



## **Christian Sexuality Education Lesson Plan**

### **Grade 7-9: Decision Making**

	Grade 7	Grade 8	Grade 9
3A: What is faith	<b>Major</b>	Minor	<b>Major</b>
3B: Decisions Making	Minor	<b>Major</b>	Minor
3C: Self-control	Minor	<b>Major</b>	Minor
3D: Decisions related to Sexuality	<b>Major</b>	Minor	<b>Major</b>
3E: Repentance corrects your way	<b>Major</b>	Minor	<b>Major</b>

#### **1. Lesson sub-topics**

- Self-control
- Faith
- Consequences
- Repentance

#### **2. Lesson Objectives**

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

- Understand that faith grows stronger as we experience God in our life.
- Help students decide to choose God first in everything.
- Teach practical techniques for self-control.
- Help students understand God's plan and the cost of committing adultery or fornication.
- Help students understand that God's love is unlimited and the need for repentance.

#### **3. Servants' resources/references**

- Curriculum guidelines.
- The Holy Bible NKJV
- Online: Videos / songs.
- "Blind Faith-Part 1: Water to Wine" Fr. Anthony Messeh
- "What to do when you don't know what to do" Dr. David Jeremiah
- "Transversing to Heaven: The Christian Way" – Rev Fr. Tadros Malaty.

#### 4. Lesson Content and timing

**Red: Sub-topic**

**Green: Open ended question for the students.**

**Blue: Conclusion**

**Purple: Verses within the lesson**

Reminder the children to listen Attentively.

**What does that mean?** Attentively means listening with your (Mind, ears and eyes)

#### A. Review Previous lessons (5 Min.)

- Christian Identity
- Christian Values.

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

**G7:** Two Truths and a Lie is a decision-making activity that is useful as an icebreaker. The participants write down two things about themselves that are true. They also write down one thing about themselves that is a lie. Each group member has the chance to share the facts with his group members. The group members must decide which two items are true and which is a lie. Participants in the group may work together to reach a decision and then explain how that decision was reached.

**G8:** Inform the group that they are in an air-raid shelter after a disaster has fallen. The shelter only has enough air and food supply for six people. The remaining members will go on a rescue mission. Randomly assign roles (doctor, housewife, movie-star, politician) to each group member by choosing out of a hat. Each group member must plead his/her case on why s/he should stay in the shelter and who will go on the rescue mission. The group decides as a whole who must stay and who goes. Set a time limit (ie. 5 mins) to make the decision process more difficult.

**G9:** Get a blue, white, and red sheet of paper then cut them into little squares and put them into a bag. Then get 2 volunteers. Have the first volunteer try to get as many squares, one at a time and only with one hand, in 60 seconds. After the first participant is done, tell them "I forgot to mention that the white squares are worth \$10, the red \$50 and the blue \$100. Then add up the first participant's squares in total dollars and write it on the board. Participant 2 goes next and will add up his/her squares in total dollars as well. Participant 2 will have the largest amount in dollars, although not necessarily the largest number of squares. Then discuss how a little knowledge can alter how one approaches a situation and makes decisions.

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

##### Section I (10-15 Min.):

##### 3A: What is Faith? What is faith?

- Faith/belief in God is based on historical facts and eyewitnesses of a true life. It is the life of Christ and His commands that changed the world; it is not based on invisible miracles or myths.
- Miracles glorify the name of God and are not the indicators of faith.
- Faith is not just an ideology or philosophical concept, rather it is a true experience with God.
- Trusting God and having faith in Him fills us with comfort, peace, and joy.

- Our faith grows stronger as we experience God in our life.

## What is the purpose of God's commandments?

- The purpose of God's commandments is our eternal salvation
- "Your word is a lamp to my feet And a light to my path." (Psalm 119:105)

## How should we base our decisions?

- Decisions are based on our identity, our beliefs, and our Christian values, which help us determine which direction we take
- Our identity is that we are created in His image.
- Christian values are based on love because God is love.

