



Christian Sexuality Education Lesson Plan **Grade 4-6 : Relationships in Christianity**

	Grade 4	Grade 5	Grade 6
5A: Marriage and Family	Major	Minor	Major
5B: Examples of Biblical families	Major	Major	Major
5C: Friends	Minor	Major	Minor
5D: Dating	Minor	Minor	Minor
5E: Having a Crush	Minor	Minor	Major

1. Lesson sub-topics

- **What** are the different types of relationships?
- **What** is God's plan for the different relationships?
- Our role in a family.
- **How** to choose a friend?
- **How** to deal with dating/having a crush conversations at school or anywhere else?

2. Lesson Objectives

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

- Understand that God's plan for a family is for a husband and wife (male and female) to be united with God through Holy Matrimony.
- Understand that every newborn comes from a dad and mom.
- Understand how to choose a friend.
- To help the children think of the purpose of dating.

3. Servants' resources/references

- Curriculum guidelines
- Bible
- Online: Videos / songs
- A Christian guide to Ontario's (health and physical education curriculum) grades 4,5,6.

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.)

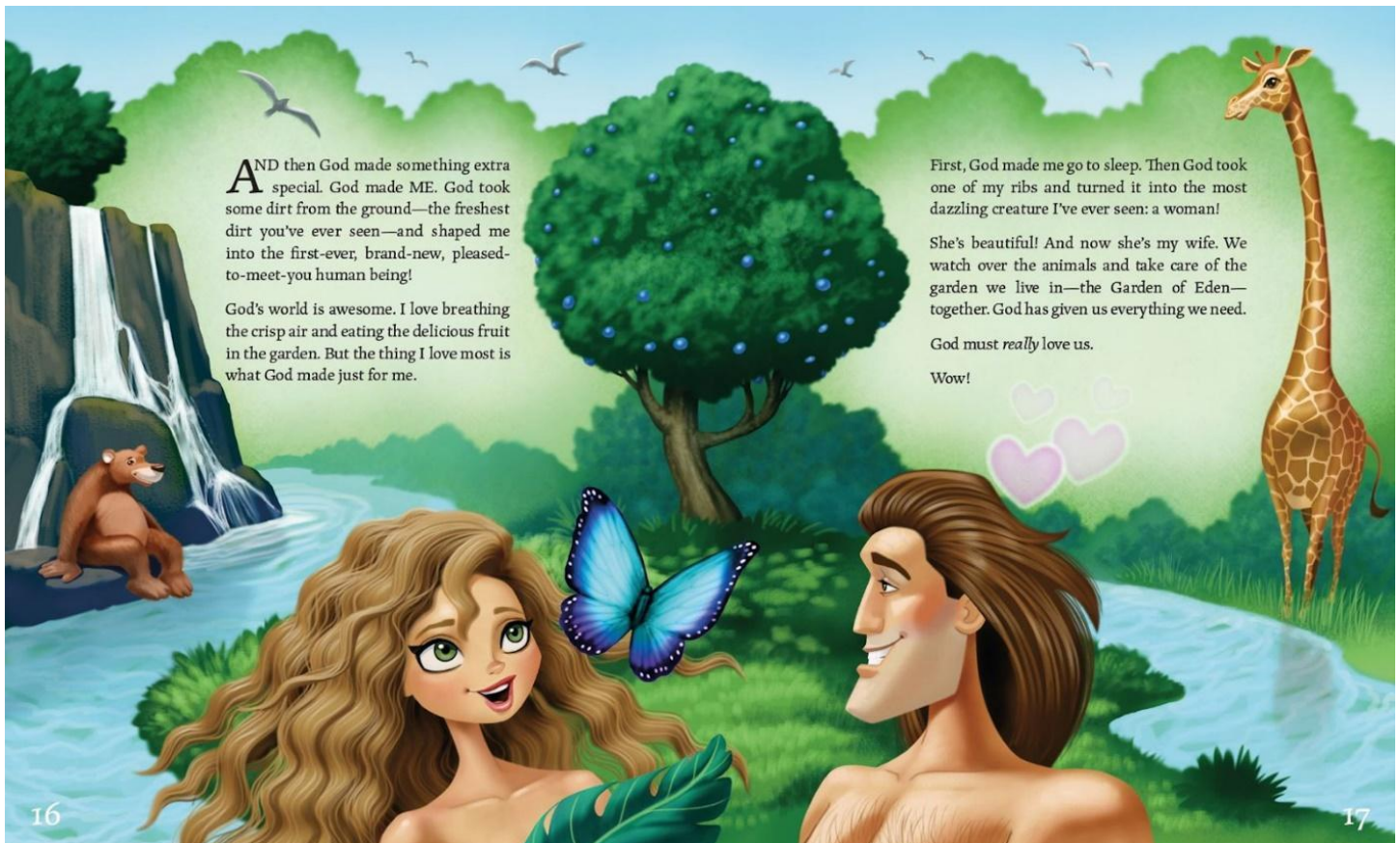
- Christian Identity
- Christian Values
- Decision Making
- Purity

