

John 14:21
Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him.

Psalm 139:14
I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

True Love Waits is a youth movement that began in the USA in 1993 through the efforts of Jimmy Hester and Richard Ross of LifeWay Christian Resources and thousands of youth who wanted to make a difference through a commitment to sexual purity.

In 1994, True Love Waits as it is in the large presentation of this manual began in Uganda through the efforts of Larry and Sharon Pumpelly, Andrew Mwenge, and thousands of youth who wanted to change the history of their nation.

Sexual purity is God's idea from the creation of male and female. We believe that God put this manual together as we worked with youth beginning in Uganda and now in many other places. The presentation is an oral presentation and can be learned by someone else just by observing and participating. Many people contributed ideas to help with this presentation.

God has a purpose for all that happens in history. May we be faithful to bring glory to His name during this time in history.

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FOLLOW-UP SESSIONS

The next section of this manual contains follow-up materials to be used with your group. They can be used as youth form a True Love Waits Club. Use the materials in a way that fits the group; they do not have to be used in the order they are given. You can use them weekly; every two weeks or monthly. The True Love Waits Club should include those who have signed a card and made a commitment and those who are interested in learning more but have not yet signed a card. Provide an opportunity to sign cards once a month for any who have not signed but wish to do so.

The leader of these lessons needs to be prepared in advance for each lesson. Read through the material and be ready to lead/teach the lesson naturally. Stay sensitive to the needs of each person. Remember that many who have signed cards have failed in the past and may do so again. Remember that God is willing to forgive them and help them continue to keep the commitment. They CAN do it, so continue to let them know you BELIEVE in them. With God's help, all things are possible.

Do not leave out any activities. Youth get bored with only lectures. Keep the lessons fun and active.

Some of the lessons require a panel. Choose panel members wisely. They should be open to share about their lives and to answer questions youth will ask. Choose those whose lives reflect a commitment to the values of True Love Waits.

God bless you!! Although you may not see the results, you are making a difference for generations to come. Stay faithful. Youth need you!!

How to Memorize Scripture

The Bible says that we should fix God's Word in our hearts and in our minds (Deut. 11:18). By memorizing Scripture, we are able to call upon it in situations that are tempting or challenging. Always

<p>1 Corinthians 6:19-20 “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; You were bought at a price. Therefore, honour God with your body.”</p>	<p>Hebrews 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.</p>
<p>Matthew 5:37 “Simply let your ‘Yes’ be ‘Yes’, and your ‘No’ be ‘No’, anything beyond that comes from the evil one.”</p>	<p>1 Corinthians 10:13 “No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will provide a way out so that you can stand up under it.”</p>
<p>James 1:2-4 Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance, perseverance must finish its work so that you may be mature and complete, not lacking anything.</p>	<p>1 Corinthians 13:6 Love does not delight in evil but rejoices with the truth.</p>
<p>Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.</p>	<p>Genesis 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.</p>

marriage relationship. What can you choose to demonstrate your love for God if you have already been involved sexually? You can choose to ask God to forgive you; He wants to do that. He says that we have all sinned, and He has promised to put your sin out of His mind once you are forgiven. Then you can choose to remain sexually pure until you enter faithfully into marriage. God is always ready to help those who obey Him, but we must choose to obey! What will your choice be today? God is also always ready to receive those who want to become part of His family. All you have to do is let Him in. If you would like to become part of God's family and have the Holy Spirit come and live in you and guide you each day as you make decisions in challenging situations, you can do that very simply. All you have to do is pray something like this: "Heavenly Father, I recognize that I have sinned and that sin results in death. I believe that Jesus, Your Son, died for my sins and I want Him to be the Lord of my life and to give me eternal life. Thank You for the free gift of salvation. In Jesus' name, Amen." If you prayed for the first time to receive Jesus as your Lord and Saviour, congratulations! God has sent the Holy Spirit to live in you and to guide you as you make decisions. Please be sure to let me know before we leave if you've asked Jesus to be your Lord for the first time today.

CLOSING: Divide into small groups of the same gender. Direct youth to share any choices that are facing them currently. Lead them to pray for God's wisdom for each one to make the best choice.

memorize the verse and the reference (which is the "address" that tells where the Bible verse may be found).