**Objectives → To understand that faith grows stronger as we experience God in our life. The disciples and apostles recorded their experience with God in the Bible and conveyed this faith to us through the church Tradition.**

## 3B: Decision Making

### What is morality?

- Morality is the principle that distinguishes between right and wrong or good and bad behavior
- Law is based on world's view vs. truth which is absolute; truth does not change
- We should follow Christian ethics because of our love for God
- There is a difference between doing the right action with the wrong motive vs. the right action with the right motive (love for God)



## Let us brainstorm different types of decisions. How do they differ?

- There is a difference between simple decisions (ie. What will I wear? What will I eat?) vs important decisions (ie. marriage, career).
- Important decisions are based on our values and beliefs, which are founded in Christ.
- Ex. When I choose a spouse, I will look for someone who shares my Christian values.
- Ex. Choosing not to watch inappropriate movies because of my love for Christ.
- Ex. Choosing to respect my boundaries.

## What are some steps/tools we can use to make good decisions?

- God should be central in our decision-making process
- Our reference is the Word of God (Psalm 119:105) either as an exact command or as a principle.
- Use the P.R.A.Y acronym.
- Pause and think before you decide
- Read and collect information about the decision you are about to make
- Ask for guidance: parents, Father of confession, trustworthy adult
- Yield to God's will (even if it's not what you had in mind!)
- There are consequences for all actions taken – good or bad
- If we make the wrong decision, we may suffer its consequences both earthly and eternally
- Ex. Those who use drugs not only live far from God, but also risk their earthly life
  - Steps
    - i. Define the problem
    - ii. Establish stakeholders (ie. Who else is involved in this decision?)
    - iii. Consider all options
    - iv. Identify the best option
    - v. Develop a plan
    - vi. Take action
    - vii. Be responsible for the outcomes
    - viii.** Evaluate your experience (self-reflection – what worked? What did not work? What would I do differently next time?)

**Objectives → help youth to decide to have God first in everything.**

### **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.):

### 3C: Self-Control:

#### How can we control our impulses?

- If I choose God first, then decisions will not be impulses, but rather well thought through
  - **Biblical examples**
- Joseph decided not to follow Potiphar's wife (Genesis 39)
- Daniel and his 3 friends refuse to eat the King's food as to not defile themselves (Daniel 1)
- Abigail and David (1 Samuel 25)
- God has given us free will; however, His will is our holiness
- Self-control is one of the fruits of the Holy Spirit
- The closer I am to God, the more I gain from the Fruit of the Holy Spirit
- Ask for God's grace and He will give you strength in your spiritual battle
- Practical tips
  1. **Avoid temptation:** Avoid things or places that cause you to make bad decisions
  2. Change your thinking: Self-control is not deprivation; it is a positive behavior that helps you achieve your goals
  3. **Practice self-care:** People make poor choices when they are not sufficiently rested so make sure to get lots of sleep, eat healthy, exercise, and practice relaxation techniques
  4. **Make smaller goals:** Small goals are more achievable and help you to reach your larger goals
  5. **Take action:** Have the confidence to just start. It is ok if you slip but get back up and keep trying until you succeed
  6. **Trust God and LEAN on HIM:** God wants us to be happy. Turn to Him with your struggles and He will lift you up and give you the guidance you need to make positive choices.

Adapted from: <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-risk-taking/help-your-teenager-develop-self-control>

***Objectives → To understand the true reason for self-control and teach practical techniques to accomplish self-control.***

### 3D: Decisions Related to Sexuality:

God's plan for sexual relationship is one husband and one wife together in holy marriage; any other sexual act would be a deviation from God's plan, and therefore, a sin.

#### What are the consequences of deviated sexual behaviour (adultery and fornication)?

- The negative consequences of deviated sexual behaviour are physical (ie. STIs), spiritual, emotional, and social.  
**Note to the Servant: Please provide an example of each consequence**
- If we don't repent, we risk losing our eternal salvation.
- **BUT** you are not alone – you have support from God first and foremost, and also your parents and your Father of Confession

- “Flee sexual immorality” (1 Cor 6:18)  
**This is the shortest, safest, and best way to avoid temptation and sexual sin.**

### How can we avoid sexual temptation?

- Decide ahead of time what action you will take to “flee” so that when you are exposed to a temptation, you will already have a plan and flee without hesitation.

