



Christian Sexuality Education Lesson Plan
Grade 1-3: Purity

	Grade 1	Grade 2	Grade 3
4A: Purity is a path for life	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

1. Lesson sub-topics

- **What** is purity?
- **Why** is purity important?
- **How** to stay pure?

2. Lesson Objectives

By the end of this lesson, you will:

- Realize that purity is so important and is a life choice to keep.
- Understand that marriage is Holy and is a blessing from God.
- Understand that the need for boundaries is to keep us from making mistakes (with permanent consequences).
- Understand the meaning of repentance and purpose of confession

3. Servants' resources/references

- Curriculum guidelines.
- Bible.
- Online: Videos / songs
- **(Patristic writings and to be simplified to fit the age)**

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)

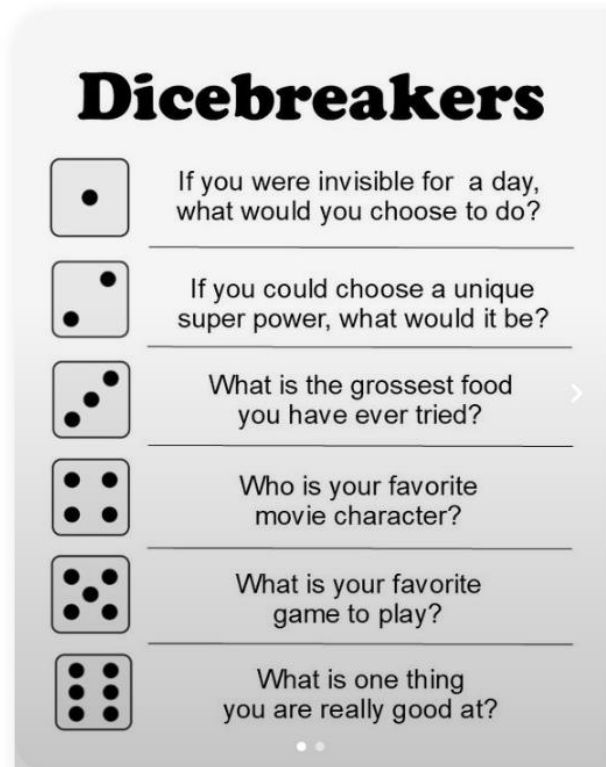
A. Review Previous lessons (5 Min.)

- Christian identity
- Christian values
- Decision making

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

G1: Scavenger Hunt
the

G2: Throw the dice and answer the question according to the number.



G3: Match the Bible character with the description:

<p>He builds a huge boat.</p> <p>He is a shepherd who used a slingshot to stop a giant.</p> <p>They are thrown into a fiery furnace.</p> <p>He delivered the Ten Commandments from God.</p> <p>She is the mother of Jesus.</p> <p>He is Esau's twin brother.</p> <p>She talks to a snake.</p> <p>He is a king known for his wisdom.</p> <p>He is swallowed by a great fish.</p>	<p>Answers:</p> <p>Characters</p> <p>Mary</p> <p>Jacob</p> <p>Noah</p> <p>Jonah</p> <p>3 Hebrew Boys</p> <p>David</p> <p>Moses</p> <p>Eve</p> <p>Solomon</p>
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C. Present the new information/lesson Outline (40-45 Minutes)

Section I (10-15 Min.):

4A: Purity is a path for life



Have you wondered how white milk is? Or how clear water is? What do you think will happen if a drop of ink is dropped in a cup of milk or water? Would it remain white or 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 or hurt 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.

PURITY means
looking to GOD
for our
STANDARDS
and not the
WORLD..

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.

Objectives --> To understand that Purity is not a goal to achieve but rather a way of living.

4B: My body is the temple of God (10-15 minutes)

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?




THE SENSE	PART OF THE BODY	VERB - ACTION
SIGHT	EYES	SEE
SMELL	NOSE	SMELL
HEARING	EARS	HEAR
TASTE	TONGUE	TASTE
TOUCH	SKIN (HAND)	TOUCH