To memorize the verse for the week's lesson, always follow these three steps:

- 1) **READ** the verse from the Bible to show that it is God's Word.
- 2) **EXPLAIN** any hard words or phrases in the verse. It does no good to memorize something if one does not understand its meaning.
- 3) **PLAY** one of the games below to repeat the verse many times until the class has learnt it well.

Games you can use with the verses printed in the manual:

Important Phrases – Direct the group to read the verse out loud. Then call on one person to tell the group which word or phrase is the most important and why they think so (this helps the group to think about the meaning of the verse). Read the Scripture again, this time saying the chosen word or phrase very loudly. Call on another person to choose a different word or phrase and tell why it is important. Repeat the verse again with that phrase spoken loudly. Do this as many times as you have volunteers!

Make it personal! – Direct the group to read the verse several times together. Then let each youth take a turn saying the verse, putting his or her name in the appropriate place. For example, "For God so loved the world that He sent His one and only son..." would become "For God loved me, Jane Smith, so much that He sent His one and only son..." This game only works for certain verses.

Crazy stand-ups – Read the verse together two times while sitting down. Then give directions, such as the following, to the group: "Everyone who is wearing something green, stand up and say the verse together." "Everyone who is in Grade 9, stand and say the verse together." (everyone who has a younger sister; everyone who likes amagwinya; everyone who is wearing black shoes; wearing trousers; wearing a skirt; ...use your own fun ideas!).

Table Tennis – Read the verse aloud, altogether, two or three times. Then, line up the group in two rows facing each other, or divide the group into two teams. Team One says the first word of the verse, then Team Two says the second word, Team One says the third word, and so on. They should try to say it as quickly as possible without mistakes. Variations of this game: Let each participant choose a partner and practice saying the verse back and forth in pairs. Or, use a block or a beanbag; toss the block back and forth saying a word each time.

Next Word – The teacher begins to repeat the verse. When he or she stops, the group must quickly say the next word. After doing this several times, the teacher chooses someone to go to the front and lead the game.

Whisper a word – Read the verse together several times. Then ask a participant to come to the front and point to a word or words to whisper as you all say the verse again. Each time, let a different youth point to another word to whisper as the group says the verse, until at last the group whispers the whole verse.

Add a word: After reading the verse and discussing its meaning, begin repeating it in the following way: Start with the reference, then the reference and the first word. Then continue, adding one word at a time until you have said the whole verse.

Games you can use if you have a white board or chalkboard:

Remove a word – Write the verse and reference on the board. Direct everyone to read the passage together out loud two times. Then choose one person to come to the board and rub out one word while everyone else closes their eyes. Instruct everyone to open their eyes and read the verse out loud. Continue to do this, having volunteers rub out one to three words at a time while others close their eyes, then repeat the verse together. Each time the group will be saying more and more of the verse from memory. When you think they know it, rub out any remaining words and have them say the passage from memory two times.

love Jesus, we will obey his commands, and that can help us guide our decisions. So there's a link between obeying God and loving God. If you love Him, you will obey Him.

Ask: What does John 14:15-27 say about what happens if you obey Jesus?

Give the youth time to look at the passage and see if they can come up with the answer.

Say: Jesus said in verse 16 “I will ask my Father and He will give you another Counsellor to be with you forever—the Spirit of truth.” That's the Holy Spirit. So, the Holy Spirit is one of the benefits of those who obey God.

Say: In verse 23, Jesus also tells us that if we love Him, we will obey His teaching. God will love us, and He and Jesus will come and make their home with us. So another benefit is that we will abide with God and be His children.

Say: What does the Holy Spirit do for us? We already said He will be with us forever. Verse 18 says that He will live in us. And in verse 26 Jesus says “the Holy Spirit will teach you all things and will remind you of everything I have said to you.” So the role of the Holy Spirit is to teach us and to remind us of what Jesus has said and what the Bible says. When we love Jesus and obey Him, the Holy Spirit comes to live in us, to teach and remind us of what the Bible says. When the Holy Spirit does that, we have all that we need to make choices that demonstrate our love for God.

Let's memorize John 14:21 (See “How to Memorize Scripture” section for easy ways to help youth memorize Scripture.)

CHALLENGE: What choice can you make that demonstrates your love for God if you have not already been sexually active? You can choose to remain abstinent and save sex for the wonderful and free

spend the night as couples. Everything Sarah finds is against her morals and commitments. She is angry with herself for believing Sarah and not asking more questions. But what should she do now?

