



Christian Sexuality Education Lesson Plan **Grade 1-3 /Session 3: Decision making**

	Grade 1	Grade 2	Grade 3
Lesson# A: What is faith?	Major	Major	Minor
Lesson# B: Decision Making	Major	Minor	Major
Lesson# C: Self-control	Minor	Major	Minor
Lesson# D: Decisions related to purity	Minor	Minor	Minor
Lesson #E: Repentance corrects your way	Minor	Minor	Major

1. Lesson sub-topics

- What is Faith?.....**”Servants need to put an emphasis on what is the relationship between faith and good choices.”** The main factor for Christians, to make decisions according to God’s will is their faith and trust in God. From that stand we need to make sure children/young youth understand what faith is.
- How to make a good decision
- Self-Control
- Decisions related to purity
- Repentance corrects your way

2. Lesson Objectives

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

- Understand the meaning of self-control and learn a simple way to properly express our feelings and control our actions
- Seek God first when we decide something and understand that decisions come with consequences.
- Understand personal privacy and respecting our bodies
- Know the meaning of repentance

3. Servants’ resources/references

- Curriculum guidelines.
- The Holy Bible.

- Online: Videos / songs
- Upper room sermons: [Upper Room Media - Categories](#) Make a choice by HE Archbishop Angaelos
- [Stop, Think, Go! Practicing Problem-Solving – confident parents confident kids](#)

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:

G1: Simon says questions:



G2: Questions game: (could be addressed as a group, or each student takes a question)



G3: Game: If you're stuck on a deserted island and could only take three things with you, what would they be?

Here are some examples:

- You'll have lots of fun with your three toys but what will you eat and do you have any way to prepare food?
- Do you think you will find spare batteries for that on the island?
- Is there a place to charge it or plug it in?
- Where will you sleep?
- Have you taken anything that will help you survive? Or can you use things in nature to help you?

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

Section I (10-15 Min.):

3A: What is faith?

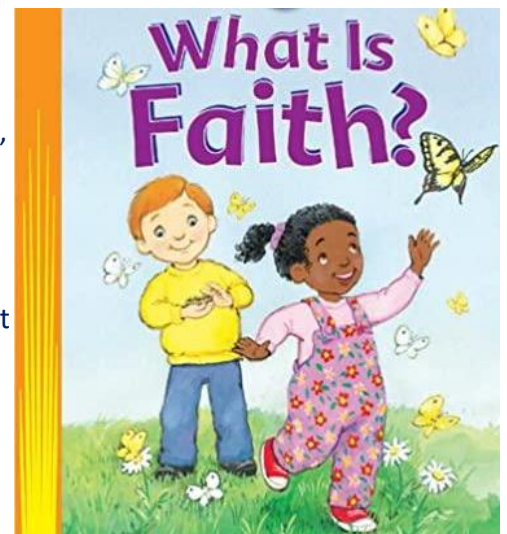
Faith....It's defined as "complete trust and confidence in something or someone".

When the Bible talks about faith in God it means that we have put all our trust, confidence and hope in Him.

When you sit in a chair for the first time you are showing *faith* that the chair will hold you. Until you are safely seated you don't know for sure if the chair is going to hold you.

We sit in chairs all the time. It doesn't seem to take *that much* faith for us to sit down in a chair. Yet, it technically is faith. **Can someone think of another example?**

The power of faith is that we obey even when we cannot see the end. Our faith allows us to believe that God will take care of us even though we can't see what He's up to or where He is taking us. And because we have this faith in God, we should always follow His commandments and precepts (instructions).



▪ **Has your dad or mom explained to you how to do addition (math problems)?** They explained how to use your fingers to count. Then when you are in school you can add numbers. So now you believe that you can do addition!

▪ **Have you ever wondered why your parents tell you to pray? Or stand up in the liturgy?**

Because they know God and they believe that through prayers we connect with God and experience a relationship with Him and enjoy His love. They choose to trust and follow God's ways. I choose God because I trust Him.

▪ Trust in God. "Trust in the Lord forever, For in Yah, the Lord, is everlasting strength" (Isaiah 26 :4)

"Trust in the Lord always, for the Lord God is the eternal Rock" Isaiah 26:4 (NLT)



Teacher to contemplate the word FOREVER "trust in the Lord FOREVER". The word forever means always, in every single decision we make in every day of our lives.

