



Christian Sexuality Education Lesson Plan
Grade 7-9: Purity

	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

1. Lesson Sub-topics

- Purity as a path of life
- Marriage
- Virginity and abstinence
- Boundaries
- Repentance and confession

2. Lesson Objectives

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

1. Understand the definition and importance of purity.
2. Understand what true love means.
3. Realize that purity is not simply the abstinence of pre-marital sex.
4. Realize the negative impact of pre-marital sex.
5. Understand the meaning and importance of repentance and confession.

3. Servant's Resources/References

1. Bible.

2. <https://drive.google.com/drive/folders/1IuoteSbMFYewQSMZyjG9h8WI-O3W2kFE?usp=sharing>
 - ✓ المفهوم الروحي للجنس – Fr.Dawood Lami
 - ✓ ثقافة جنسية مسيحية 1 – Fr.Dawood Lami
 - ✓ ثقافة جنسية مسيحية 2 – Fr.Dawood Lami
3. Upper room media "From Lust to Purity" Fr Samuel Fanous <https://subspla.sh/j47d84g>
4. Curriculum Guidelines
5. <https://st-takla.org/> Romans 12:1 (<http://www.htmlbible.com/kjv30/henry/H45C012.htm>)
6. <https://subspla.sh/tydk37g>
7. <http://www.journeytogodly.com/2014/04/how-to-teach-purity-10-tips-for-youth.html?m=1>
8. <https://www.lifeway.com/en/articles/parenting-teens-things-teens-need-to-know-about-purity>

4. Lesson Content and timing

Red: Sub-topic

Green: Open ended question for the students.

Blue: Conclusion

Purple: Verses within the lesson

A. Review Previous lessons (5 Min.)

- Christian Identity
- Christian Values
- Decision Making

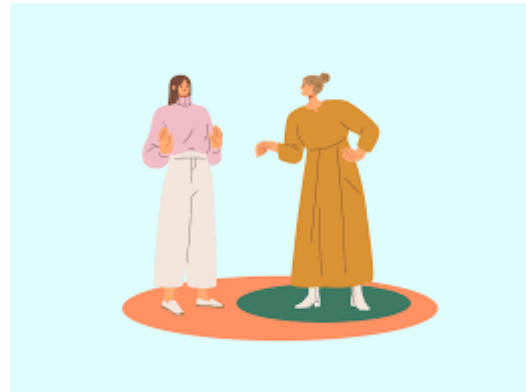
B. Opening / Icebreaker (5 Min.) Different for each grade: Example:

G7: Water bottles

Teacher to bring a few water bottles in which some are sealed and others with seal peeled, perhaps one bottle adds anything that would make the water unclear. Offer the bottles to kids to drink and observe how they react and discuss this with them.

G8: Photographs

Servant to show the below set of pictures on screens and let the youth look for few seconds and ask them after what are their thoughts of each picture.



The idea is for youth to use the pictures to draw a basic idea about boundaries and how family is our safe bubble and learn to have boundaries with others.

G9: Let's create a word cloud! (Purity)

If you don't already have one, create a free account on Slido.com. Come up with an event code to be used by participants. The answers to the poll will generate a word cloud. During the meeting, share your screen so everyone can see the word cloud forming.

The idea is for the servant to get an idea of what youth have in mind about purity and/or what they have learned in the past about purity.

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

Section I (10-15 Min.):

4A: Purity is my precious gift

What is purity?

How does the Bible define purity?

- 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."

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

How to Set Personal Boundaries



- 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 realize the importance of purity; we should keep our bodies, our senses and our minds pure and make good use of our time.

4B: My body is the temple of God

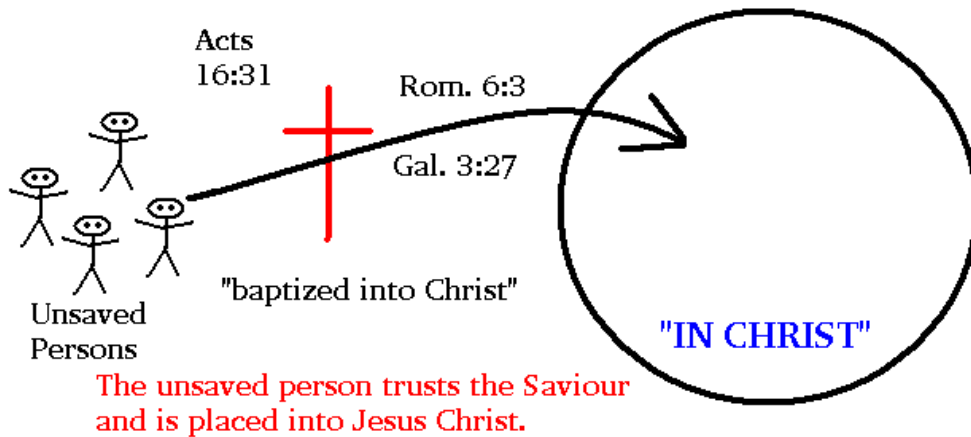
“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” (1 Corinthians 6:19-20)

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.