Ex. I know that watching intimate scenes in movies is a hindrance to me and a temptation so next time I feel such a scene coming, I will simply look away.

**Objectives → To understand God’s plan and the cost of sexual sin.**

### 3E: Repentance Corrects Your Way”

#### What is genuine repentance?

- Repentance is the act of genuine and sincere regret or remorse
  - It is **not** simply feeling bad for a little bit and doing nothing about it
  - It is realizing your mistake and taking action to correct it. It is striving with the support and Grace of God to avoid committing the same sins again
  - It is turning to God for forgiveness and salvation, and seeking His Spirit to give us strength to turn away from our wrongdoing

#### What is the purpose of repentance?

- Repentance is not meant to have us live a life of guilt and regret, but rather strengthens our bond with Christ and frees us from that guilt and regret.
- The outcome of repentance is living a new life filled with the works of the Holy Spirit.
- No matter what, God is ALWAYS waiting with arms wide open for us to return to Him and start with a blank slate.
- Repentance will not eliminate the consequences of wrongdoing but gives us comfort and peace that we are still loved, still wanted, and still accepted by Christ.

**Objective → To understand God’s love is unlimited but we need to willingly change our ways.**

#### Verse of the day:

**G7:** “That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life” (1 John 1:1)

**G8:** “Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” Proverbs 3:5-6

**G9:** “the life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us” (1 John 1:2)

**Note to the Servant:** “Life was manifested” in the Person of Jesus Christ because He is the life and the giver of it. The disciples experienced and conveyed that to their descendants (us).

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

**Review:**

- What are some decisions you make in your life?
- Does God care about your happiness?
- What is God’s role in your life?
- What are some practical tips to help with decision making?

**Questions:**



**E. Prayer:**

*Heavenly Father,*

*We need wisdom that only Your Spirit can give us. Help us to not lean solely on our own understanding, thoughts, or dreams — or what society, culture, and friends have to say. We seek your wisdom, Lord, in every aspect of our lives. Please strengthen us and help us to discern the decisions we make in our lives. It is Your will that we seek.*

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

**5. Practical application of the lesson to SSSs lives**

- Deciding on relationships or career choices
- Avoiding things or situations that may lead to temptation (inappropriate jokes, language, friendships, behaviours)
- Learning to turn to the Word of God to help make the best choice

**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: YouTube: Children's Bible Talk - "Walking God's Path (1) - Choosing The Good Path"**

Different paths and choices that comes with it featuring Jeremiah when God asked him to look at the different paths Jeremiah 6:16

<https://youtu.be/XR4itqz1RNY>

**Note to the Servant:** Explain that the right path is the narrow path, which is often difficult and different than everyone else's path.

### **G8: YouTube: How Christians should Make Wise Decisions**

What steps do you take when you are faced with an important decision? Has this worked for you in the past? Think about those experiences as you watch the following video.

<https://www.youtube.com/watch?v=Sc3QKhOMcx0>

**Note to the Servant:** Please clarify to the students that desires are part of human nature but it still needs to be according to our Christian values