▪ **Growing in Faith**

Did you know that when we live with strong faith, we are blessed?

When we trust God, we find out that He keeps His word. This makes our faith grow and helps us trust Him even more.

The Bible is **full of stories** of how people had lots of faith in God, and how He blessed them! **Can you think of examples from the Bible where people showed Faith? (For grade 1, teachers may choose the simple examples from the list below)**

There are many people in the Bible who had strong faith in God. Perhaps you know some of them such as:

- Abraham: Abraham followed God and he did not know where he was going, or what would happen next.
- Noah, who built the ark and he, his family and the animals were saved from the big flood.
- Daniel when he was in the lion's den.
- There was a woman that had been very sick for a long time. She had faith and believed that if she could just touch Jesus' robe, she would be healed. So, she managed to touch the hem of His robe and she was instantly healed! When Jesus realized she had touched Him, He told her: "Daughter, your faith has made you well. Go in peace. Your suffering is over." (Mark 5:34)
- There was also a centurion, which means a commander in the army. He had a big rank in the Romans army. He had a servant who was really sick. He was worried about his servant and went to our Lord Jesus and asked him to heal him. Our Lord kindly said that he will go. But this commander did not think he was worthy for Jesus to enter his home. So, he asked Jesus to just speak the word and his servant will be healed. This commander had great faith. He knew that it was enough for Jesus to command and it will be. Jesus said "Assuredly, I say to you, I have not found such great faith, not even in Israel!" (Matthew 8:5-10)

So let's remember to always trust in the Lord and have lots of faith, because God loves us very much and wants only the best for us. Remember you are not alone; God is always with you.

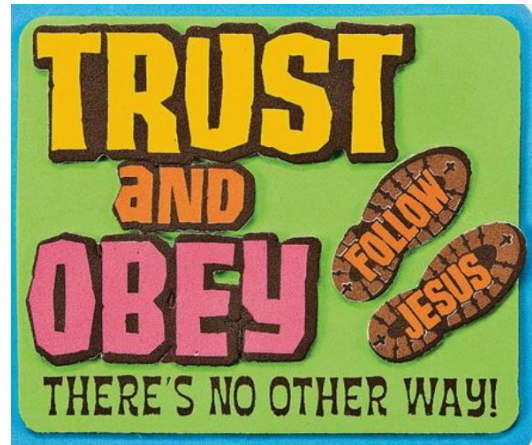
N.B. for the servant to explain in this part that our faith does not depend on miracles performed. It depends on the person of Jesus Christ.

Objective --> To understand what faith is and how it is based on a real experience and not a blind hope.

G1:



G2:



G3:



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.):

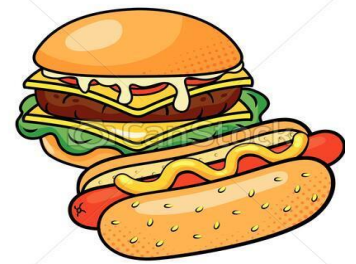
3B: Decision Making

What are choices, and how to decide?

Have you been in a situation where you are asked to choose something over another?

We have to make choices **ALL** the time

Some choices are easier to make than others. Sometimes you must make a decision from the choices given to you. **In the choices below, choose the best one for you.**



What if the choice is not very clear? What should we really think about, when we have to choose between two things?



How to make good decisions: (Note for the servant: pause and provide examples from activities below)

RED LIGHT: Red Means Stop! Calm down and understand the situation. Think about what will make you calm...your favorite Saint, favorite stuffy, do the sign of the cross, count till 10.

YELLOW LIGHT: Yellow means slow down, be careful. Use Caution. Feel. Communicate. Think. Pray

Think about a variety of options. Which one is right and which one is wrong? Would God be happy with my choice? What would Jesus do in this situation WWJD? Remember what we discussed last time about Christian identity. We are the image of God and we need to act in a way that reflects the image of Christ who lives in us.

- If you do not know what to do, you can ask your parents or a trustworthy adult like your father of confession. Do not rely on your emotions in making any decisions.
- Talking to someone who is trustworthy will help us to organize our thoughts. We can talk with the priest or our parents. We know about God from the Bible, the Church & fathers' teachings. When we know God, we know what is right and what is wrong.
- Would my decision hurt myself or anyone else? A part of understanding a situation is to know what would happen next or a consequence or effect of our decision. For example, if we choose to take a cookie before dinner without telling our parents, is that being honest?
- Praying to God and definitely He will guide you.