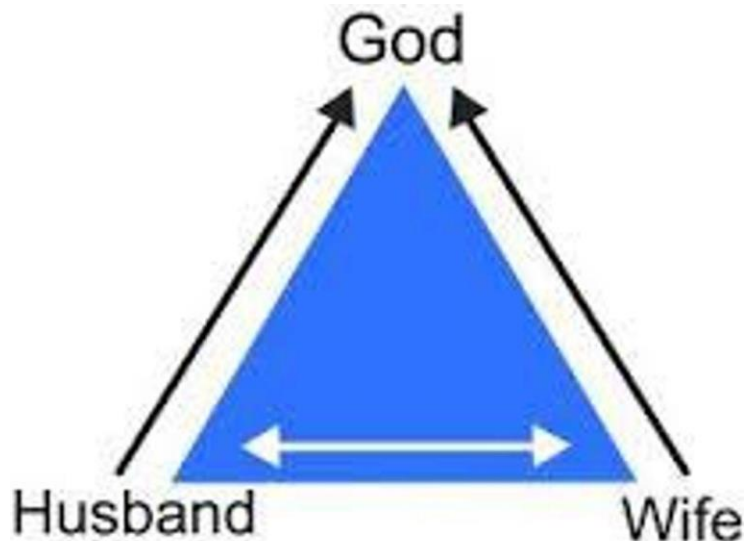
Objective → To understand we are created pure and holy.

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?

- 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)
- **(Matthew 5:27-30)**
- **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.

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: 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.

The Bridge Illustration

John 10:10
Joy
Love
Peace
Purpose
Fulfillment

MAN



GOD

JESUS CHRIST

1) Isaiah 53:6
SIN

2) Romans 6:23
DEATH

3) Hebrews 9:27
JUDGMENT

4) Revelation 20:15
HELL

DEATH

Ephesians 2:8,9
GRACE

5) Romans 5:8
God's Remedy

**But God demonstrates
His own love for us in
this: While we were still
sinners, Christ died for us**

LIFE

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 physical and emotional consequences.
- 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, the 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

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

Verse of the day:

G7: “12 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

G8: “Therefore, put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry” Colossians 3:5

G9: “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)

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

Review questions:

- What ways can you keep yourself pure?
- Why do you think watching or hearing or reading inappropriate things is bad for you?
- What is the purpose of marriage?
- How can we treat our body as a temple of God?



E. Prayer:

Heavenly Father,

I ask you to keep us pure. Remove any darkness within us and replace it with light. Give us pure hearts and minds. Help keep our focus on you always. Give us comfort knowing that You have a plan for our lives. Help us to trust in your will. Lord, we ask You to give us the strength and courage to flee from temptations.

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

5. Practical application of the lesson to SSSs lives

- Maintaining boundaries
- Avoid inappropriate touching (Fleeeeeeee)
- Avoiding (Fleeeeeeee) inappropriate music
- Avoiding (Fleeeeeeee) inappropriate videos or movies.

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: Why is Purity Important?

<https://www.youtube.com/watch?v=2XZLQcpNWCM>

G8: YouTube: Tips to Set Some Boundaries | Joyce Meyer

<https://www.youtube.com/watch?v=R3sMuzCiHyM>

G9: YouTube: Heart, The Bible Project

<https://www.youtube.com/watch?v=aS4iM6KpPYo>

OR

Struggling with Purity? | IMPACT Through the Bible Series – change video

In a world filled with pollution and evil, it can be hard for a Christian to remain pure. In this episode learn an important lesson about what purity is and is not.

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

7. Group Activity

G7: Purity experiment

Fill a large bowl with rice or beans. Add marbles, jacks, beads, etc and a small cross. Students must use chopsticks to sift through the rice to remove the “distractions” using only the chopsticks and find the cross. The purpose is to help them realize that maintaining purity is a struggle and something we need to work hard towards.

G8: Tug-a-war

Have two equal number of teams then stand at opposite ends of the rope. Grip the Rope have all
Play first round with no line that defines the winner.

A second round with a clear line of boundary between the two teams.

G9: Clean hands and a pure heart (outdoor when possible)

What You Need

- Bible
- towels
- mud / sand /dirt
- water bucket
- water faucet

What to Do

1. Mix dirt and water in a bucket to make thick mud
2. Gather the youth around the bucket of mud and have them dip their hands in the mud.
3. Have the youth sit down while you read Psalm 51. Fairly quickly, the mud will dry and become uncomfortable.

Debrief

- Ask the youth what David was feeling when he wrote this Psalm?
- Ask them to share the circumstances of the Psalm (2 Samuel 11)?
- Ask the youth to compare what the mud feels like to how David was feeling.
- Ask the youth to join hands and then describe what it is like to hold a muddy hand.

- Ask youth to share ways that the mud similar to sin?
- What would happen if we never washed our hands?

Make it practical

- How does sin affect us when we come before God?
- How does sin affect how God sees us?
- How does it affect relationships with God and others around us?
- Use some of the scriptures listed below to discuss sin and cleansing.

Closing Activity

Bring the youth to a water faucet and help them to wash their hands. Let them use towels to dry each others hands.

Ask the youth to share how they feel now, and how it feels to not only hold clean hands, but also to help others get their hands clean. How does this relate to confession, God's cleansing, and our mission as Christians? How does clean hands affect how we live life?

Explain some people think going to church, being nice, doing good things is all you have to do to remove the sin in your life. Those things are good but they are seen on the outside we have to also clean ourselves on the inside. We can wash the dirt off our bodies, but what can we do about sin which is inside our hearts? Water cannot remove sin. Only the blood of Jesus can wash away our sins. And once we are clean before God, we are given the ministry to reconcile others to God, to help them to find forgiveness in him and also be cleansed from sin.

8. Home Activity

G8: Set a time, when you think thoroughly about what boundaries you need to set for yourself. Later, discuss it with your father of confession.

G7 and/or G9:

Find the bible verses below and write them down by hand.

1 Corinthians 6:13

Titus 1:15

2 Timothy 2:21

Colossians 3:5

Hebrews 13:4

James 1 :27

1 Timothy 4:12

1 Timothy 5:22

Matthew 5:8

Philippians 4:8

Proverbs 16:2

Proverbs 22:11

Psalms 51:10

1 Thessalonians 4:3

1 Corinthians 6:18

Ephesians 5:3