SITUATION #4: Mary and Daniel are friends. Both have a very open and trusting relationship with their parents. Mary's parents go out of town for the night and Mary invites Daniel over. What should Daniel do?

Provide plenty of time for each small group to read their situation and discuss, then share what they discovered with the large group. Allow others to ask questions and make comments. These fictional situations may prompt youth to share real-life situations of which they are aware. Allow the large group to discuss the choices and the consequences of the choices faced in the real-life situations. Remind them to be careful that they are not breaking any confidences or hurting anyone's reputation in the way they share the situation.

Say: Just like people had to decide how to handle the previous situations, we are often faced with making decisions and choices. Let's look at a Scripture passage that tells us what God wants us to do.

Call on several youth to share in reading John 14:15-27.

Say: The very first thing Jesus said in this passage is "If you love me you will obey what I command." He says it again in Verses 21 and 23. "Whoever obeys my commands, he is the one who loves me." And "If anyone loves me, he will obey my teachings." Three times... do you think that means it's important to obey Christ's commands?

Say: God loves us regardless of whether we obey him or not. His love for us is unconditional. And God demonstrated His love for us by sending Jesus Christ, His only Son. While we were still sinners, Christ died for us, and because Jesus died for us, we can have eternal life. We demonstrate our love for God by obeying Him.

Say: When we are making decisions, we can keep in mind that if we

Games you can use if you have paper, pen or koki pen and cello tape:

Rectangles – Cut small rectangles from paper and write one word from the verse on each paper rectangle. Stick them to the board or wall in the correct order. Point to each paper in turn as you read the verse together three times. Then let a participant come and remove one paper from the board/wall, then all read the verse again, including the missing word. Repeat until all the words are off the board/wall and the students can say the verse and reference without help.

Verse scramble – Prepare the verse in the same way you did for "Rectangles". Only this time, stick the words anywhere on the board or wall (all mixed up). Direct the class to read the verse and reference three times. Then close the book and ask for two volunteers to come and put the mixed-up words in order. If they succeed, instruct everyone to read the verse together. Then let two others mix the words up again, another two put the words in order, and so on. They all say the verse each time it is successfully put in the right order.

Flip strips – Copy the verse by short phrases on strips of paper. Stick these to the board or wall with the writing hidden, using the cello tape as a hinge. Open the strips to learn the verse and then turn each strip over by turn (to hide the words again) as the verse is learnt.

Game you can use if you have a ball or potato:

Hot potato – Direct the group to stand in a circle. As they are repeating the verse, they must pass the potato/ball from one person to the next around the circle as quickly as possible. When the verse is finished, the person who is holding the ball at that moment must say the verse by himself or herself. After the youth is finished, begin to say the verse together again, passing the ball/potato around. Repeat the game until the verse is learnt.

Session 1: “I ONLY HAVE ONE LIFE – WHY NOT MAKE THE BEST OF IT??”

Aim: To help youth think through future goals and abstinence as part of the plan to reach those goals.

Memory Verse: 1 Corinthians 6:19-20

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your body.”

Materials: Paper and pencil for each youth. If possible, provide a True Love Waits notebook for each person to bring to every session, or have participants bring paper and a pencil with them.

Say: Today we’re going to talk about our future goals and abstinence as a part of the plan to reach those goals.

Activity:

Say: *I want you to close your eyes and imagine your life 10 to 15 years in the future. What are you doing? What’s your family life like? Where do you work? Are you happy? (After some time, have them open their eyes again)*

Ask: *What are some words or phrases that describe what you would like your life to be at that time?*

Say: *Now, write down two or three career choices. (When they have had a few minutes to complete this exercise, ask several youth to share one thing they have written down.)*

Ask: *Are the goals you have written down easy or difficult to accomplish? Ask youth to explain answers given.*

Say: *Now I want you to think about and write down some ways you can reach each of your goals, and then write down three or four things you would need to do to reach each of your goals and dream.*

Note: Change names to appropriate male and female names for youth in your area.

SITUATION #1: Janet is 13. Her father has died of AIDS, and her mother is ill and works only some of the time. Janet wants to help out at home, and she also wants to go to school. A friend of her father’s offers to pay her school fees and help out with expenses for the family. The offer seems so kind to Janet UNTIL she discovers that he wants a sexual relationship with Janet in exchange for his kindness. She has not discovered other options and feels pressured to accept his help because things are so bad at home. He has assured her that he has been tested and is HIV negative. What should she do?

