



CSE TEAM

JULY 12, 2021



Lesson 4

PURITY – Grade 1-3

	Grade 1	Grade 2	Grade 3
4A: Purity is my precious gift	Major	Minor	Minor
4B: My body is the temple of God	Major	Minor	Minor
4C: Marriage	Minor	Major	Minor
4D: Boundaries	Minor	Major	Major
4E: Repentance and confession	Minor	Minor	Major

- 4A: Purity is my precious gift
Have you ever wondered how white milk is? Or how clear the water is? What do you think would happen if a drop of ink is dropped in a cup of milk or water? Would the milk remain white or the water stay clear?

Purity is a precious pursuit

Children are simple because they love others and forgive others. Sometimes they get sad or cry, but they do not intentionally hate or intend to be mean and hurtful to anyone. Children could remain pure if they kept their love to everyone as they grow. Some kids learn to hate and do bad things; then they become not pure just like the milk with added colors. When we were baptized, God gave us power to resist evil and stay pure if we chose God's way.

THE WORD PURE MEANS TO FREE YOURSELF FROM SIN, SIN MAKES US IMPURE.

Why Should We Stay Pure?

God created us pure
God called us to stay pure and Holy
God is pure
We are children of God

Can you think of EXAMPLES FOR GOOD IDEAS or THOUGHTS AND BAD IDEAS or THOUGHTS?

Good ideas or thoughts: Be kind to my friends at school, help my friends and my parents.

Bad ideas: making fun of someone who is different from us.

Why do you think we should keep our thoughts pure?

We have to have good thoughts because it controls our behaviors and actions.

When there is a cup of water, it is clear right? Like this one right here→

That is like our heart is simple, clean, and pure. But when we sin, it is like putting dirt in water and it will not be very pure anymore.

Objective → *To understand that Purity is not a goal to achieve but rather a way of living.*

- 4B: My body is a temple of God.
My body is the temple of God. God has given me my body to protect and keep it pure and safe. **“do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own”** (1 Corinthians 6:19-20)

How to be Pure?

Mouth: how to keep my mouth pure?

I should pray and praise God, say kind things to others, sing hymns and participate in the liturgy.
I should not say bad word or mean words to others or about others.

Eyes: how to keep my eyes pure?

I keep my eyes pure by reading the Holy Bible.
Not looking at inappropriate videos, words, jokes or pictures.

Hands: how to keep my hands pure?

I keep my hands pure by sharing my toys and not taking what does not belong to me.

EARS: how to keep my ears pure?

While listening to something, make sure that the lyrics are good and do not have any idle or sinful wording (ex. No swears, inappropriate words)

On the other hand, you could also listen to the Church hymns. This can help you to think about Jesus Christ more, feeling His presence, and most importantly, your senses get to become more pure.

Heart: Can you think of examples for how to keep my heart pure?

Pure heart: when I want good things to happen to my friends and I don't wish anything bad for them and I don't make fun of my friend if they fall or trip or make a mistake .

N.B for servant to keep the below for Grade 3 or only when they see fit

Challenges We Face Against Purity

Negative Peer – Pressure
Lack of Self- Control
Not knowing right from wrong
Unintentionally through media

How can we keep ourselves pure?

- Stick to your Christian Values
- The Bible is our reference
- Practice Self-Control – say NO
- Pray and ask God for help

"I can do all things through Christ who strengthens me" Philippians 4:13
Create in me a pure heart, O God and renew a steadfast spirit within me" Psalm 51:10
God can help us overcome any bad habits that we have, all we have to do is ask Him.

- Choose your friends wisely
- Protect and guard your senses
- Watch your actions
- Confess and repent

N.B Pertaining sanctification of thoughts servants SHOULD train children to learn:

G1:

Make sure they know how to do the cross sign.
When they feel afraid or have a problem, do the cross sign.

G2, G3:

Help the children from this age learn and recite "JESUS PRAYER"
The name of Jesus Christ gives strength and guard to our senses.
Arrow like prayer.

"My Lord Jesus Christ help me".

"My Lord Jesus Christ have mercy upon me".

"My Lord Jesus Christ forgive me".

