between infatuation and love?

- Infatuation is:
 - Extreme hyperactivity, sleeplessness, impulsivity, euphoria, and mood-swings
 - Fixation on winning the other
 - Relational passion, heightened
 - Emotional dependence on the relationship
 - Obsessive
 - Intense sexual desire
 - Extreme possessiveness

<https://www.youtube.com/watch?v=lKG-3nAUQkY>

What would be the end result of this type of relationship?

What is Christian marriage/ love?

- **Christ is the centre, not the relationship**
- Unconditional
- Sacrificial
- Confident in the love (Secure attachment)
- Unified
- Between two mature adults
- A covenant
- Forgiving

1 Cor 13

What would be the end result of this type of relationship?

What is the Christian Design of Marriage?

- God designed marriage as a relationship between one man and one woman
 - This means that it must be heterosexual and monogamous
 - Lasts for their lifetime
- Marriage is beautiful and the feelings associated are holy
- God's purpose for sex in marriage is to help the couple grow in oneness and intimacy, gives them pleasure and satisfaction, and allows them to procreate

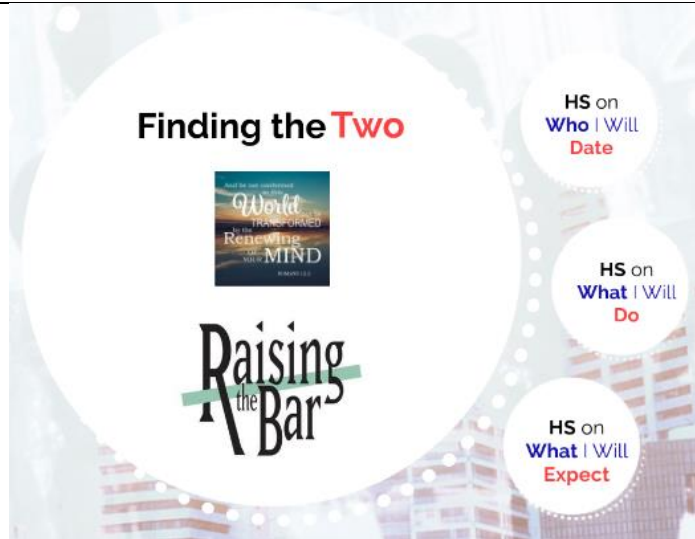
“Wives, submit to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, His body, of which He is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave Himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to Himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.” Ephesians 5: 22-28

What are the consequences of sexual immorality?

- Sinning against the Lord and perversion from His holy commandments, which ruins our relationship with Christ
- Destruction to oneself (1 Cor 6:18; Proverbs 6:32)
- Any relationship or sexual intimacy outside of this plan is sexual immorality and a sin
- “Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God.” 1 Corinthians 6:9-10
- Sexual immorality includes fornication, adultery, pornography, masturbation, accepting unclean thoughts, and homosexuality.
- God’s plan for marriage is the creation of an UNBREAKABLE BOND
 - “And He answered and said to them, ‘Have you not read that He who made them at the beginning made them male and female, and said ‘for this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh?’” Matthew 19:4-5
- In a real Christian marriage, the husband always seeks his wife’s contentment and the wife always seeks her husband’s contentment.
- When a spouse thinks how to fulfill themselves only, they deviate from the church’s teachings.

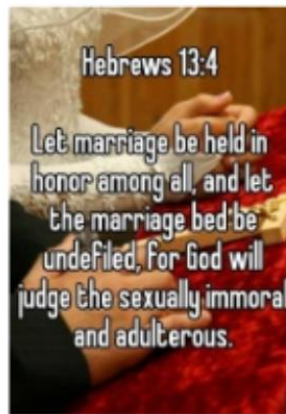
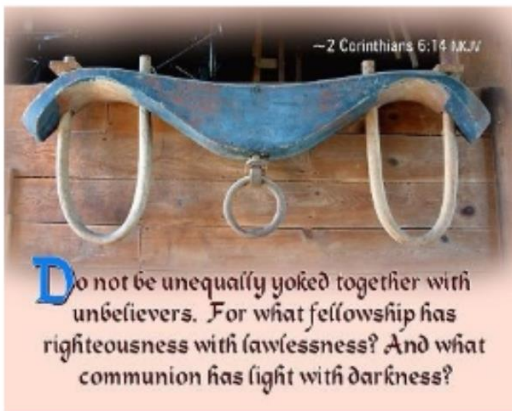
How do I find the one?