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

G4: What is the first relationship that God created? Marriage.

Start with the video.

This is telling the story from Adam's eyes:



G5: Connect the names of couples in the Bible:



1. Adam
2. Sampson
3. Joseph
4. Abraham
5. Boaz
6. Iscaa
7. King Ahab
8. Ananias
9. Elimelech
10. Felix

- Naomi
- Sarah
- Rebekah
- Jezebel
- Sapphira
- Drusilla
- Eve
- Mary
- Delilah
- Ruth

(Answers)

- 9
- 4
- 6
- 7
- 8
- 10
- 1
- 3
- 2
- 5

G6: Did God create us to be social?

In the book of Genesis during the first 5 days of creation you would see the phrase "...And God saw it was good." repeated.

(Servants should explain that days DOES Not mean 24 hours but a Period of time)

Only one Time, God said "*It was NOT Good*" ... **When was that?**

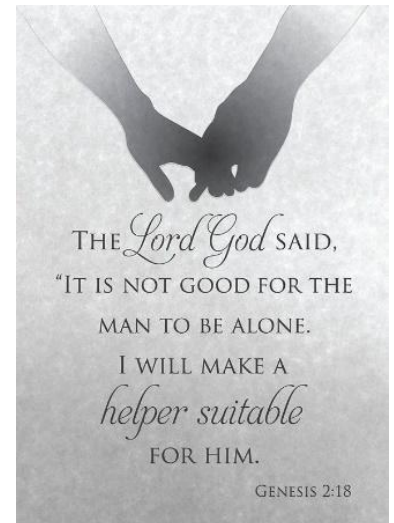
(Let them think or look in the bible)

"And the Lord God said, It is not good for the man should be alone. I will make him a helper comparable to him." Genesis 2:18

Also *"Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion"*
Ecclesiastes 4:9-12

So, God wanted for us to have successful relationships.

Today, we will discuss a simple guide to having blessed relationships with everyone.



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

Section I (10-15 Min.):

5A: Marriage and Family:

Why do you think Adam and Eve were created Adults? Not babies or children?

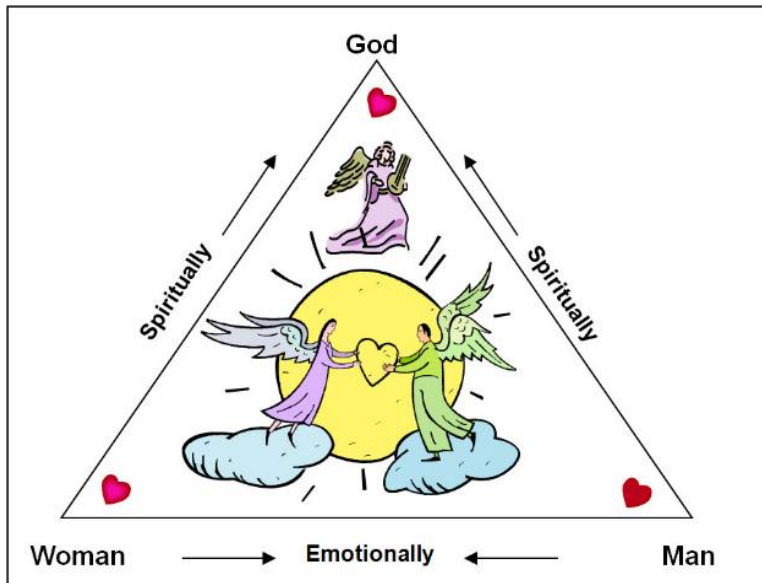
God was giving us an example of how he intended the unity between 2 people:

Man & Woman (2 mature wise adults)

Husband & Wife (United)

Who are blessed by Him

God's Plan



God's Plan

G4/5: What is marriage called in the Coptic Orthodox church? Holy Matrimony (One of the Holy seven Sacraments).

What happens during the Holy Matrimony prayer?

Servants: Elaborate on the different parts of the ceremony: Prayers, Hymns, Rings, Crowns, Holy oil.

During the prayer the Holy Spirit unites the husband and wife in God. They Grow spiritually together, face trials together and carry the cross together with God's grace.



• **Why are the wedding rings put in a red ribbon during the prayer?**

Red symbolizes the blood of Jesus Christ. The wedding rings are tied in the red ribbon to symbolize the unity of husband and wife with Christ, Who is the third partner in the marriage relationship.



• **Why does the priest put crowns on the bride and groom heads?**

To remind them with their heavenly crown, not just the earthly crown. These crowns are for carrying the cross during the marriage life journey.

Ex: Helping each other in sickness, forgiving each other, etc...)(Servants can use different examples).



• **Why do you think the priest anoints the bride and groom with the Holy oil?**

For blessing, health, spiritual protection, and eternal salvation.

• **Why do you think the husband and wife wear their rings on the left hand? (Cultural view)**

The left side is closer to the heart, so it represents their love for one another.

G6: From Coptic Orthodox church marriage ceremony admonition:

The groom stands before the altar and accepts the commands from the priest "Today, you are responsible for her instead of her parents" ... and much more.

The bride stands before the altar and accepts the commands from the priest "So you are required to honor and respect him, do not act against his opinion" ...and much more.

Ex: The Husband represents Christ and the Wife represents the church. The husband/wife are willing to sacrifice/compromise for each other. (Ex: Helping each other in sickness, forgiving each other, etc...)

The husband always seeks his wife's contentment and the wife always seeks her husband's contentment. That encompasses the real Christian marriage.

When a spouse thinks how to fulfill themselves only, they deviate from the church's teachings.



***Marriage is a lifetime loving commitment
Physically, Emotionally &
Spiritually.
You feel safe that your spouse will always
be there for you!***

Objectives → Give children the core meaning of Christian marriage.

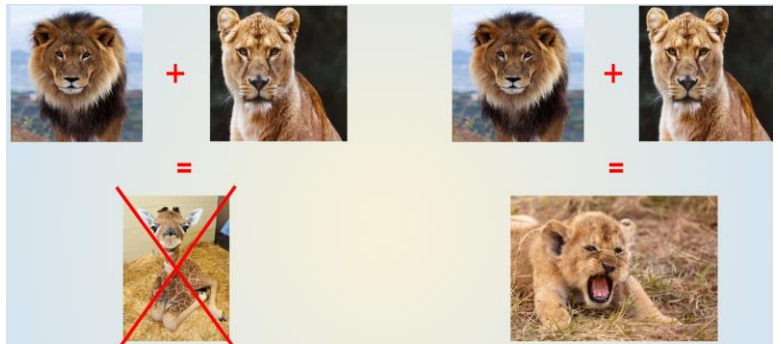
5B: Biblical families:

How many people were in Noah's family?
Who entered the arc?
Why do you think God asked Noah to take 2 of
each kind of animal?