"My Lord Jesus Christ the crucified have mercy on me".

Objective → To love the life of purity and be keen for to keep it.

- 4B: Marriage

Remember when we talked about creation and how God created the first man and woman. God blessed them and told them to bring forth children. God created a family as a male and female (Adam and Eve). Through Holy marriage, dad and mom enjoy having children. Children are a gift from God, and God loves children. Jesus said, "**Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.**" (Matthew 19:14)

Who was the first married couple?

Adam and Eve!

Objectives → To know that God planned marriage and had Adam and Eve be first husband and wife.

- 4C: Personal Boundaries

My body is the temple of God. We are created in the image and likeness of God, we need to protect it. We need to know our personal space (Bubble), and make sure that everyone around us knows our personal space or personal boundaries. No one should come into our personal space.

I understand wanting to greet someone you haven't seen in a while with a hug, but when you greet someone, you shouldn't automatically touch them! There's a personal bubble you shouldn't break without asking. "**A man without self-control is like a city broken into and left without walls**" (Prov. 25:28)

Objectives → To understand a basic concept of personal space.

- 4D: Repentance and Confession

If we sin, how do we get our heart clean and pure? Does anyone know how?

We repent to God and confess to our father of confession. When we repent, God scoops that mud (sin) and forgets it, then we are clean and pure again, like we want to be.

The repentance is feeling sorry for something bad we did.

For example, when we get sick, we go to the doctor and we tell him what is wrong and how bad we feel. The doctor would give us medicine and when we take it, we feel better. In the same

token for our spirit when we commit a sin. Our relationship with God gets affected and as a child of God, we always want to be close to Him. So, first we pray to God to forgive us our sins.

We go to the priest and confess our sins. The priest guides us on how to repent and correct the consequences of our sins. He prays the absolution on our heads and God forgives us our sins.

When we tell the priest our sins, he never thinks bad of us but in fact the priest feels that we are brave, and we are mature to admit our sins. The priest feels happy that he gets us closer to God.

Then we learn from our mistakes, so we pray that we do not do it again.

Objectives → To understand the meaning of repentance and confession. Also, clarify a common worry of children that the priest will hold sins against confessors.



PURITY – Grade 4-6

	Grade 4	Grade 5	Grade 6
4A: Purity is my precious gift	Minor	Minor	Major
4B: My body is the temple of God	Major	Major	Minor
4C: Boundaries	Major	Minor	Minor
4D: Marriage	Major	Major	Major
4E: How to keep ourselves pure?	Minor	Minor	Major
4F: Repentance and confession	Major	Minor	Minor

An experiment:

Grab a clear cup of water (This clear cup of water represents the pure soul that God gave us at birth)

Would you be ok drinking this water?

Now on the table we have some food coloring, dirt...etc. (Lets imagine that each one of these represents a sin or an impurity that affects our heart, soul, or mind)

Who can name a sin that would make our heart impure?

Bad music, impure jokes, aggressive games, Nude pictures, inappropriate videos, or movies...etc.

Every time they mention one, add a drop of color or dirt into the water.

Now would you drink that water? Is that how pure God wants our hearts?

Some people think if they stopped some of the bad things that it will end up having their hearts pure.

(Take with a spoon some of the water out) ... Does the water look pure now? No.

Some people think that if they start doing good deeds or may be give the church some money that it would help purify their soul. (Use some hand sanitizer in the water) ... Does the water look pure now? No.

So how can we clean this water? How can we purify our souls?

Well, the only way to have a clean cup of water is to replace the dirty water with clean water.

And what God does; through the Holy spirit that he dwells in us; he pours his heavenly gifts it into our hearts and helps all the impurities to come out. Until finally it is pure again.

Pour clean water into the dirty water, let it overflow until all the water left is clean and pure.

We can drink this water now.

- 4A: Purity is my precious gift
What is the meaning of Pure?
Something that is clean and not dirty.

What is the meaning of Purity?

Purity is the path of life; It is to be pure physically and spiritually.

Physically by protecting every part of our body that God gave us.

Spiritually by protecting our heart and mind that God gave us.