Ex.: **what would happen if:**

1. You decide to hide your brother's toys without telling him
2. You decide not to wear warm clothes
3. You decide not to pray before you sleep (Note to teacher: emphasize the importance of having a relationship with God - that's why we pray; to talk to God.)
4. How do you think God will feel when you say goodnight to Him?
5. You decide not to have breakfast before going to school

GREEN LIGHT: Green means Go! Try out your best plan.

Remember that our main goal is to have a good relationship with God.

How will you feel if your parents are mad at your behavior or choices? Imagine if God is unhappy with our actions?

How will we feel if we are far away from our parents? Similarly, as God's children, imagine if we are far away from God. As God's children, we are eager to follow His commandments and rejoice His heart with our good deeds.

We thank God when we make the right decision.

Objective --> To understand the basics of decision making and how to have God first and think about the consequences.

3C. Self- Control:

o Sometimes we hang out with friends who do different things or inappropriate behavior from what we are used to with our families. We should ask our parents first before doing anything. Like acting a certain way, eating certain foods or playing daring games.

o Sometimes we feel like we are driven to do things and our parents will not be happy if we did it, this is called temptation. We should learn how to say NO to ourselves and others and remind ourselves that we choose God's way.

o When we feel angry or afraid, we should explain how we feel.

Self-control - feelings check-in strategy (servant to print the feelings check-in and provide to children to take home. Children should be encouraged to use it at home to express their feelings)



Objectives --> To learn in a simple way how to express their feelings which helps in control emotions

3D. Decisions related to purity.

As the children of God, we should keep ALL our senses pure. In any place we go like a swimming pool, the school, or even the church. We should say no to anyone who encourages us wrongly to look at any inappropriate scenes, videos, or pictures. We should not participate with any one saying bad or dirty jokes or trying to breach the privacy of others.

Even if a teacher in school/camp/club says something that might not help me keep my senses pure, we should say NO.

When we go swimming, get ready for the pool in the change room? What will you do?

And why?

Christ our Lord teaches us to honor our bodies and not let our eyes see any nakedness. We should always be changing privately.

In the swimming pool change room, we might find people completely undressed. I should not look at them but rather ask my Lord Jesus Christ to be with me.

N.B. The servant should guide the kids that they can and should ask for a private place to change.

“just as you want men to do to you, you also do to them likewise”. Luke 6:31



G3: What if someone dares to touch our private parts?

People should know their limits and we should set our boundaries.

The whole body is holy including private parts. No one, whosoever, should see or touch your private parts. Sometimes your parents may do that for the purpose of cleaning during a shower. In case of sickness, or for a medical purpose, the physician can also examine your private members while you are accompanied by your parents.

N.B to the servant must explain to children that this is the time they need to be firm and loud.

Also explain who to go to if this happened or happens.

If this happens to you, MAKE A SCENE. Scream, yell and tell them NO. If they persist, flee the scene as best as you can and seek a parent or trustworthy adult (someone older you can trust).

What would you do if there is a kissing/inappropriate scene in a show that you are watching? We should close our eyes, and look away. We should also discuss it with our parents.

Objective --> To understand the whole body is pure and holy.

3: Repentance corrects your way

What happens if we choose to disobey God and make the wrong decision?

We need to repent, confess to the priest and ask God for forgiveness. We need to ask for God's help to make the right decision the next time.

What does repentance mean?

- Repentance is when we feel sorry for our sins
- We have to be brave and admit our sin.
- We should take responsibility and correct our mistakes with our parents' and under the priest's guidance.
- We should say sorry if we hurt someone feelings
- If we committed a sin or a mistake, we need to be honest and tell our parents and the priest and try very hard with the help of God not to do it again.

Objective --> To understand the true meaning of repentance.

