



Christian Sexuality Education Lesson Plan

Grade 4-6: Purity

| | Grade 4 | Grade 5 | Grade 6 |
|------------------------------------|--------------|--------------|--------------|
| 4A: (1) Purity is my precious gift | Minor | Minor | Major |
| 4A: (2) My body is a temple of God | Major | Major | Minor |
| 4B: Boundaries | Major | Minor | Minor |
| 4C: Marriage | Major | Major | Major |
| 4D: How to keep ourselves Pure? | Minor | Minor | Major |
| 4E: Repentance and Confession | Major | Minor | Minor |

1. Lesson sub-topics

- What is the meaning of Pure / Purity?
- **Why** do we choose Purity?
- Boundaries: **How** far is too far?
- Marriage and unity with God.
- The 5 senses (Pure VS Impure).
- **What** can we do to keep ourselves Pure and face temptation?
- What if we fall into sin? (Repentance VS Confession)
- Review / Questions.
- Prayer

2. Lesson Objectives

- By the end of this lesson, you will:
- Understand what Purity means.
 - Know how impurities come to our lives.
 - Know how to keep ourselves Pure.
 - Know how to guard your senses.
 - Know what to do if you fall into sin.

3. Servants' resources/references

- Curriculum guidelines.
- Bible.
- Sermon for Father Anthony Messeh : Spiritual Sweat II – Part 5 – Purity.
- Online research

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:

G4 Experiment: Make it interactive

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. --- > Let's 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 maybe 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 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.

G5: Discussion about what we are filling our hearts with:



G6: Imagine someone putting trash in a very Holy place?



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

Section I (10-15 Min.):

What is the meaning of Pure?

Something that is clean and not dirty.

4A (1): Meaning of Purity:

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?

4A (2): Why do we choose Purity? (My Body is the temple of God)

God's Creation:

God's creation is Holy. He created us in 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 became holy like Him.

Sacraments:

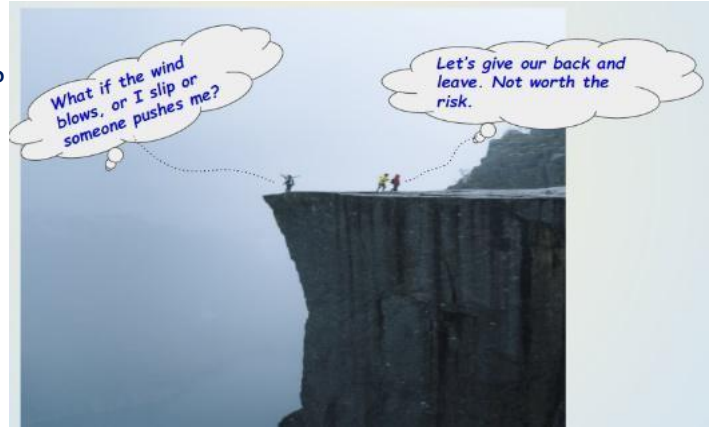
When we eat the Body and blood of Jesus Christ, we get purified. When we get anointed with Myron, we are consecrated to God just like the Altar. Any inferior look to the body is an insult to God because it means that God made something bad or something wrong. If I dishonor my body, I dishonor God as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

Objectives → Get the children to realize that purity is so important. We should keep our body pure and make good use of our time and not let the devil take advantage of their free time and lead them to doing things that defy their purity.

4B: 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 the...**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 a 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 to have fun and we do not do something bad? ... What happens if one day they start holding hands, which 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 be?

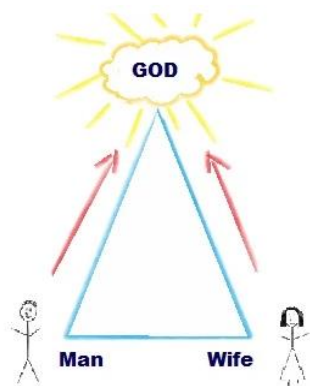
God created a place and a time in our lives that is suitable for having a relationship.

Objectives →Get the children to establish some sort of limits pertaining to risky behaviors listed above.