To have more animals...to have a lion cub, a male lion and female lioness need to be together. You cannot have a male elephant and female elephant give birth to a giraffe!

Same thing with people. You have to have a male and a female.



I have set My **RAINBOW** in the cloud, and it shall be a sign of a covenant between Me and the earth. When I bring a cloud over the earth, the **RAINBOW** will be seen in the cloud; then I will remember My covenant, which is between Me and you and every living creature of all flesh, and the waters will never again become a flood to destroy all flesh.



Genesis 9:13-15

Who remembers why God put a Rainbow in the sky in the story of Noah's Ark?

Covenant = Agreement

After the flood, God made a rainbow to show in the sky as a sign to remind us of His promise that He will never flood the earth again.

What are the roles and responsibilities of a man and a woman in a marriage relationship?

God created man and woman different in their shape, their body and in their way of thinking.

If you want to go shopping for some cool new clothes, would you pick mom or dad?

If you want to play with a drone or remote-control car or build a cool car model, would you pick mom or dad?

If for simple things like this mom and dad can help differently, imagine all the important family decisions, duties, and responsibilities. God created dad and mom to always complete each other.

Dad and mom are like puzzle pieces. They are different in shape, but they fit together, and the picture wouldn't be complete with a missing piece.

When the husband and wife are both humble before God, God will put their life puzzle pieces together and let them be the perfect representation of Himself.

God chose my gender, both genders are the same value before God but not identical.

If a boy wears a princess' dress, would that make him a girl?

No! Even if a boy dresses like a girl, or says: "I'm a girl", he cannot change to be a girl.

Also, a girl cannot change to be a boy even if she dresses up like a boy or says, "I'm a boy".

Our gender is already assigned by God and is a gift from God. (Gender is rooted in biology, not a choice)

For the servants: Only if the children ask the below question:

Can there be a human who is not really a boy or a girl?

This is very, very rare.

It would be a genetic variation since birth similar to a baby born without an arm or with 6 toes.

Take a look at this picture and tell me what do you think:



A + B: Chose God's Plan

C, D & E: Did not choose God's plan, we do not judge, we pray for everyone.

Some people choose not to follow Christ and choose to live outside God's plan for marriage. Christians understand God's plan through the Bible, for marriage to be between a man and a woman. We love, respect and treat everyone the same way. And we pray that everyone knows the truth. We always Focus on our own family and our own salvation. We thank God for mom and dad & do our part in the family.

Objectives → Get the children to realize a male/female combination is a must for reproduction and set their minds on Bible teaching pertaining to gender.

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.):

5C: Friends:

A relationship involves a connection between people. Although we come into contact with many people in our daily lives, **only a few encounters will result in friendships.**

Some people have a wide circle of friends and others prefer only a few close friends.

Characteristics of a good blessed friendship? (Elaborate on each)

o When the friend respects your beliefs and helps you get closer to God.

- o Love
- o Companionship
- o Good Listener
- o Caring
- o Kindness
- o Wants the best for you
- o Helpful
- o You feel safe when you are with them
- o Shares your values
- o Shares hopes, dreams, problems
- o Someone to have fun with
- o Someone is there for you
- o Helps you be better

What is an unhealthy Friendship? (Elaborate on each)

If you felt any of the feelings listed below, you should reevaluate this friendship.

• Does not respect your beliefs.

- No trust
- No respect
- Jealousy
- Poor Communication
- Power Issues
- Unfair arguments
- Blaming
- Tries to change you
- Lies
- Manipulation
- Lack of understanding
- No fun
- Damages your self esteem
- Unsupportive
- Pressures you
- Feels like you can not be yourself

- Always want you to do things for them.

Objectives → Get the children to know how to choose a friend.

5D: Having a Crush:

Who heard the word Crush before? What does it mean?

A crush is a word used to describe a temporary feeling one person can have for another person at a young age.