Verse of the day:

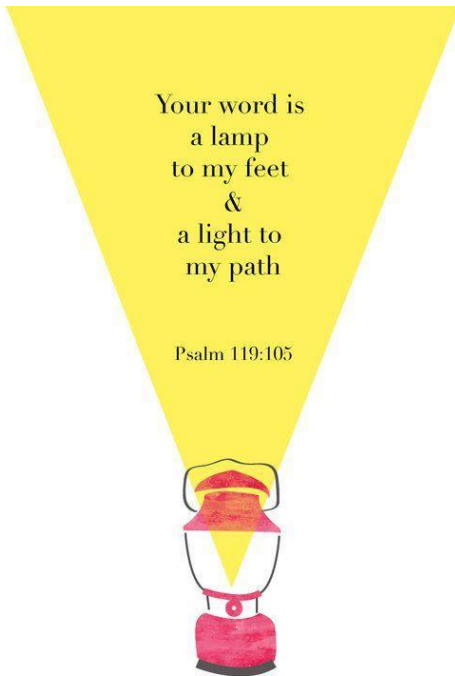
G1: "Your Word is a Lamp to my feet and a light to my path" (Psalm 119:105)

G2: "Trust in the Lord with all your heart, And lean not on your own understanding" Proverbs 3:5

G3: "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:16-18)

(Printable for giveaways):

G1:



G2:



G3:



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

Review

- What is Faith?
- How to make a good decision
- Self-Control
- Repentance corrects your way

Questions:



E. Prayer:

Heavenly Father,

Thank You for everything that You have given us – our family, our church, and our friends. Thank You for loving us so much that You sent Your only begotten Son Jesus to save us. Please help us make the right decisions, decisions that represent Christ who lives in us. And if we make a wrong decision, please help us to feel brave and talk to Abouna and our parents about it. Through the intercessions of St. Mary and St. Mark, please hear us when we say thankfully Our father who art in heaven

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

5. Practical application of the lesson to SSSs lives

- Being in a change room before/after swimming.
- Privacy in bathrooms.

- Obeying parents.
- Wanting a sip of water before communion.
- kissing scenes in TV shows or in pop ups.

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.

G1: YouTube: (Good choice Bad choice) (Section: 1A, 1B ... etc)

https://www.youtube.com/watch?v=6MwLoi_gxCs&list=PL8sFuE1WmSMjiCDIH6dZXabyJ1ZVoWlnK&index=2

or

[Daniel and His Friends Obeyed God - YouTube](#)

G2: YouTube: (Faith is the evidence of things not seen) (Section: 1A, 1B ... etc)

<https://www.youtube.com/watch?v=TT5Pmj-0oqo>

[Faith and Assurance | Bible Words Explained for Kids | Bible Animation - YouTube](#)

Servant to further explain :

Faith/belief in God is based on historical facts and eyewitnesses of the true life of Jesus Christ. His teachings, miracles and lifestyle were witnessed by the disciples, the apostles, recorded in the Bible. That was the belief foundation for our christianity.

G3: YouTube: (The choice is yours) (Section: 1A, 1B ... etc)

<https://www.youtube.com/watch?v=kJQ4UvAEeyA>

[How can we make good decisions? CQ Kids - YouTube](#) (better)

(Suggestions to teachers to discuss with the students after the video)

What is the choice I need to make?

Will my choice please God?

Will my choice get me in trouble?

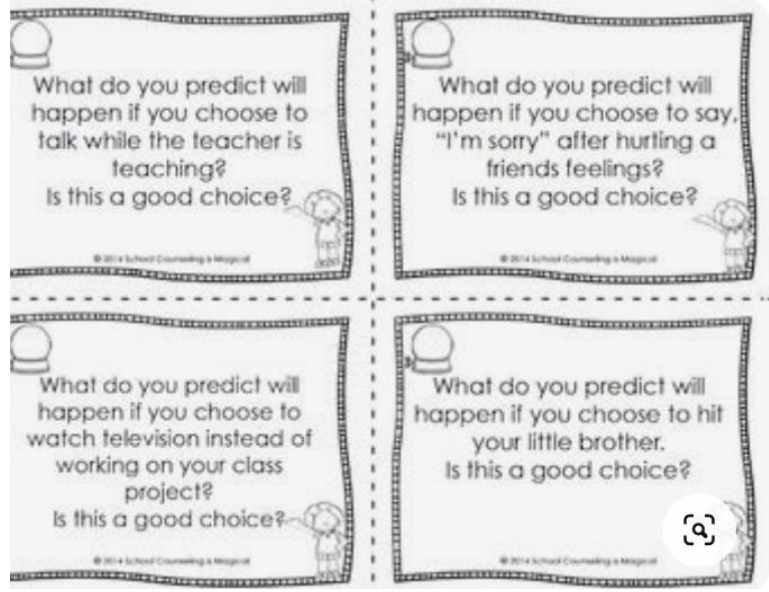
Will my choice put me in danger?