Pure Heart + Pure Thoughts + Pure body (All work together to keep us Pure)

We are given the power to resist evil and the freewill to choose purity and accept God's call:

“For God did not call us to uncleanness, but in holiness. Therefore, he who rejects this does not reject man, but God, who has also given us His Holy Spirit.” (1 Thessalonians 4)

We always look for Pure air, pure water, clean food, etc.

What about a Pure Heart?

Objective → To understand that Purity is not a goal to achieve but rather a way of living.

- 4B: My body is a temple of God.
Why do we choose purity?
God's Creation:
God's creation is Holy. He created us on his own image, we were born all pure.
"So, God created mankind in his own image..." Genesis 1:27
God gave us the Holy Spirit.
"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God's." (1 Corinthians 6:19-20)
God taught us in the sermon on the mountain:
"Blessed are the pure in heart for they shall see God" Matthew 5:8.

How you use your body, decides if it will Stay Holy or be Evil!
Same as Alcohol!!! Alcohol can be used in medications – it's Good, but if abused, it becomes EVIL.

Incarnation:

God gave honor to our bodies when he incarnated and united with our humanity. He blessed and sanctified everything in our life. He took flesh and became like us, so we also become Holy like Him.

Sacraments:

When we eat the Body and blood of Jesus Christ, we get purified. When we get anointed with Myron, we are consecrated to God just like the Altar. Any inferior look to the body is an insult to God because it means that God made something bad or something wrong. If I dishonor my body, I dishonor God as I am made in His image.

N.B Servant should discuss how children should make good use of their time and not let the devil take advantage of their free time and lead them to doing things defiles their purity.

Objective → To understand we are made pure and holy.

- 4C: Boundaries; How far is too far?

Notice the cliff, there are 3 people on it...Which ones do you think are safe and which ones are not?
Notice the one at the edge, imagine if a strong gust of wind came all of a sudden? Or even imagine if they tripped or lost their balance or someone threw a ball at them...What would happen?
Now notice the ones going back, not even looking at the cliff? You think they are safer?
Allowing small mistakes, turns into big mistakes. Just like a frog in warm water gradually it relaxes and becomes too weak to jump out of boiling water.

Apply the concept of keeping boundaries & limits on:

** Now imagine if you do a YouTube search and start watching a video, then another one comes that has songs with bad words, and you start clicking one after the other, how do you know that you will not end up at a very bad video that disturbed you, that you know you did not want to see?

** Same thing with aggressive games, nude pictures or even songs with bad words in them...How do you know that a bad one will not bring another and another?

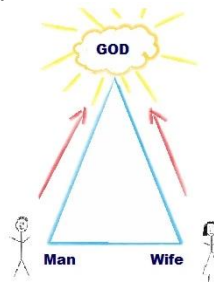
** In few years you will start hearing at the school some people have boyfriends or girlfriends...And they say it is ok, we just go out have fun and we do not do something bad? ... What happens if when they go out one day that they would not hold hands, and then holding hands would lead them into hugging...then hugging would lead them to kissing and so on...Do you think that is the Pure heart that God wants us to have?

God created a place and a time in our lives that is suitable for having a relationship.

Objective →To understand the need to establish some sort of limits pertaining the risky behaviors listed above.

- 4D: Marriage

God's plan for pure and sacrificial love between man and woman is only in a Holy marriage. God created the attraction between man and woman, the desire to be together, so they unite with Him and be fulfilled with love. It is a unity of three with God being the head of this union.



Objectives →Get the children to understand God's plan for love. Anything outside that is NOT PURE.

- 4E: How to keep ourselves pure and face temptation?

The path for purity has two sides, our part (our striving) and God's grace.

- Pray with all your heart. (FROG: Fully Rely On God)
- Guard all your senses.
- Flee
- Avoid bad company.
- Read the Holy Bible.
- Church / communion
- Ask a trusted adult...Who?

N.B Servant to elaborate on each one of the following:

- Flee, how and what are the challenges.
- Pray with all your heart. (FROG: Fully Rely On God) – Read the bible. Think WWJD.
- Guard all your senses, (Identify the Pure and Impure for each sense)

- Church / communion
- Ask a trusted adult...Who?
- Ask the right people.
- Avoid bad company.