### **G9: YouTube: 5 Step Decision Making - How to Make the Right Decision Biblically | Jeremiah 41:17**

<https://www.youtube.com/watch?v=AEdhp6b6lzs>

## **7. Group Activity**

### **G7: Let's Brainstorm**

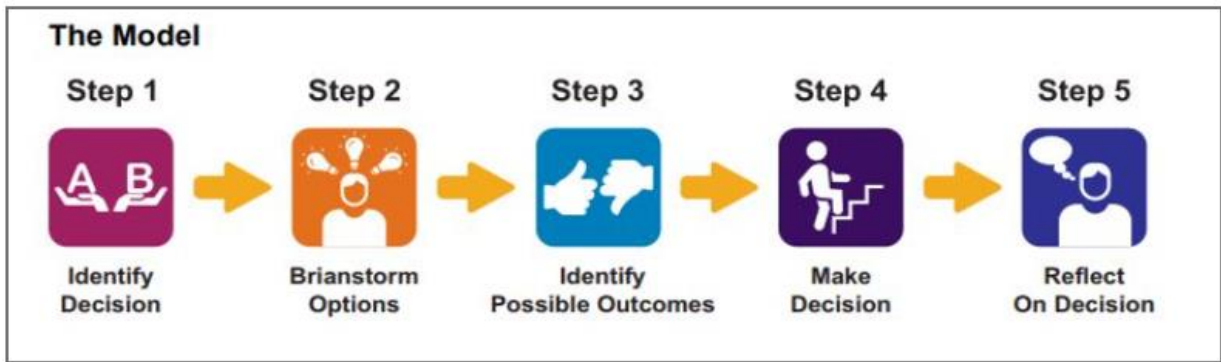
Brainstorm some major decisions in your life and turn to the Bible to find verses that apply as guidance for those situations.

To be added: the Kahoot from Marina Aziz

### **G8: Find a Solution!**

1. In pairs, IDENTIFY 1 major problem to solve (can be real or made up)
2. Together, BRAINSTORM possible options to solve this problem.
3. Identify possible OUTCOMES for each option.
4. Make a DECISION.
5. REFLECT on the decision.
6. Share your strategies with the rest of the class





### ***G9: Decision Making Scenarios***

Divide the class into 4 groups and give each group a Scenario card (see below). Each group will then have 5 minutes to discuss options and decide on a solution together. Groups can then share their thought process and decision with the rest of the class.

The below scenarios to be changed to new ones reflects the below list:

## **Decision making scenarios**

Servant to pick most suitable scenarios to match the youth of his/her class needs.

You are tired of blending in. You want to be noticed. You are good-looking, and with the right clothing styles, everyone would be able to see that, especially if your clothes fit tighter or showed more skin. Other kids dress that way. What will you do? (1 Corinthians 8:12-13; 12:23)

You are at a friend's party. At first, everything seems normal, but then you notice some people pouring something into their cups from a thermos. They are acting weird. Someone offers you a drink from the thermos. What will you do? (1 Corinthians 15:33; 1 Peter 2:11)

Some of your friends have started drinking alcohol, and they seem to be having more fun than you. They have asked you to try it. What will you do?

(Ephesians 5:18; 1 Corinthians 15:33)

A group of students in your class start to raise issues and arguments to raise sympathy for the LGBTQ "plight" and the LGBTQ lifestyle. What would you do?

It seems that just about everywhere you look — grocery stores, convenience stores, TV, billboards — you see pictures of people wearing revealing clothes. Some friends look at magazines and access Internet sites where they can see even more. One friend has figured out how to get past parental blocks on these sites and has offered to show you how. What will you do?

(Luke 11:34; Matthew 5:28; Psalm 101:3-4)

Kate's brother has been sick for a while in the hospital. Lately Kate's parents have been devoting their attention to her brother. Kate asks her classmate Andrew to come over to her house and keep her company for a bit. If you were Andrew, what would you do?

### Case Study:

John and Beth, both lacrosse players on their school's junior team. The boys' team had won their league championship this year. The Athletic Banquet was coming up for both teams and John wanted to plan a "special night", so he arranged to have a surprise post-banquet party at his friend Tim's house, knowing that Tim's parents would be away.

◇ Question: What 'red flags' do you spot in the scenario so far?

Word spread about the party, and soon many of John and Beth's friends, both athletes and class mates, arrived at Tim's house. Some of them brought alcohol. The party went on for several hours.

In the past, several of John's friends and teammates had been pressuring him to kiss Beth. During the party, John started to think that maybe they were right, and that this evening would be the right time.

◇ Question: What problems could the appearance of alcohol bring?

◇ Question: What are some outcomes of this party?

◇ Question: Did kissing Beth aligned with what God's plan for relationships?

During the course of the evening, John and Beth slipped into one of the bedrooms and kissed Beth for the first time.

◇ Question: What emotions might they be feeling afterwards, and how are those emotions connected to God's presence?

### ***8. Home Activity with mom/dad***

**G 7/8/9:** Practice decision making at home – can be with major or minor decisions. Involve your parents or siblings and get their feedback.