Will my choice hurt myself or others?

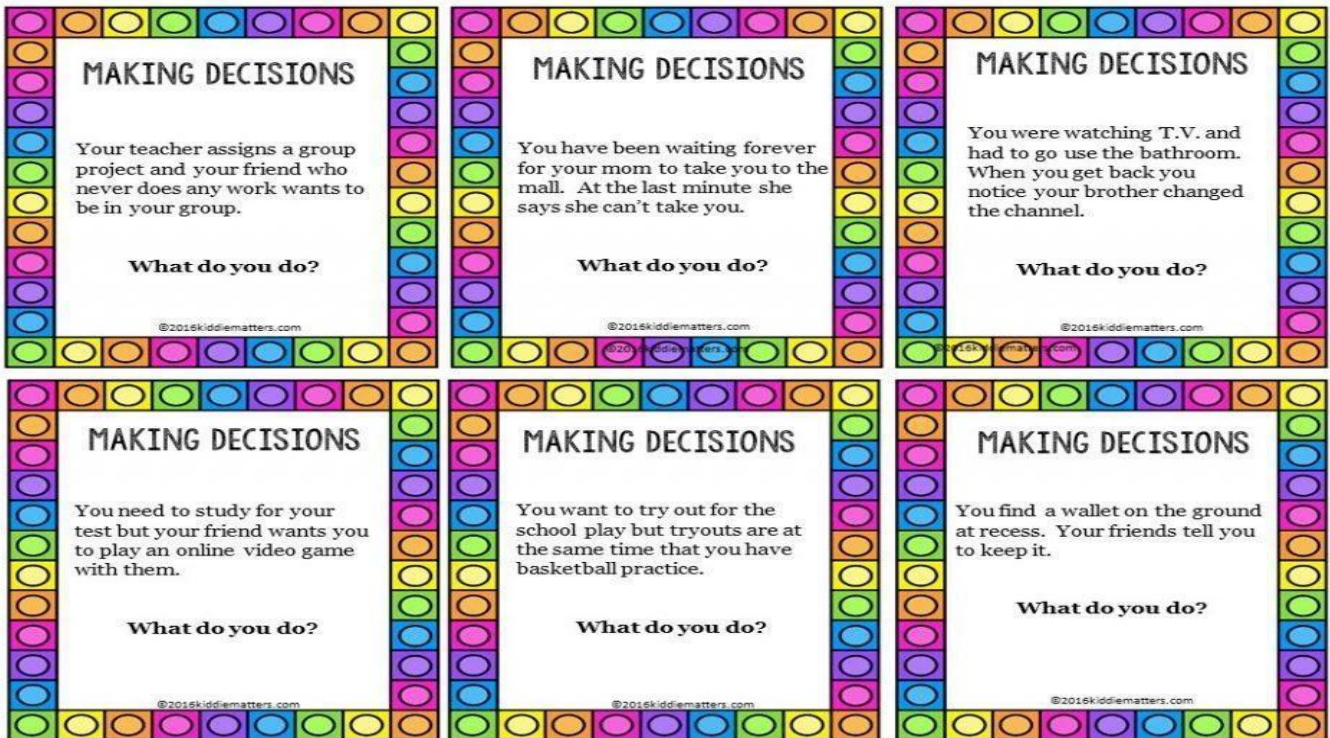
Remember to always ask for help!

7. Group Activity

G1: This activity can get the kids to start thinking about the consequences/effects of their actions.



G2:



G3: [Object Lesson on Faith \(Luke 17:5-10\) Children's Sermon Message - YouTube](#) (This video is to show the teacher how to do the experiment. Please see below the commentary)

Faith can be a somewhat difficult topic to discuss with younger children, as it is one of those intangible elements that we sometimes struggle to describe. This message aims to emphasize for students that faith is not about us, but is about hope in what GOD does. As we trust in Him, we also want to tell others about Him.