SITUATION # 2: Eric is 15. An older cousin named Bernard invites him to hang around with him for a weekend. During the weekend Eric discovers that cousin Bernard steals from his own home, stores, etc. to buy drugs. Eric refuses to participate and Bernard gives him a really rough time because of it, even threatening to tell lies about Eric if he ever tells anyone about Bernard’s habits. Eric promises to keep silent. Some time later, Eric’s parents are going away for the weekend and invite Bernard to come and stay with Eric’s younger brothers and sisters. Eric is afraid that Bernard will steal from his parents and not really look after his siblings properly or tempt them to do drugs. Should he break his promise and tell his parents the truth?

SITUATION #3: Pamela is 19 and a student at university. A “Christian” friend named Sarah asks Pamela to go with her to a Christian party/fellowship in her hometown and then to spend the night at Sarah’s house. Sarah has a cousin who will drive them to the party and to the parents’ house. When Pamela arrives at the party, she finds that there is drinking and dancing and that every girl is expected to be paired with a boy at the party. In fact, Sarah’s “cousin” is really her boyfriend and has brought along a friend for Pamela. The plan is not really to go to the parents’ house, but to

Session 10: “CHOICES, CHOICES, CHOICES—WHAT DO I DO?”

Aim: To help youth realize that they have many choices in life, that they are responsible for the choices they make, and that choices have consequences.

Memory Verse: John 14:21: Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my father, and I too will love him and show myself to him.

Materials: Provide a copy of the following scenarios for each group along with the questions (see attached). Divide them up so that different people ask the questions, giving each person a chance to talk.

Say: *Today we’re going to look at how to handle challenging situations that might arise in our lives. Each group is going to discuss a specific situation and answer some questions. As you look at the situation, think about all that we’ve learnt over the past several weeks and then answer the questions.*

ACTIVITY: Divide youth into groups of four to eight youth. Assign each group one of the following situations. If you have many groups, give the same situation to more than one group. Direct them to discuss the following questions:

Questions:

- 1.) As you read about this person’s situation, what are the options he/she has now?
- 2.) Were there things this person could have done differently earlier that may have changed the situation?
- 3.) What consequences, positive and negative, may come of each of the choices the person could make?
- 4.) What would you advise them to do? Why?

For example, if one of your goals was to run a marathon, you’d of course have to start running. You can’t start running the whole distance today, so maybe your strategy would be to run three times a week. Then maybe you would run a 5K race. Then you might start running five to six times a week, and then run a 10K race. Then you might work up to 30k two or three times a week, along with shorter runs. And finally, run 40k one week along with several shorter runs, and then you should be ready to run the marathon.

Give them some time to write their strategies down.

Say: *Some people will tell youth, “Since you only have one life, have all the fun you can have—that’s the way to make the best of it.”*

Ask: *In what activities might a youth involve himself or herself thinking he or she was having all the fun in life? List these activities on a large sheet of paper or on a chalkboard.*

Divide into small groups. Give each group one of the activities listed. Direct them to think through how that activity is presented to youth as “fun.” Then ask them to discuss ways such an activity might hinder one from reaching his or her goals in life? After 10-12 minutes of discussion, ask each group to present what they have discussed.

Ask: *How would you define ABSTINENCE? (To voluntarily choose not to do something.)*

Ask: *What is involved in sexual abstinence? (Discuss the concept of voluntarily choosing not to have sex, including sexual intercourse or any other genital contact or sexual stimulation. Point out that sexual abstinence is the only 100% protection from physical, emotional, mental or social consequences that sex before marriage may bring.)*

Ask: *How might choosing to be sexually abstinent make it easier to reach our future goals?*

BIBLE STUDY:

Direct someone to read: 1 Corinthians 6:18-20

Ask: *It says to “Flee from sexual immorality.” What does it mean to FLEE? Is it a simple walk away? Why is such a strong word as FLEE used? When do you FLEE? How do you FLEE emotionally? ... Physically? ...Psychologically?*

Ask: *The Bible says, “All other sins a man commits are outside the body, but he who sins sexually sins against his own body.” What are some sins that are “outside the body”? How is sexual sin different? How is sexual sin against one’s own body?*

Say: *A man in the Bible was faced with the temptation to sin sexually. His name was Joseph. His brothers sold him into slavery, and he ended up becoming a servant to one of Pharaoh’s officials, named Potiphar. Potiphar’s wife noticed Joseph because he was, the Bible says, “Well built and handsome.” She even said to him “Come to bed with me.” But Joseph refused. Genesis 39:9 tells us what he said to her.*

Direct someone to read Genesis 39:9b: “My master has withheld nothing from me except you, because you are his wife. How then can I do such a wicked thing and sin against God?”