Scenarios to discuss:

- ? I am in the car and I notice 2 young people kissing at the bus stop, should I continue to look?
- ? Len has a crush on Cassie, should he go give her a hug and a kiss on Valentine's?
- ? While I am at the mall, I heard a Love song with a nice beat, should I listen to it?
- ? While at a party, my friend is having a mint cigarette that smells good, should I smell it too?
- ? At a family gathering my cousin decides to try a chocolate wine and he says it tastes good, should I taste it?

Objectives → Practice the life of purity.

- 4F: Repentance and confession
We all make mistakes. What if we fall into sinful acts?
Pray for forgiveness. (God is so merciful and forgiving).
Learn from our mistakes so we do not repeat the same mistake.
Ask God to help us make our next decision in life.
Repent and Confess to the priest.

What is the difference between Confession and repentance?

When we make a Sin our relationship with God gets affected and as a child of God, we always want to be close to Him, so we go to the Priest and tell him what went wrong and he guides us how to repent and restore our relationship with God. When we confess to the priest our sins, he never thinks bad of us but in fact the priest feels that we are brave, and we are mature to admit our mistakes. the priest feels happy that he gets us closer to God. The Priest would never go and tell anyone about our sins (even our own parents).

You are UNCONDITIONALLY LOVED, Valuable, Accepted,
Chosen and FORGIVEN!

GO back and return to the Light. Do not keep your sin in Darkness....
Repent and confess!

Objectives → To understand the meaning of repentance and confession



PURITY – Grade 7-9

	Grade 7	Grade 8	Grade 9
4A: Purity is my precious gift	Major	Minor	Major
4B: My body is the temple of God	Minor	Minor	Minor
4C: Marriage	Minor	Minor	Minor
4D: Repentance and confession	Minor	Major	Minor
4E: Virgin vs Purity	Minor	Minor	Major

Purity is a path for life, let us define purity:

Purity is the state of free of contamination (Eph 6)

The purity of sense, heart, mind, and deeds.

Had any of you been a fan of any athlete. How do they continuously exercise or practice, what do they do for a food diet? Do you think they put a system and they follow it sometimes and other times they do not? that will not get them to advance or progress, right?

- 4A: Purity is my precious gift

After man’s fall, our human nature has become corrupted and tends to sin. In baptism, we are reborn with a new nature that can overcome sin with the grace of God. It is up to us to fight temptation through the work of the Holy Spirit to live in the newness of life.

Purity is a life-long pursuit, which is ONLY applicable through Jesus Christ. We strive to pursue purity through the continuous repentance and confession and keep a true relationship with Christ.

“for all of you who were baptized into Christ have clothed yourselves with Christ.”

(Galatians 3:27)

It is not a state but rather continuous striving, so we can reflect God’s image.

We seek purity continually because we are God’s children; we should reflect God’s image

“To the pure, all things are pure, but to those who are defiled and unbelieving, nothing is pure; but even their mind and conscience are defiled.” (Titus 1:15)

“The purity of man is the absence of something, the purity of Jesus is the presence of something.” Ravi Zacharias

What forms our thoughts, feelings, and actions?

- Two people can go through the exact same situation but have completely different thoughts, feelings, and actions in response.

- **“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of God.”** Romans 12:2
- It’s ok to stand out and be different!
- The presence of Christ in your life would change the way you think, feel and react.

In what areas should we strive to be pure supported with the grace of God?

- Thoughts
- Senses
- Emotions
- Bodies (inside and outside)

We are surrounded with many offensive things; we need to focus on how to sanctify our eyes.

Pictures get retained in memory; uncontrolled eyes do NOT lead to purity.

“Escape for your life! Do not look behind you nor stay anywhere in the plain” (Genesis 19: 18)

What are some practical tips to maintain purity?

Prevention (flee and guard):

- Be in the presence of God, through continuous prayer. (Jesus prayer)
- Surround yourself as much as possible with good company.
- Know your values and beliefs.
- Know your triggers. Stay away from the things that trigger you. The Bible tells us to “flee the evil desires of youth and pursue righteousness, faith love, and peace.” (2 Tim 2:22)
- Being careful of what we think.
- Avoid watching, listening, talking, or doing things that are impure. FLEE! Discuss with your parents how to help us to stay pure on our devices. **(Servants my elaborate on the benefit of parental control, it is not to control but rather help to protect you)**
- Create healthy boundaries, physical and emotional.