Optional Materials: Two Clear pitchers or jars; water; baking soda; vinegar

Bible Passage: 2 Timothy 1:1-14; Luke 17:5-10

Well, the Bible tells us that faith is “the assurance of things hoped for”, meaning that it has to do with believing something you do not necessarily see and touch. In our Bible lessons today, there was talk about faith, and how that hope can dwell in us. People were asking Jesus to help them grow their faith. But you know, faith is not just like a muscle that we can somehow do special things to improve and grow. Faith is not all about us, but about what or you mean Whom? we are putting our faith in. I want to show you something... (Take out the jars/pitchers, along with a bag or cup of baking soda).

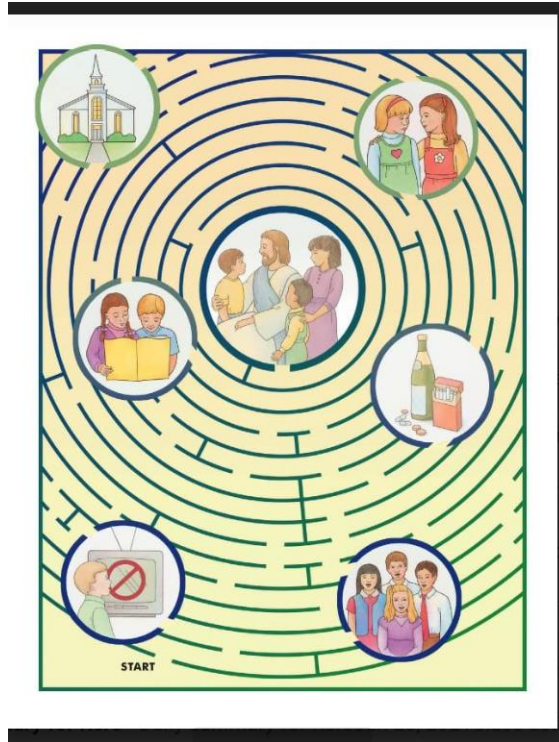
So let’s say that this is faith (hold up baking soda)...and let’s say I have faith in something like, I’ll turn into a pumpkin if I swallow a pumpkin seed, or that purple unicorns are going to come stampeding the town. If I think I believe that, I might put “faith” in it, and I might even tell other people about it, but if my faith is founded in purple unicorns (pour some baking soda into water and watch not much happen), well, it doesn’t do much, does it? Sort of just falls flat.

Hmm... But on the other hand, let’s say that I place my faith in something that is worthwhile, and actually has power. Let’s say that this (hold up vinegar. Tip: Know which jar has water and which contains vinegar!) is God. Now, if I have faith in God’s words, it does not take much on my part (put a little bit of baking soda into the vinegar, and watch it fizz up) for amazing things to happen! The faith itself was not as important as what or you mean whom? we put it in. This is what Jesus was talking about when He said that faith could be as small as a tiny seed. We don’t have to do special things to grow our faith. We just have to know, accept and believe in what God has already done for us. He sent Jesus to cover our sins and allow us to have closer connection with Him. We might not see God now with our eyes, but we know what He has done and continues to do for our eternal salvation. We trust that the Bible is true and comes from God. And we hope in the knowledge of His incredible gifts.

You know what else? We don’t have to keep that understanding to ourselves. We hear the Word of God from parents, teachers, priests or others in our lives. And we can pass it on. It’s important to tell people about what we believe, so they can know more about Jesus and want to follow Him, too! Then it will create some great reactions, just like the fizzing we saw when this “faith powder” entered the special liquid. What a great privilege and opportunity!

8. Home Activity with mom/dad

G1:





G3:

Action and Reaction

Read the action and write down what the *BEST* reaction could be to show self control and self discipline. Reaction is what you would say back – how you respond to the situation.

ACTION	BEST REACTION
Your friend is talking to you in class but the teacher tells you to be quiet	
You have arrived 15 minutes late to lesson and your teacher wants to know why	
You have forgotten your equipment [pen] and no one else has one to lend you. You know the teacher does not lend pens.	
Your teacher has given the class instructions for the task – you have no idea what you are doing as you were talking at the time.	
You have not done your homework and have no excuse. The teacher asks you why you have not completed it.	