- God is the One – He is the ultimate relationship to seek and He will guide you with your spouse (“the two”) in the right time
- “My God shall supply all your need according to His riches in glory by Christ Jesus” Philippians 4:19
- Trust in God to give you the greatest gift
- Raise the bar – maintain your standards, values, and boundaries
 - “Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?” 2 Corinthians 6:14
 - **Note to servants: Be sure to explain the importance of marrying a Christian for how can you maintain a relationship with Christ when married to an unbeliever? (Ex. Samson and Delilah - Judges 16)**



Higher Standard on Who I Will Date

Higher Standard on What I Will Do



Higher Standard on What I Will Expect



Recently, same-sex marriage has become allowed by law. Does this mean it's ok?

- Christian marriage is the union of husband and wife (It is sacred and a covenant).
- Outside the union of husband and wife, the relationship is a sin regardless of what that relationship looks like (ie. Homosexual, premarital, etc.)
- As Christians, we are called to love everyone, but follow only God

Objective → To understand Christian marriage.

#5B: Friends

“A friend loves at all times, and a brother is born for adversity.” Proverbs 17:17

- People were created to be social, which means they need others they trust in their lives
- Friendship is a domain for cooperation in school life, social life, and overcoming the problems of everyday life

What is friendship?

- A relationship between two people based on shared values, and mutual trust and support
- A good friend should
 - Show respect
 - Endure others' weaknesses, as God endures our weaknesses
 - Avoid speaking behind a friend's back
 - Share in the joys and hard times
 - Be compatible (share values and interests)
 - Committed (loyalty regardless of circumstances)
 - Caring and compassionate
 - Help friends become better versions of themselves.

Whom should I choose as a friend?

- Those with whom you feel a spiritual, psychological, and social comfort
- Those who can show empathy and compassion
- Those of good moral character
 - They don't show indifference, and they don't use or encourage impure words, jokes, or behaviours
- Those who can motivate and encourage you to become better
- Those who share similar values, beliefs, and interests

How can I be a good friend?

- Show you care

- Smile
- Be a good listener and give people opportunities to talk about themselves
- Show respect and appreciation
- Talk about common interests
- Offer support and express empathy
- Be trustworthy and don't share the secrets of others
- Be honest

Objectives → To know what to look for in a friendship.

Section II (15 Min.):

Servants can use this section for an activity/video of choice (Please refer to the group activity section or Videos for each grade section).

Section III (15 Min.):

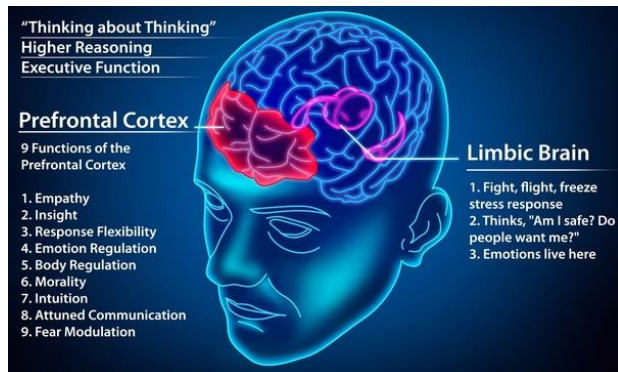
#5C: Dating

Courting	Dating
Courting is a relationship between a man and a woman wherein they get to know each other and develop their relationship before getting married.	Dating is a modern-day relationship trend, a stage where the couples meet socially or regularly to see if they stand a chance to be around each other
Courtship is like a promise to make a commitment to marriage.	Dating does not account for readiness of marriage with no long-term commitment
Courting preserves sexual contact for marriage only.	Sexual intimacy is very common in the modern-day dating culture.
Courting cultivates a deep sense of emotional closeness between the couple.	Dating a form of courtship but without the emotional part.
Courting seeks accountability of parents or mentors under the protection of God.	There is little or no accountability with family in a dating relationship.