Ask: *What does this passage tell us? Who else is sexual sin a sin against? Do you think to engage in sexual sin before marriage is a sin against your future marriage and marriage partner? Why or why not? How can sexual sin hinder you from reaching your goals?*

Say: *First Corinthians 6:19 says, “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?”*

Ask: *Would you commit sexual sin within the church or temple of God? If God’s Word calls your body the temple of the Holy Spirit,*

Genesis 1:10

God called the dry ground “Land,” and the gathered waters he called “seas.” And God saw that it was good.

Genesis 1:12

The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds, and God saw that it was good.

Genesis 1:18

To govern the day and the night, and to separate light from darkness. And God saw that it was good.

Genesis 1:21

So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to its kind. And God saw that it was good.

Genesis 1:25

God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

When our bodies are going through the changes of puberty, it is normal for us to have many different feelings, some good and some bad. Some emotional ups and downs are normal for every teenager. God created us and understands all our feelings. We can come to Him for help at any time, and He will never chase us away or make us feel bad. But you must know that there is also a problem every teenager has with something we call “sin”... the things we think or say or do that displease God (like lying, cheating, talking back, gossip, fighting, swearing, stealing, etc). When these things are in our lives, they separate us from God and His love. They make living so much more difficult because we then have many guilty feelings and problems caused by sin.

Say: *Thank God, He has the perfect solution to our sin problem! When He sent His Son Jesus to die on the cross, God allowed Him to take the punishment for ALL the wrong things you and I have ever done or thought. When we admit our sins to God and believe that Jesus died in our place, we can have our sins forgiven and our lives made clean. And THAT makes life much happier! God didn't let Jesus STAY dead but brought Him back to life. Now Jesus is alive, and is waiting for you to ask Him to be your Saviour. Would you like to do that today? If so, please come and stand beside me.*

I would like to lead you in a prayer now:

Pray: *Dear Heavenly Father, I admit that I have done and said and thought things that displease You. I am sorry for these sins. I believe that You allowed Your Son Jesus to be punished in my place on the cross. I ask the Lord Jesus to come into my life right now, to wash away my sins, and to give me a clean new life. Thank You for doing this now. In Jesus' name, Amen.*

If you sincerely prayed that prayer with me today, you can know for sure that God has forgiven you and made you His child. The Bible says, “God loves (you) so much that He sent His only Son, that whoever believes in Him will not die but have eternal life.” (John 3:16). For you, eternal life started the moment you asked God for forgiveness. And that friendship with God will keep on growing your whole life as you listen to Him and obey Him

isn't engaging in sexual activity the same as being within the church? Doesn't God see you engage in sexual sin no matter where it is?

Say: *“Therefore honour God with your body.”*

Ask: *In what ways can you honour God with your body? How do you honour God with your body sexually? How do you honour God with your body in other ways? What is the challenge for us? What is God's best for us according to this passage? Would choosing to live in a way that honours God with your body help you reach your goals?*

Lead the group to memorize 1 Corinthians 6:19-20. (See printed Scripture in back of study and “How to Memorize Scripture” for suggestions for fun ways to help youth memorize passages of Scripture.) Give participants a copy of the Scripture.

CHALLENGE:

Say: *You only have one life. Be the best you can be. How does one reach the goal of being the BEST? Olympic athletes become the best because they have a goal and they discipline themselves to reach that goal. All of us have goals within our minds, but we don't write them down. That makes it easy to fail to discipline ourselves to reach those goals. Those people who have goals and aim toward them, leaving behind anything that does not contribute to reaching their goals, are the ones who become the best. They are the ones who stand above everyone else. You can make that choice to choose the best and then to discipline yourself to reach that goal. God wants to help you do that. He has a goal and plan for your life.*

Direct someone to read Ephesians 2:10

Ask: Did you know that God loves you so much He already knew what He wanted you to do before He created you? He has some wonderful work for you to do. Most people miss all that God has for them because they do not understand that Jesus is the way that we

connect to God. God sent His only Son to earth, and Jesus died for our sins. It's through accepting Jesus that we can have eternal life. If Jesus is in your life, you have the power to reach for the goal and leave everything else behind. God desires the best for you.