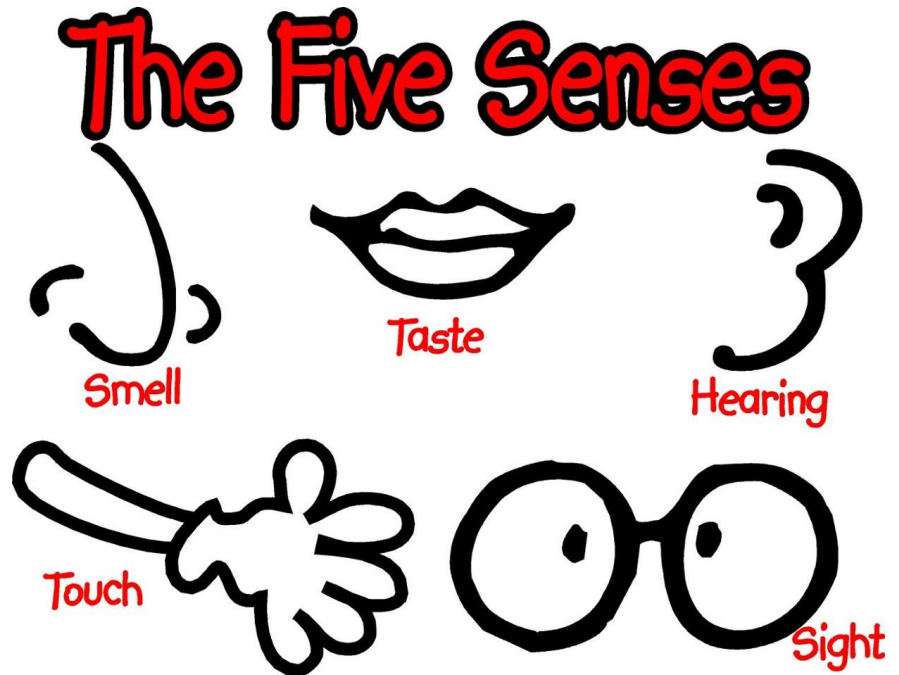
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Mouth: how to keep my mouth pure?

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

Eyes: how to keep my eyes pure?

- I keep my eyes pure by reading the Holy Bible.
- Not looking at inappropriate videos 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 more, feeling His presence, but 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
I don't make fun of my friends if they fall or trip or make a mistake.

N.B for servant to keep the below for Grade 3 or only when 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”.

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.):

4C: Marriage (10-15 minutes)

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?

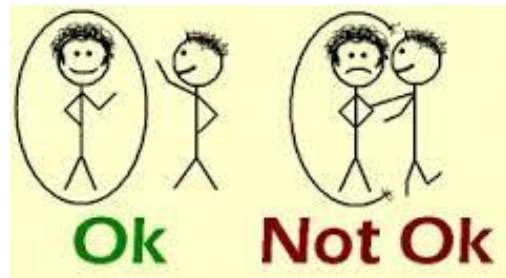
Adam and Eve!

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

4D: Personal Boundaries (10-15 minutes)

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.

PERSONAL Boundaries



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.

4E: Repentance and confession (10-15 minutes)

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 Abouna and confess our sins. Abouna 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 Abouna our sins, he never thinks bad of us but in fact Abouna feels that we are brave, and we are mature to admit our sins. Abouna 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.

Verse of the day:

G1: "Blessed are the pure in heart for they shall see God" (**Matthew 5:8**)

G2: Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven." (**Matthew 19:14**)

G3: "Do you not know that your body is the temple of the Holy Spirit who is in you" (**1 Cor. 6: 19**)

(Printable for giveaways):

G1:



G2:



G3:

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?

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

Review

- What is Purity?
- How should we stay pure?
- Why should we stay pure?

Questions:



E. Prayer:

Heavenly Father,

We thank you Lord for the gift You gave us, to be Your own. We thank you for allowing us to be Your children. Please help us to honor the gift You gave us; our bodies, our minds, and our souls to glorify Your name. Please help us to stay pure in our bodies and our minds the way our Lord Jesus is. Through the intercessions of Saint Mary and Saint Mark

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

5. Practical application of the lesson to SSSs lives

G1:

- Stealing my friend's toy
- Listening to inappropriate music that has swearing words
- My little brother was taking a long turn with a new toy so I got angry inside and then I yelled at him. How did this person start to feel about their brother? Right! Sometimes we need to guard our hearts from angry or hateful feelings.

G2:

- Looking at inappropriate videos on YouTube.
- I was watching a cool tv show and the kids were using really bad words. Sometimes we find ourselves near a group of kids who are using words that are no good and talking about things that are just not appropriate. We have to make a choice to guard our heart and walk away or change the channel.

G3:

- I was playing on my computer and a picture came on the screen that I know I wasn't supposed to look at. Does this happen sometimes, when pictures come on the tv or computer that are not ok? We don't have to stop using our computers forever but we do need to guard our hearts from those things. How can we guard our hearts? Close out of pop up, turn it off, get help from teachers or our parents
- Saying bad or inappropriate jokes
- Remember Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it"

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.

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"My Lord Jesus Christ have mercy upon me".

"My Lord Jesus Christ forgive me".