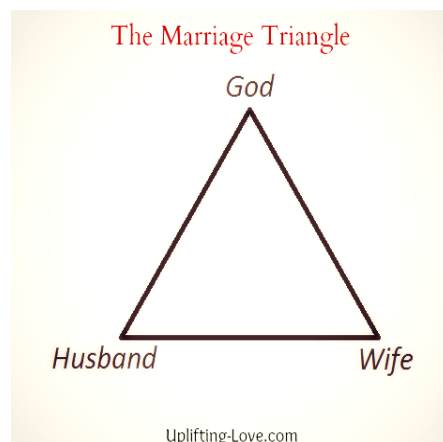
4C: Marriage and unity with God

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.

G4/5:



G6:



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

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.):

4D: How can we keep ourselves Pure and face temptation?

Our part (Our strive) + God's grace

Have faith in yourself → You are wearing the armor of

You can do it! ←



God

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

Elaborate on each one of the following:

Flee



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Pray



Guard your senses
 (Identify the Pure and Impure for each sense / have an open discussion)



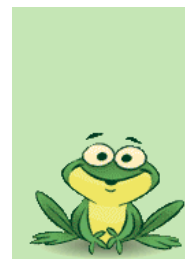
Ask the right people



Avoid bad company



FROG



Go to church



Receive communion



Read the bible



Think WWJD



4E: 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 your 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 your priest and tell him what went wrong and he guides us how to repent and restore our relationship with God. When we confess our sins to our father of confession, 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 and would never go and tell anyone about our sins (even our own parents).

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

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

Objectives → Get the children to understand the meaning of repentance and confession.



Verse of the day:

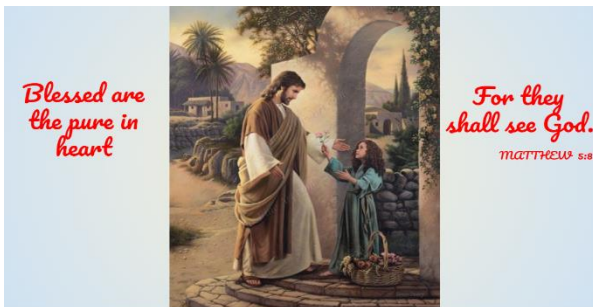
G4: “Blessed are the pure in heart for they shall see God.” (Matthew 5:8)

G5: “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)

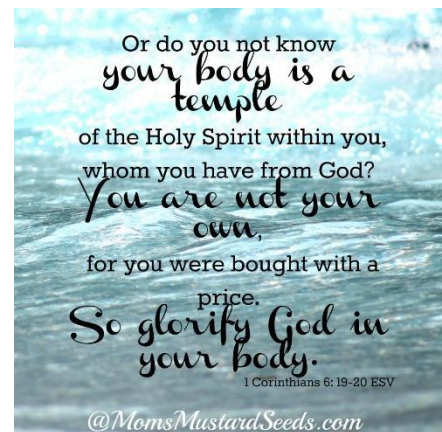
G6: “Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.” (1 Timothy 4:12)

(Printable for giveaways):

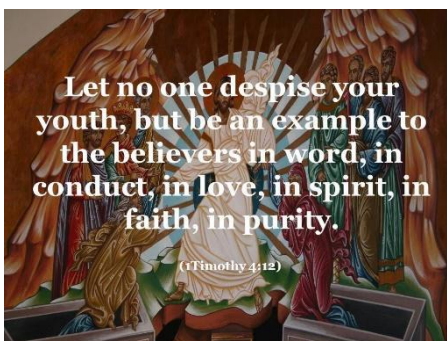
G4:



G5:



G6:



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

Review

- What is the meaning of Purity?
- Are we born pure?
- When do we receive the Holy spirit?
- How many senses do we need to guard? What are those senses?
- How do we guard our senses?
- ABC?
- WWJD?
- FROG?

Questions:



E. Prayer:

G6:

Be strong in the Lord and his mighty power.



Be strong in the Lord and his mighty power.



G4/5:

Heavenly Father,

Thank You that I have been made clean through the blood of my Saviour Jesus Christ. Thank You that my sins have been washed away, and I pray that as I live the Christian life I may be continuously cleansed through the washing of the Word of God – for Your Word is pure – Your Word is light and life.