Setting boundaries

- Flee the cliff, not just the edge.
- Limitations you set for yourself and others around you
- They are standards to live by
- Can be emotional or physical

Healthy boundaries are part of all healthy relationships – they allow you to be in control and maintain the standards that you have set for yourself

What are some examples of healthy and unhealthy boundaries? (Class discussion)

- Telling secrets/ personal situations with others?
- Privacy

Using our time wisely (for edification and growth, not to be wasted)

- My Time is a gift from God to be used wisely.
- We are responsible for our time and what we do with that time, those things fill our minds and our hearts.
- Finding an activity that is mentally or physically challenging will keep your mind away from things that may be impure.

“Whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.” Philippians 4:8

- We don't make the best choices in times of high stress or sleep deprivation.
- Come up with a plan “If I am exposed to ..., then I will ...”
- Avoid judgement, judgments put in a trap for impurity.

You cannot keep birds from flying over your head but you can keep them from building a nest in your hair. You can't keep the devil from suggesting thoughts, but you can choose not to dwell or act on them.

Intervention:

God is so loving and compassionate; he loves the sinner but hates the sin.

“Come now, and let us reason together,” Says the Lord, **“Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.”**
(Isaiah 1:18)

- Remember the 4 Rs
 - Regret
 - Repent & Confess
 - Recharge (Communion)
 - Repeat

“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.”

(1 John 1)

- If you unwillingly sinned, repent and commit to do better, rather than willingly sin with the assumption that you will have a chance to repent after. Do not abuse the mercy of God. Keep in mind the consequences of sin (spiritual, emotional, physical and social).

“What then? Shall we sin because we are not under law but under grace? Certainly not!” (Romans 6:15)

Objective → To understand that Purity is not a goal to achieve but rather a way of living.

- 4B: My body is the temple of God.

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” (1 Corinthians 6:19-20)

Servant to make sure to achieve the below points, servant may use a better way to help youth to visualize and absorb the principle of “The temple of the Holy Spirit”

The altar	Our Body
Consecrated with holy oil (Myron) when church is built, before first oblation	Consecrated with holy oil (Myron) upon baptism
The Holy Spirit transforms the bread and wine in every liturgy to the Body and Blood of Jesus Christ	The Holy Spirit dwells and works in us after baptism. The means of salvation ignite the Holy Spirit in us.
On the altar, the priest offers the sacrifice and allows us to eat from it to abide in Christ and be a living sacrifice.	“you present your bodies a living sacrifice, holy, acceptable to God” Romans 12:01

- We receive from the Lord every day the fruits of his mercy. Let us render ourselves; all we are, all we have, all we can do.
- It is acceptable to God: a reasonable service, which we are able and ready to give a reason for, and which we understand. Conversion and sanctification are the renewing of the mind; a change, not of the substance, but of the qualities of the soul.

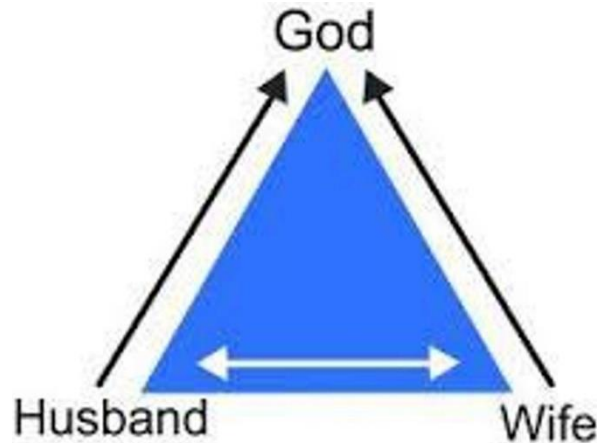
Objective → To understand we are created pure and holy.

- 4C: Marriage

Is sex pure?