It is a normal feeling however sometimes friendships and crushes get confused.

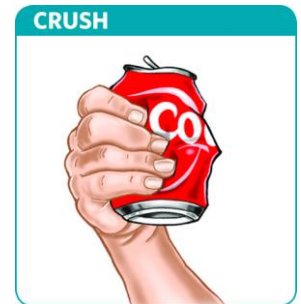
The fact is these feelings are temporary, they always change as we grow and mature.

That is another reminder why God created Adam and Eve as mature wise adults.

It is always a good idea to talk about it with a trustworthy person

(Mom, dad, father of confession).

Feelings towards the opposite sex may arise but we must wait for God's perfect timing.



Objectives → Get the children to know that admiration feelings are normal, however they do change and learn to discuss it with a trusted adult.

5E: Dating:

Dating relationship is different from other relationships because it is not inside a group but rather separate in a one-to-one setting with the hopes of marrying this person.

The Holy Bible tells us that any private relation between a man and a woman must be only in marriage.

This is how God designed this private relation to be successful on all physical, emotional, and spiritual levels.

God designed the relation between the man and the woman as a BONDING and UNBREAKABLE marriage relation.

"And He answered and said to them, "Have you not read that He who made them at the beginning 'made them male and female,' 5 and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'? 6 So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate." (Matthew 19:4-6)

Who knows how long it takes the brain to fully develop?

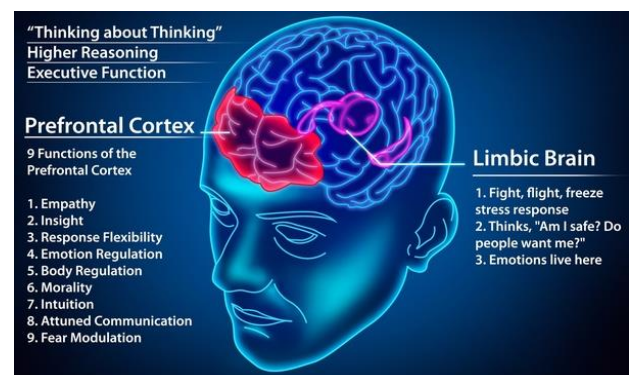
The development and maturation of the Prefrontal Cortex part of the brain occurs during adolescence and is fully accomplished at the age of 25 years.

That is the part of the brain that is responsible for making wise decisions. It is the part that helps people set and achieve goals. Because of the continuous mental, emotional, physical and spiritual changes happening to us during adolescence, any relationship we start will not be a stable relationship.

That reminds us of why God created Adam and Eve, already mature adults, as role models for His design of marriage.

"Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart." (2 Timothy 2:22)

Premature dating affects our ability to commit to any relationships including friendships, which could last for a lifetime and can give us support in life as we grow together.



Whenever you start thinking about dating, or have feeling towards the opposite sex. That is the time to divert your feelings to focus on building a strong relationship with Jesus Christ, Who will guide you to the right spouse.

Objectives → Get the children to understand that dating is not something they want to be involved with in this age.

Verse of the day:

G4: "Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.." **Genesis 2:24**

G5: "He who walks with wise men will be wise, But the companion of fools will be destroyed."
Proverbs 13:20

G6: "Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion." **Ecclesiastes 4:9**

(Printable for giveaways):

Verse of the day: (Printable for giveaways)

G4:

G5:

Therefore
A Man
SHALL LEAVE HIS
FATHER AND MOTHER
AND BE JOINED TO
His Wife
AND THEY SHALL
BECOME ONE FLESH.
GENESIS 2:24

G6:

**Two are better
than one,
Because they
have a good
reward for
their labor**
Ecclesiastes 4:9

Knowing-Jesus.com

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

Review

- **What is the Holy Matrimony?** (The Holy Sacrament of marriage in church.)
- **What is the most important characteristic when choosing a friend?** (Helps you get closer to God.)
- **Who to speak with if you are confused about having a crush?** (Mom, dad, father of confession)

Questions:



E. Prayer:

Heavenly Father,

Help me look to you and not the ways of the world, with humility of heart and self-control. Help me pursue Your greater plan in my life. Lord don't let my desires blind me to Your will. Help me walk in spirit and in truth and to do only those things that I have heard from You, through the Word of God and the gentle promptings of Your Holy Spirit in me.