Purify my heart, my thoughts and my actions in a way that would honor your holy name forever and ever.

Amen

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

Song: [O be careful little eyes Cedarmont kids](#)

5. Practical application of the lesson to SSSs lives

These are only examples:

- Boyfriend / girlfriend.
- Appropriate touching / holding hand.
- Listening to inappropriate music.
- Watching inappropriate videos or movies.
- Watching nude pictures.

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.

G4: YouTube: (Object Lesson on Purity - MP3 Player) (End of section 4D)

<https://www.youtube.com/watch?v=7uGSv-kTSzw>

<https://www.youtube.com/watch?v=pqFrXwpTI-w> (Can play this song during dismissal)

G5: YouTube: (The thinking Cap-Blessed are the pure of Heart) (4A)

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

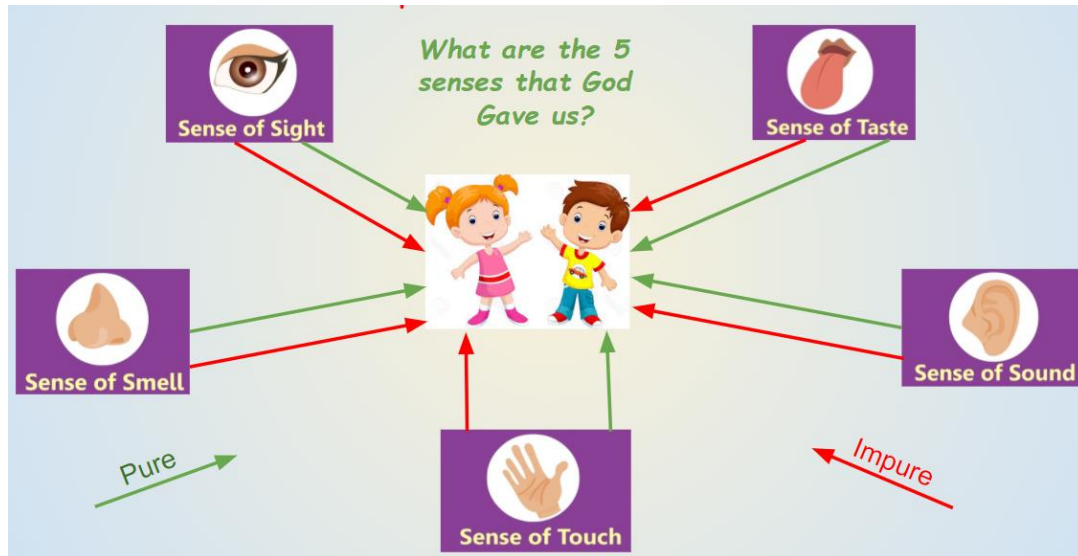
G6: YouTube: (Object Lesson on Purity - Sunglasses) (End of section 4D)

<https://www.youtube.com/watch?v=OOpK7OkEDas>

7. Group Activity

G4: "Pure Vs. Impure"

What are the 5 senses that God gave us? You can choose to have that on a poster or just show it on the screen.



Explain how it works...We have 5 senses, and 10 scenarios.

Each sense has a

Green arrow ---> representing a scenario that would result in pure thoughts.

Red arrow ---> representing a scenario that would result in impure thoughts.

Divide the class into 2 groups ...Allow 10 min to match the scenarios with the right arrows.

Discuss Scenarios as a group after:

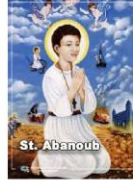
What would you do in each one of these cases?

- I am in the car and I notice 2 young people kissing at the bus stop, should I continue to look?
- Mom planted those nice smelling roses, should I smell them?
- Len has a crush on Cassie, should he go give her a hug and a kiss on Valentine's Day?
- My friends were watching a YouTube video about the life of St. Abanoub. Do I watch it with them?
- While I was at the mall, I heard a Love song with a nice beat. Should I listen to it?
- Dad lost his keys and was pretty upset, should I give him a hug?
- While at a party, my friend is having a mint cigarette that smells good, should I smell it too?
- I am at a festival, and an orchestra is playing nice music from a Disney movie. Should I listen? At a family gathering my cousin decides to try a chocolate wine and he says it tastes good, should I taste it?
- I went to pick fresh strawberries with my friends, they smell so good, can I taste it?