- Yes – sex is pure and holy in the context of marriage only!
- God’s plan for marriage **“God blessed them and said to them, ‘Be fruitful and multiply, and fill the earth and subdue it’.”** Gen 1:28
- God created sexual instinct for the purpose of marriage and procreation.
- He created the attraction between man and woman (husband and wife in Christ) so they can unite with Him and be filled with love.

- It is a unity of a man and a woman blessed by Christ in holy marriage. God is the centre of the union.



- **“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.’ 6 So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.”** (Matthew 19:4)
- Any Premarital sexual practices or relationship is sinful because it is a deviation from God’s holy plan for marriage. For Christians, intimate relationships between man and woman should be only through a marriage that has been blessed in Christ.

What is the purpose of marriage? (Review that it exists in next lesson)

- First, we need to understand that both males and females are created in God’s image with dignity, value and equality.
- Yes, they are different in many ways but they each bring unique, COMPLEMENTARY qualities to the marriage (They are equal but not identical)
- The purpose of marriage is to unite a husband and wife together – physically, emotionally, and spiritually
- No other relationship does this and that’s why marriage is the most intimate of relationships.
- In Orthodoxy, marriage is a sacrament, which means it’s for life with Christ always in the centre

Sexual relationship in marriage is not meant just for procreation, but also for enjoyment, and intimacy. It is an extraordinary and holy bond between man and woman.

What is the negative impact of a sexual act outside marriage?

You’re giving a very special piece of yourself that you will never get back. No other relationship is forever as marriage is. Having sexual relations outside of marriage can have very serious consequences –

- Sinning against the Lord and perversion from His holy commandments, which ruins our relationship with Christ

- **“Or do you not know that he who is joined to a harlot is one body with her? For “the two,” He says, “shall become one flesh.”**(1 Cor 6:16) Destruction to oneself (1 Cor 6:18; Proverbs 6:32)
- Any relationship or sexual intimacy outside of this plan is sexual immoral 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

What about kissing or touching? If it's not sex, is it ok?

“Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.” (1 Corinthians 6:18)

- These are actions of sexuality, if not necessarily sexual act BUT these forms of touch initiate emotional and spiritual responses that linger in the mind and grows **“whoever looks at a woman to lust for her has already committed adultery with her in his heart.”** (Matthew 5:27–28)
- **“I made a covenant with my eyes not to look lustfully at a young woman.”** (Job 31:1)
- Purity starts from purifying thoughts which leads to actions and helps to avoid any intimate contact.
- **"Keep your heart with all diligence, for out of it spring the issues of life"** (Proverbs 4:23)
- Watching porn is committing adultery.
- **“Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.”** (Hebrews 13:4).

Objective → To understand God's plan for love, and the negative impact of sexual practices outside marriage.

- 4D: Repentance and Confession

God's heart breaks for us when we choose to go astray.

- Sin is a barrier that sits between us and God.
- Confessing our sins before our Father of Confession helps to fix our relationship with God and close the gap that resulted from sin
- True repentance is sincerely regretting what we've done and continuous striving supported with the grace of God to avoid committing sins. The regret is for deviating from God's way.

Objective → To understand the purpose and blessings of repentance and confession

- 4E: Virginity Vs Purity

The world looks at virginity but Christianity is looking for purity.

Sexual acts should only occur within marriage. This includes not only intercourse, but also intimate physical touch

Abstinence protects from both the physical and emotional consequences of sexual immorality.

Takes a lot of self-control and dedication, which strengthens one's character

The concept of being virgin or sexually abstained revolves around the physical aspect of humans. Sex in animals is a physical need same like eating or drinking but for human, it is a tremendous love energy that could be as sublime as monasticism and serving the community that fulfills the heart same as marriage (God's original plan) or a deviated energy (like the nuclear bomb).

Our souls and spirit are equally important and need to be fulfilled. God wants us pure all inside out. "Keep your heart with all diligence, for out of it spring the issues of life." (Proverbs 4:23)

Servant to overview the guard and flee points in section 4A

Objectives → To understand that purity (Chastity) is much more than abstaining from sex until marriage.

References:

- المفهوم الروحي للجنس (The spiritual meaning for sex)– Fr.Dawood Lami
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