"My Lord Jesus Christ the crucified have mercy on me

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: Keep your heart with all diligence // Bible Words Explained (Bible animation) - YouTube

<https://www.youtube.com/watch?v=X4bHm3yEBCg&t=29s>

G2: YouTube: God Cares About Your Heart | A Sunday School lesson about inner beauty - YouTube

https://www.youtube.com/watch?v=mGeTb3V_NE8

G3: YouTube: The Sacrament of Repentance and Confession - YouTube

<https://www.youtube.com/watch?v=6wJS6mIh1A>

Or

Blessed Are the Pure in Heart | The Beatitudes for kids - YouTube

<https://www.youtube.com/watch?v=oomib6kwOGs>

7. Group Activity

G1: Coloring activity

**BLESSED ARE THE
PURE OF HEART**



**FOR THEY
SHALL SEE GOD.**

G2: Magnificent Purity



Object lesson about purity: The bowl represents the kids – their heart and their mind. “Purity” is—about being clean of body and mind—without any yucky stuff inside. Impure thoughts and actions—saying mean things, listening to someone say a bad joke about someone else, watching something on TV that’s bad,....etc. We drew sad and mean faces on some ping pong balls as we talked about them. We dropped each ping pong ball into the bowl. Soon our bowl was full!

We ask the kids how we could get these bad things out of our hearts and minds. They would normally want to just scoop them out with their hands. But impure thoughts and ideas are so bad—because we can’t just get rid of them! They will not leave on their own!

So, how do we get this impurity out? Psalm 119:9 tells us, “How can a young man keep his way pure? By living according to your word.” (NIV) It’s God’s Word that makes our minds clean and pure.

When you pour clean water into our little bowl to represent God’s Word cleaning our minds and hearts. The more water we added, the more impure thoughts and actions rose to the top and fell off!”.

G3:

Scriptures

- Matthew 5:13

Materials

- Raw eggs (2)
- Salt (a small bag)
- Water (enough to fill two jars three-quarters full)
- Food coloring (a darker color)
- Vegetable oil (optional)
- 2 clear jars (bigger is better for visibility, but smaller requires less salt)
- Large spoon (1)
- Table
- Bible



Preparation

- Set out your materials on a table at the front of the room.
- Find the Bible passage, and highlight it or put a bookmark in that spot so that it will be easy to find later.
- Practice the script.

Procedure

Use the following script and instructions (or modify to suit your needs):

- “We are going to do an experiment with an egg, some salt, water, and food coloring.” (Ask for two volunteers.)
- “I need each of you to fill the jar in front of you three-fourths full with water.” (Help the volunteers if needed.)
- “Now, add some food coloring to each jar, and stir until the water changes color.” (Assist if needed.)
- “Here are two normal eggs. They haven’t been boiled or changed in any way. They are straight from the chickens!” (Hold up the eggs, and let your volunteers hold them so that they can affirm that they are normal.)
- “If I put an egg into the water, will it float or sink?” (Acknowledge responses. Then, let one volunteer carefully place the egg in the water. It will sink.)
- “The water in the jar represents the world (not earth but the sinful world that is not part of God’s Kingdom).”
- “The egg represents God’s children, whom He has called to be part of his Kingdom.”
- “The world can be a dark place, and even a Christian can get lost in it if they act just like the world acts.”
- “The problem with this egg is that it sunk down into the world.”
- “God doesn’t bring us to Him for us to just get lost in the world. He has a bigger plan in mind.”
- “The Bible says we are to be the salt of the earth.” (Hold up the salt, and ask a volunteer to read Matthew 5:13.)
- “Salt does several things. It adds flavor to food. It can heal wounds. It can preserve meat.”
- “God wants us to be like salt to the world.”
- “He wants us to add flavor to life, which means that we should make life interesting and worth living for those around us.”
- “He wants us to heal those who are hurting.”
- “And God wants us to preserve – which means to save. He wants us to help people know about Jesus so that they can be saved.” (Ask your second volunteer to use a spoon to remove the egg from the jar. Then, have him or her pour several cups of salt into the water in his/her jar.)
- “To be any good to the world, we have to mix in with it.”
- “We won’t add flavor or heal or save if our saltiness stays in the bag.”
- “We’ve got to mix with the world so that all the people can experience our saltiness.” (Have a volunteer thoroughly stir the salt and the water together.)
- “When we are salty Christians, something interesting happens to us.” (Have a volunteer carefully place the egg back in the water. If there is enough salt mixed with the water, the egg will float about half in-half out of the water.)
- “The Bible teaches a principle that we are to be “in” the world but not “of” the world.”
- “This means that God left us in the world after we were saved even though this is not our home or our kingdom.”
- “He left us here so that we could bring more people to His Kingdom, and we do that not by sinking into the world and acting like it does but by being salty Christians, who add flavor, heal and save.”
- “When we are salty Christians, God will lift us up so that others notice our saltiness and will want to know about our God, who made us that way.” (Ask a volunteer to read Matthew 5:13 again.)