What is dating vs Courtship?

The wording on its own is not the issue but the purpose of the relationship.

Why it is not wise to have romantic relationship as a teen?



- A teen body, especially the brain, is not mature yet.
 - The brain actually matures at the age of 25 (scientifically)
 - Before that age, an individual goes through many psychosocial, biological, and spiritual changes.
 - As a person matures, their opinions and views change, also their likes and dislikes changes.
 - Romantic relationships at a younger age increases the chance that the couple will grow apart so it's better to wait until one has fully matured before pursuing a relationship to avoid temptation and sexual immorality.
- As teen's, physical desires are very strong and dating subjects the individual to many temptations
 - This includes premature bonding, lust, impurity, and premarital sex ("fornication")
 - It is better to keep away from these temptations and "escape for your life" (Genesis 19:17)
- "Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart" (2 Timothy 2:22)
- "Therefore, put to death your members which are on earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things, the wrath of God is coming upon the sons of disobedience." (Colossians 3:5-6)
- Premature romantic relationship makes you mentally and emotionally overwhelmed, which would hinder you from achieving academic goals.
- It creates unrealistically expectations which could impact your relationship with your future spouse.
- Research indicates that people who live together prior to getting married are more likely to have marriages that end in divorce.

***Note to servants: this is a correlation not causation!**

- Some studies found that people who cohabit prior to marriage are more likely to end in divorce.
- Divorce rate is over 50% in America and over 40% in Canada, **Why do you think that is?**

The concept of multiple datings/breakups instate an undo mindset into one's mind

And when it comes to marriage it is hard to commit to one relationship. "UNDO"

(Disposable dating culture which translates into the marriages)

Servant to review Ephesians 5

What will help us avoid a romantic relationship at this age?

- Keep your time occupied with beneficial spiritual [prayers, prostration (*metanoya*), praises] and physical activities (play a sport, go for a walk).
- Flourish our emotional needs from God, family and pure friendships while maintaining personal boundaries, avoid one on one outings.
- Volunteer in church, community and help the needy.
- Seek help from your father of confession and/or specialized Christian's counselor to end or avoid any present relationships outside of God's plan for you.
- Continue pray to God and consult your father of confession, and listen to the Holy Spirit's guidance. Talk to your parents.



Objectives → To understand the dangers of dating at young age and understand that dating is not something they want to be involved with.

Verse of the day:

G7: "with all lowliness and gentleness, with long suffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace". (Ephesians 4:2-3)

G8: "One who has unreliable friends soon comes to ruin, But there is a friend who sticks closer than a brother." (Proverbs 18:24)

G9: "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. "(Romans 12:2)

D. Lesson review and what did you learn in the session? (5 Minutes)

Review

- What
- How

Questions:



E. Prayer:

Heavenly Father,

Thank you for the friendships in my life. Please teach us to love others the way You have loved us. Help us to seek positive relationships so we will always please You, rather than pleasing others. We ask you to teach us to be good friends to others by being more compassionate, supportive, and generous to one another. Help us to avoid harmful relationships so we may always keep our focus on You.

Please hear us when we say: Our Father...Amen

5. Practical application of the lesson to SSSs lives

These are only examples:

- Set the correct image about marriage according to Christ.
- Boyfriend / girlfriend.
- Appropriate vs inappropriate relationships
- How to choose friends wisely
- How to maintain healthy friendships

6. Videos – Relevant for each Grade

Servant should introduce the video, ask students to listen carefully and set some expectations for a discussion after watching the video.

G7: FISH LOVE from Rabbi Twersky

<https://www.youtube.com/watch?v=IKG-3nAUQkY>

G8: I NEED A FRIEND! - Creating Inspiring Christ Centered Friendships!!!