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

5. Practical application of the lesson to SSSs lives

- Conversations at school about dating (Boyfriend / girlfriend.).
- Christian view about having a "Crush".
- How to find blessed friends when you feel lonely.
- When to stop a friendship that is harming you.
- Who to talk to when you have attraction feelings towards someone.

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: The Creation Story for Kids - Genesis 1 & 2 | Bible Video for Kids | Sharefaithkids.com (Ice breaker)

https://www.youtube.com/watch?v=QJzfxVdjGI&feature=emb_title

(Servants: Elaborate on the Hand of God, no one knows what God looks like. Also explain the meaning of “God rested”, it is not because God was tired, it is because he completed his work, rejoiced with the creation and wanted to teach us to have 1 Holy day a week dedicated to encounter God, share his light and find rest in him.)

G5: How do I share my faith with my friends? (Section 5C)

<https://vimeo.com/357629496>

Sharing Your Faith With Friends | 6 TIPS (To send on the parent group for the kids to watch on their own time before class and discuss any questions during class Questions time.)



<https://www.youtube.com/watch?v=Z-ad2Slyxkl>

G6: YouTube: Why did God use Adam's rib to create Eve? (Section: 5A)

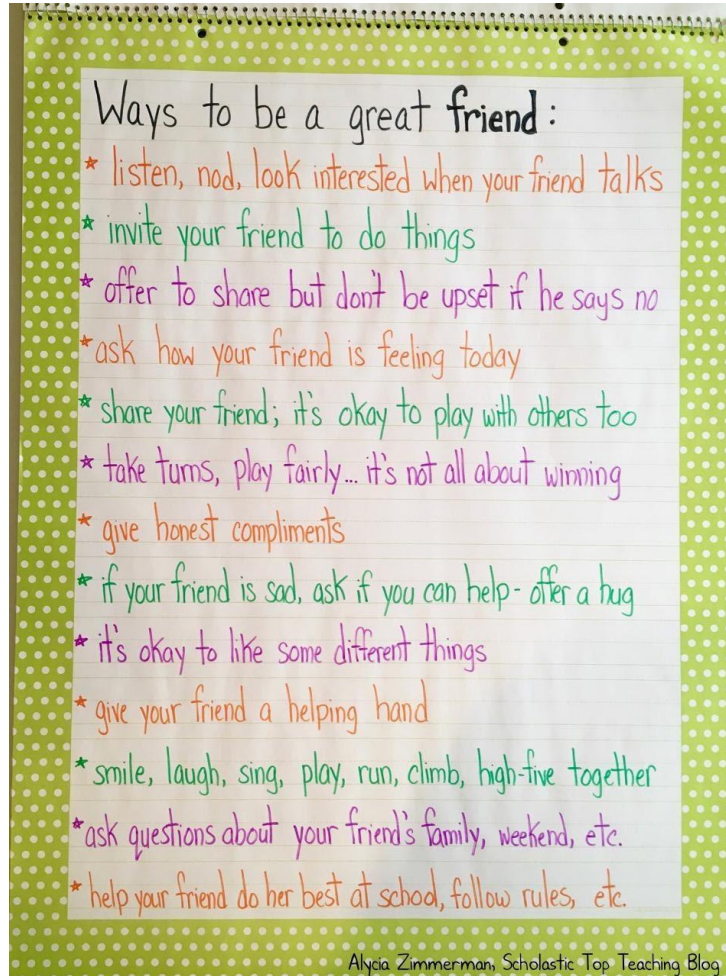
<https://www.youtube.com/watch?v=cBH5HDXHoEI> (Very informative but too long)