- “The last part of Matthew 5:13 says that if we lose our saltiness, we aren’t good for anything and might as well just be thrown out.”
- “Like the egg without the salt, we will sink down into the world, and no one will even know that a child of God is there.”
- “But if we are salty, God will lift us up and make sure that people notice.”

8. Home Activity with mom/dad

G1:

Getting Crafty Heart Hanger

What Each Child Needs

Bible
pencil
2 8x11-inch (20.5x28-cm) sheets of pink
or other light-colored craft foam
scissors
permanent marker
stapler
cotton balls or batting
1 pipe cleaner
6 inches (15 cm) of ribbon



What Each Child Does

1. Using a pencil, draw a large heart shape on one sheet of craft foam. Cut out the heart and trace around it on the other sheet of craft foam. Cut out the second heart.
2. On one heart, use a permanent marker to write the words of 1 John 5:3. Place hearts back-to-back.
3. Have an adult help you staple around the edges of the hearts, leaving an opening to stuff the cotton in. After you have filled the heart with cotton, staple the opening closed.
4. To make the handle, poke one end of the pipe cleaner through the top edge of the heart and twist it so it won't come out of the hole. Loop the pipe cleaner over and poke it through the heart again, forming a rainbow shape over the top of the heart. Twist the end to secure it in place.
5. Tie a bow on the pipe cleaner with the ribbon for extra decoration.

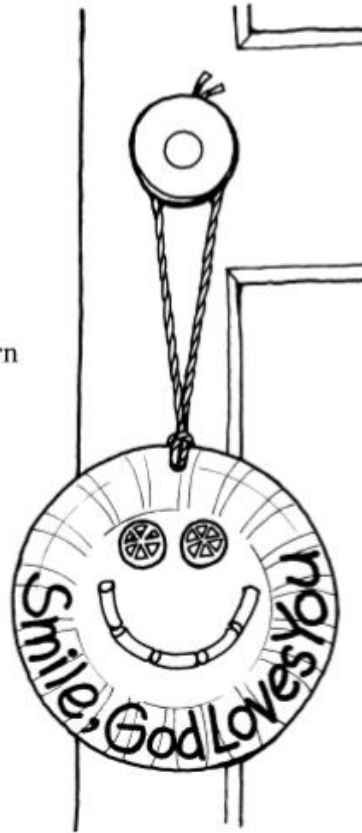
Lesson 7

Getting Crafty

Smiley Face Door Hanger

What Each Child Needs

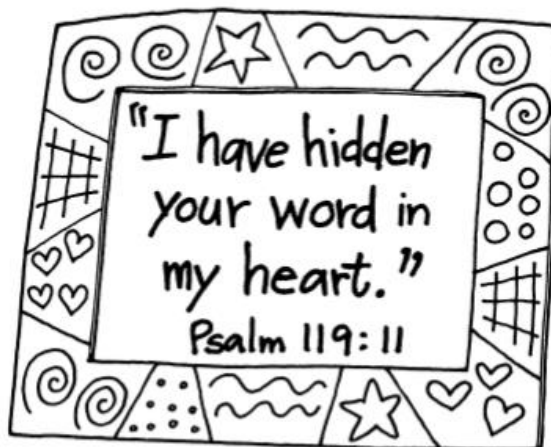
dry pasta in assorted colors and shapes
 newspaper
 black acrylic paint
 paintbrush
 12-inch (30.5-cm) yellow paper plate
 black marker
 single hole punch
 18-inch (45.5-cm) piece of black ribbon or yarn
 scissors
 glue



What Each Child Does

1. Decide which pasta shapes you want to use to create eyes and a mouth. Then set pasta shapes on newspaper and use the black paint to paint the pasta. (Optional: Instead of painting pasta, leave pasta its original assorted color.) Set it aside to dry.
2. With the black marker, write "Smile, God Loves You" around the edge of the paper plate. Punch one hole in the top of the plate. Cut and tie an 18-inch (45.5-cm) piece of ribbon or yarn through the hole to create a loop.
3. Glue the pasta into place and allow it to dry completely before hanging plate on a doorknob.

Personal Size White Boards



What Each Child Needs

5x7-inch (12.5x18-cm) wooden picture frame with plastic instead of glass (available at craft stores)

decorating items (stickers, markers, glitter glue, etc.)

sheet of white paper

scissors

thin-tip dry erase marker

What Each Child Does

1. Disassemble the picture frame, setting aside the back and clear plastic.
2. Decorate wooden frame with markers, glitter glue, stickers, etc.
3. Cut a piece of white paper 5x7-inches (12.5x18-cm) to fit into the frame. As you reassemble the frame, make sure that the white paper is visible through the clear plastic.
4. Use the dry erase marker to write a Bible verse you want to remember on the plastic surface. It will wipe away with a napkin!