<https://www.youtube.com/watch?v=oCMjcy1ruOI>

G9: What's The Difference Between Dating and Courtship? | DATING VS. COURTSHIP

<https://www.youtube.com/watch?v=-LmT0Lhc8HQ&t=4s>

7. Group Activity

G7: Family board game

(Reference: <https://en.islcollective.com/english-esl-worksheets/vocabulary/family/family-boardgame/2090>)

Get a set of dice to let the youth split in groups to play, print the below page to give one to each group.

START

Do you sometimes quarrel with your parents?

What do you like about your mother?

What is the funniest thing that happened to you when you were a child?

Why?

Is family more important than friends?

Are your parents too strict?

What household chores do you hate?

Does anyone from your family live abroad?

Would you like to live abroad?

Who is your favorite uncle?

Do you like spending time with your grandparents?

Is it good to have a brother or sister?

What have your parents taught you?

FAMILY

- Do you sometimes fight with your brother?
 - Yes, I do.
 - Why do you fight with him?
 - I fight with my brother because...
 - When was the last time you fought with your brother?
 - I fought ...

Who is your favorite aunt?

Do you like family gatherings?

Describe your father.

What do you hate about your mother?

What things do you have in common with your dad?

Who is the black sheep in your family?

What does your mom do for a living? Is it a good job?

Why?

How often do you visit your family?

Describe your mother.

Who is your favorite cousin?

What do you hate about your father?

FINISH

Do you get on with the members of your family?

Do you take after your mother or father?

What is the scariest thing that happened to you when you were a child?

What do you like about your father?

What household chores don't you mind doing?

What things do you have in common with your mom?

What did you hate about your childhood?

What does your dad do for a living? Is it a good job?

Is it good if parents are demanding?

Describe a perfect parent.

What would you like to do in the future?

G8: Friendship Stoplight

Facilitator will read each of the 15 scenarios (scrambled order) to the class. The class will then decide if the scenario constitutes a red light (bad sign of friendship), yellow light (warning), or green light (healthy friendship).

The most important part of this activity is the discussion around whether each scenario constitutes a good sign, warning, or bad sign and the reasons why.

There are fifteen scenario cards. Five scenarios correspond with each coloured stoplight: red (unhealthy/bad signs), yellow (warning signs) and green (healthy/good signs).

While there may be some discrepancies, the following is a list of suggested correct answers.

RED LIGHT: These are unhealthy/bad signs in a friendship.

1. You are afraid of your friend's temper.
2. Your friend criticizes you or people you care about.
3. Your friend threatens to hurt you.
4. Your friend bullies and makes fun of you or other kids at school.
5. Your friend pressures you to do things you do not want to do.

YELLOW LIGHT: These are warning signs in a friendship.

6. You are nervous that if you tell your friend something personal, s/he will tell other people at school.
7. Your friend sometimes makes fun of you.
8. You rarely get to plan what the two of you will do together.
9. Your friend tells you not to hang out with certain people.
10. You say that you agree with your friend, even when you really don't. You are afraid they won't be your friend anymore if you disagree.

GREEN LIGHT: These are healthy/good signs in a friendship.

11. You usually feel happy when you are with this person.
12. Your friend respects your feelings and your opinions.
13. Your friend talks to you about his/her feelings.
14. Your friend is happy when good things happen to you.
15. You enjoy being with this person, but you also enjoy spending time with other friends.

G9: Courting with Spiritual Values

Separate group by gender (this activity only), with a male leader with the males and a female leader with the females. Each group consults and creates a 10-point agreement for how they will behave in relationships towards the other gender. Give examples to describe each item, such as "I will show respect to women at all times. This could include asking her opinion and listening carefully to it and sharing decision making." [Note: Someone will need to ensure each youth receives a copy of both the male and the female agreements after the workshop.]

Reference: <http://www.bahaimarriage.net/Workshops-ActivityIdeasforSessionsAboutRelationshipsandMarriage.pdf> (page 4)

8. Home Activity with mom/dad

G 7/8/9: Reflect on the current relationships in your life. Do you have any relationships that are toxic? What can you do to clear yourself of toxic relationships and maintain only healthy relationships?