7. Group Activity

G4: Connect what happens during the prayer to the true meaning of it:

	Why are the wedding rings put in a red ribbon during the prayer?	❖ It is closer to the heart, so it represents their love for one another.
	Why does Abouna put crowns on the bride and groom?	❖ To remind them with their heavenly crown for carrying the cross during the life journey, and not just the earthly crown.
	Why do you think abouna anoints the bride and groom with the Holy oil?	❖ To crown them as King and Queen.
	Why do you think the husband and wife wear their rings on the left hand? (Culture fun fact)	❖ To symbolize the unity of husband and wife with Christ. (Red symbolizes the blood of Jesus Christ)
		❖ For blessing, health, spiritual protection and eternal salvation.

G5: Ways to be a great friend – What are ways you can be a great friend? What are some examples?



G6: Reasons for Dating VS True Love: (Note: Guide the children to Corinthians 13)

Split the class to 2 groups:

1st group: List wrong reasons for dating.

2nd group: List what they think true love is/isn't.

Share ideas then have an open discussion about what is the right age they think someone would be able to commit to the (Is)...

Wrong reasons for dating:	What (is/is not) True Love:
<p>To have a good time To overcome loneliness To make yourself look good Be like others</p>	<p>Is: Patient Kind Forgiving Protecting Trusting</p> <p>Is NOT: Not envious Not proud Not self-seeking</p>

9. Home Activity with mom/dad

G4: Use the bible references below to answer the questions:

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1. According to Ecclesiastes, why is two better than one? (Ecclesiastes 4:9,10)
2. Who are we warned against being friends with? (Proverbs 22:24,25)
3. Who else are we warned about being a friends with? (Proverbs 13:20)
4. What type of people should we be affiliated with? (Proverbs 13:20)
5. Why do you think choosing our friends wisely is so important?
6. What does the Bible say that Job's friends did when they heard all the bad things that had happened to him? (Job 2:11-13)
7. Why do you think it was so important for Job's friends to be quiet while they sat with Job? (Job 2:13)

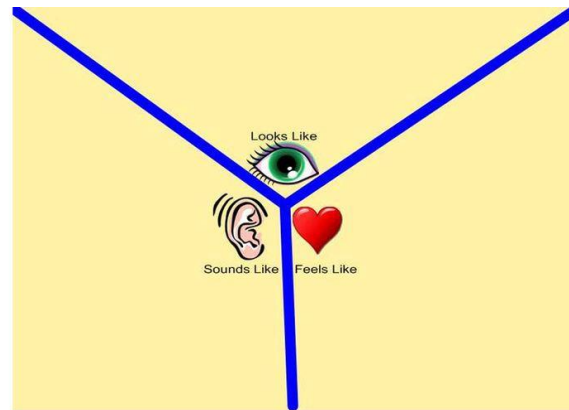
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Bible examples of how to help a friend deal with grief/mourn.

G5: What does friendship look like, sound like & feel like to you?



A **healthy** Friendship/Relationship

Looks Like...

- Smiling
- Fun
- Doing things together but also apart
- Having own interests
- Content
- Independent
- Not always alone together (have a group of other friends)
- Equality
- Respectful

Sounds Likes....

- Laughter
- Positive, supportive comments
- Encouraging
- Close friends

Feels Likes....

- Content
- Trusted and trustworthy
- Within comfort zone
- Respected
- Independent
- Cared for
- Own interests and needs are being met

An **unhealthy** Friendship/Relationship

Looks Like...

- Scared
- Depressed
- Always fighting /arguing
- Unhappy
- Controlling
- Jealousy
- No other friends
- Dependent on each other
- Do everything together
- Own interests are no being met

Sounds Likes....

- Arguments
- Crying (possibly)
- Anger
- Pain
- Sadness
- complaints

Feels Likes....

- Empty
- Scared
- Sad
- Hopeless
- Controlled
- Isolated
- Hurt

G6: Find some bible verses that guide us through selecting a good friend.