Call on someone to read or quote Jeremiah 29:11.

Ask: *Did you know that God loves you so much that He has a good plan not only for your life here on earth, but that He also desires for you to live with Him forever in that perfect place we call heaven? Isn't that exciting? If, as we've been talking today, you realize that God is not a part of your life, you can change that today by asking Jesus to be your Lord and Saviour. (If the Holy Spirit leads you to invite people to come to know Jesus as Lord and Saviour you can say: "Let's all bow our heads for a minute, and if you want to ask Jesus to be your Lord and Saviour, you can do this now by talking to God in this way: 'Dear God, thank You for loving me and having a good plan for my life. I realize that I have not been following Your plan. I believe that Jesus died for my sins, and I want Him to be a part of my life. I ask You today to forgive my sins. I want to accept the plans You have for my future and live according to them. Thank You for forgiving me and for saving me. In Jesus' name I pray.' If you have just prayed that prayer, please look up at me now.")*

Say: *I want you to know that when you set worthy goals and go for them, God will help you because He wants the best for you!!*

CLOSING: Divide into small groups of three or four of the same gender. Ask youth to share one goal with the group and then direct someone in the group to pray for each one that, with God's help, he/she would reach his/her goals.

PHYSICAL CHANGES

Boys: As a boy moves toward manhood, many changes occur within the body. Pubic hair (hair on the lower part of the abdomen around the genitals) appears. Hair begins to grow under the arms, on the chest, and on the face. Voice changes begin to occur; and for some youth, the voice will be higher one moment and deep the next. The penis, the scrotum, and the testicles are also changing. The scrotum is the soft sac under the penis which holds the testicles. Boys begin to have erections of the penis, when it becomes stiff and bigger than usual. The testicles begin to produce sperm. An egg from a woman is fertilized when a sperm from a man penetrates it. Semen is a fluid that carries sperm through an erect penis out of the body. One of the changes that a boy will experience is that sometimes they will have a discharge of semen while they are sleeping. This is all part of God's plan for a boy as he becomes a man. A boy who produces semen is capable of making a girl pregnant.

Girls: As a girl grows from being a young girl to a woman, changes also occur in her body. Pubic hair will begin to appear. She will also grow hair under her arms and hair will possibly thicken on her legs. Breasts begin to grow and develop, as they are God's plan for a woman to feed her newborn baby. Changes are also occurring within a girl's body in the ovaries and uterus. The ovaries produce eggs. The uterus may someday hold a fertilized egg and nourish it as a baby grows. When the ovaries develop, a girl's menstrual periods may begin. When the ovaries release an egg which does not become fertilized, the uterus sheds its lining and a girl has her menstrual period. The lining leaves the body as a bloody discharge that comes out of the vagina. The discharge lasts about five days. Many girls want more privacy during this time. Once the ovaries begin to release the eggs, a girl can become pregnant. Since bleeding does not start until after the egg is in the uterus, it is hard to know the first time a girl is capable of becoming pregnant. But it is unhealthy for such a young girl to get pregnant. Her body isn't strong enough to nourish an infant. That's why God's plan is for a woman to become pregnant within the security of marriage.

everything He made, “it was VERY good”). Everything God made was good to Him until He made male and female, human beings like you and me—and then it was VERY good.

Ask: Why do you think God could say “very good” about creation once He made man and woman?

Ask: What do you know about God that would tell you that as a human being you are the most special part of His creation?

Say: God has handcrafted each one of you with love. You are completely unique...there is no one else just like you anywhere in the world! Each one of you is growing and changing according to God’s timetable in order to become the man or woman God created you to be!

Read Genesis 1:27 once again.

Say: Man and woman were created in the image of God. Because God created each of us in His own image, we are different than the rest of creation.

Ask: What are some ways people are different from the rest of creation?

Say: One of the most important ways in which we are different from the rest of creation is that we are the only part of God’s creation able to know right from wrong. We can each choose to obey or disobey God.

Memorize Genesis 1:27 together. (See “How to Memorize Scripture” section for easy ways to help youth memorize Scripture.)