Please find the printable cards here:



I am in the car and I notice 2 young people kissing at the bus stop, should I continue to look?



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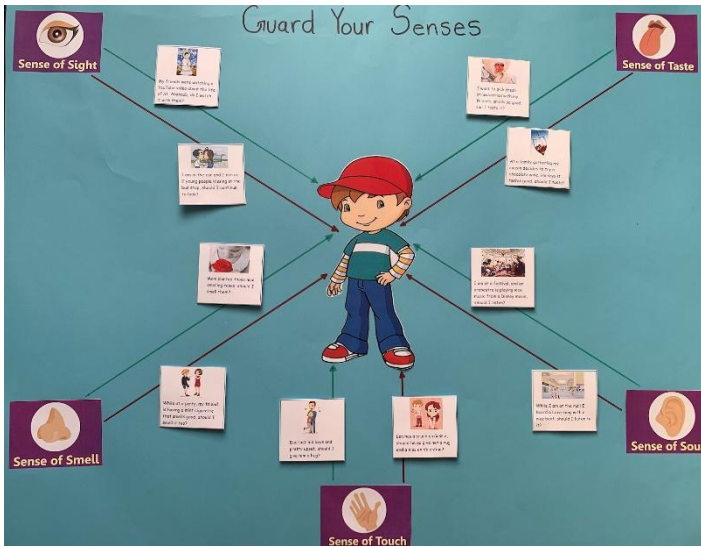
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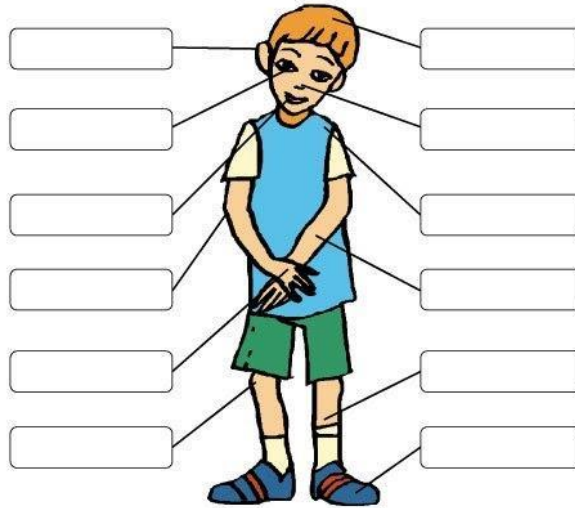


G5: How can your different parts of our bodies make us pure or make us impure?

Name _____

My Body Worksheet

Look at the picture of the boy below and use the word bank at the bottom of the page to help you label the different parts of the body.



- | | | | | | |
|-------|----------|-----|------|-------|------|
| Hair | Eye | Leg | Hand | Arm | Nose |
| Mouth | Shoulder | Ear | Knee | Elbow | Foot |

G6: Let's do an experiment to see how Sin can Separate us from God!

Take one cup and label it "Me" (or Us works too). Fill this cup half full of water. Take the second cup and label it "Sin". Mix a ratio of 90% water and 10% iodine. Take the third cup and label it "Jesus". In this cup mix a ratio of 90% water and 10% bleach.

Explain that Jesus' sacrifice on the cross has freed us from our sins. Pour a little bit of the mixture from the "Sin" cup into the "Me" jar. Sin pulls us away from God and tarnishes us. This is symbolized by the brownish color that the water in our "Me" cup now has.

But, for those who believe in Jesus as our Savior, hope is not lost. When we ask for forgiveness our sins can be washed clean. Pour from the "Jesus" cup into the "Me" cup until the liquid is clear again.

Science: When mixed with water the iodine water mixture turns the water slightly reddish brown. When the bleach/water mixture is added a chemical reaction occurs between the chlorine molecules in the bleach and the iodine molecules, turning the mixture clear.



8. Home Activity with mom/dad

G4: Go through your music playlist that you usually listen to and pick the Pure VS impure ones.

G5: Samson bible craft

[Samson Bible Craft - Bible Activities for Kids - YouTube](#)



G6: Find 6 verses in the Bible that mention "Purity".