◆ **Growing and Changing:** No longer a child! Your bodies are changing to prepare you to become a parent someday. In God’s plan, this will take place after you are married.

Session 2: "I'M WORTH WAITING FOR!"

Aim: To help youth realize each one’s value to God and to encourage them to value themselves through the choices they make.
To the Leaders: Use this session to establish an atmosphere of fun and openness in the group. Participate in every activity to help youth open up freely to you.

Scripture: Psalm 139:13-16a

Memory Verse: Psalm 139:14: “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

Materials: A sheet of paper and a crayon, pen, or pencil for each youth; tape.

ACTIVITY #1:

- a.) Direct each youth to find one person, not a close friend, but someone they know little or nothing about. They should learn one another’s names.
- b.) Instruct them to share with their partners their favourite time of day and why they like that time of day. The “why” is very important.
- c.) After they have shared, direct each pair to find another pair (two other people who have shared together) and make a group of four. In their small group, have them share again, answering the following question: *If your house was on fire and you could save only two things, what would you choose and why would you choose those particular items?* Each person should share in their group of four.

LARGE GROUP:

Ask: Did any two people share the exact same items? Did you find you had other things in common in your small group? Allow some time for people to share. Point out that we, as people, have many things in common.

Ask: What are some things which are common to most or all youth? Encourage youth to name many things. (Options: Write these on a board or paper. Make a simple drawing of a youth and write

responses on the drawing. Do not include those things which are not common to most youth. Answers may include: activity; desire for independence/freedom; thinking about sex or persons of the opposite sex; experiencing sexual desires; seeking education; changing/developing bodies; looking for a personal identity; valuing friends; learning new skills, etc.).

Ask: *As similar as we all can be, is there another person in this room who is EXACTLY like you in appearance, personality, desires, and experiences? Is there another person exactly like you in all of (name school/group; town; country), world?*

Say: *In all of history, throughout the entire world and all the people who ever lived, there has never been another person exactly like you. Millions and millions of people have been created but no two are exactly alike. There are even differences in identical twins. In Psalm 139, King David was speaking to God. (Call on someone to read verses 13-16a.) God created each person carefully and lovingly. God made each one of us a unique individual. Each one of you is special to God. This may be a hard concept for some of you to imagine because you have felt unwanted at one time or another. Perhaps you were conceived in an adulterous relationship or from your father's second or third wife to whom he was never officially married. Perhaps you know you were an unplanned or unwanted pregnancy. Maybe you live with someone who obviously wishes you were not around. The good news is that you were no surprise to God. That may be hard to understand when a child is conceived in sin, yet God's Word is true and a fact we can live by! He carefully creates each person who comes into being NO MATTER how he/she was conceived. Once He has so carefully created each one, He has a special plan for each life. The most important part of that plan is that God desires to relate to each one of us, and He desires for us to have good relationships with one another. God wants this so much that He gave His only Son to die for us so that we can be in right relationship with Him and others. He loves you so much that if you were the ONLY person alive, God still would have sent Jesus to die for you, whether you ever accept Him as your Saviour or not.*

Session 9: UNDERSTANDING PUBERTY

Note: This lesson is specifically for older children and younger and middle teenagers (ages 10 to 14). If you feel your group would be more comfortable, divide the girls and boys and have a man lead the boys and a woman lead the girls. You may want to ask a medical person to do this session.

Aim: To help youth understand the emotional and physical changes of puberty.

Memory Verse: Genesis 1:27: So God created man in his own image, in the image of God he created him; male and female he created them.

Scripture: Genesis 1:27,31

Materials: Five slips of paper with one of the following references on each slip: Genesis 1:10; Genesis 1:12; Genesis 1:18; Genesis 1:21; Genesis 1:25. Give these slips of paper to five different students, as they arrive, to read from their Bibles for the group.

Introduction: Puberty is a time of life when a girl begins the changes that will make her a woman and a boy begins the changes that will make him a man. Lots of changes occur which are very natural and part of God's plan for your life.

◆ **Made in God's image:** VERY GOOD!!
Call on someone to read each of the passages (Genesis 1:10,12,18,21,25) or be prepared to tell the story, emphasizing, "And God saw that it was good."

Ask: *What are the common words in each passage? ("And God saw that it was good.")*

Call on someone to read Genesis 1:27,31. **Ask:** *What is different about this passage? (Once God created man and woman and saw*

think hard. You may leave up to three characteristics and take up to three. Don't waste this opportunity!!! Once you have decided on the items you want to leave and to take (thoughts, habits and attitudes) each person shares one thing they would leave and why, then one they would take and why. Keep taking turns until all students have shared.

After youth finish sharing, allow them to stay in their groups. Ask if anyone discovered something new that helped them. Let people share briefly with the whole group. As they remain in their small groups, ask them to join hands (within their groups of four) and pray for one another based on what they shared in the group.

Possible Closing:

Say: *Maybe today during this Bible study, you've realized that you are still living as the "old man." You've never chosen to die to your sin and live in Christ. If you're ready to stop living for yourself and start living for God, I challenge you to accept Jesus Christ as your Saviour, today! It's a very simple thing to do, and it will change your life forever! You must admit you're a sinner, ask God for forgiveness, and tell Him that you believe He sent His only Son, Jesus Christ, to die on the cross for every single one of your sins. Tell God that you want Him to be in control of the rest of your life!* Direct all participants to close their eyes and bow their heads at this point. **Say:** *If you would like to ask Jesus to be your Saviour right now, please raise your hand. As I pray this prayer, I'd like you to repeat after me silently.* Pray a salvation prayer. Direct everyone to open their eyes, and then instruct those who have prayed to receive Christ to stand. Lead everyone to clap for them, and then direct them to stay after so you can talk more with them about the decision they've made.

Close this session with prayer.

Imagine how He has carefully and lovingly created those around you. Don't you think He wants us to delight in and care for His other creations? And don't you think He wants us to delight in Him and He in us? Certainly!!

Self-esteem is how you think of yourself. A person with a low self-esteem does not think much of himself or herself. Some people pretend to have a high self-esteem by showing off or boasting. But the best self-esteem comes by acknowledging that God created you and loves you and that you are a special, unique person. A great self-esteem comes by entering a personal relationship with God through Christ. You are ONE of a KIND! You can also help others realize how special they are!

ACTIVITY #2:

Tape a blank sheet of paper on each person's back. Make sure each person has a pen, pencil or crayon with which to write.

- a.) Instruct youth to move around freely, writing on one another's papers something they admire about the other person. It can be a physical characteristic, a talent or skill, or personality trait. Only positive, encouraging comments in brief phrases are allowed. No names or signatures should be added to the comments. Encourage youth to be sure every person is receiving words of encouragement.
- b.) After sufficient time, direct them to sit down, remove their papers and read them silently.
- c.) **Ask:** *Did you discover something new or special about yourself?* Allow youth to share.

Ask: *How does it feel to read such good words about yourself?*

Encourage youth to continue to seek ways to build one another up and to help others feel good about themselves. Talk about the memory verse and begin to memorize it together.

Discuss: *How does feeling good about yourself help you save sex until you are married?*

Point out that many youth feel like they must have a boyfriend or girlfriend to be popular or to feel good about themselves. Encourage youth to remember that they are special to God and worth waiting for, especially when they are tempted to only feel good about themselves if they have a boyfriend or girlfriend. Also, when you understand your own gifts and abilities, there will be many activities besides sex which will give you satisfaction and a greater self-esteem. (Allow time for questions.)

Say: God does have a plan for your life, and He wants to give you that dream family that we have talked about throughout the past 10 weeks. The way that you can have that dream family is by following God's plan for your life, and part of His plan is to have a personal relationship with you. If you'd like to have that relationship and live out God's plan for your life, you just need to ask Jesus into your heart and to give your life to Him. To have Jesus, the Son of God become your leader, your Lord, all you have to do is four things. First, admit that you are a sinner. Secondly tell God that you are willing to turn from your sins. Thirdly, believe that Jesus Christ died for you on the cross and rose from the grave. And finally, through prayer invite Jesus to come in and control your life and to be your Lord and Saviour. If you would like to invite Jesus into your heart, please see me after the session today, and let's pray together.

Closing: Divide into the original groups of four to thank God for one another and each one's uniqueness.

we've changed. We have to remember God's mercy on us—how He helped us change and forgave us—and then we have to offer ourselves to Him. We can't conform any longer to what the world is doing around us, those old behaviours. We have to be transformed so that we can know God's will for us, which is good, pleasing, and perfect. Will we achieve God's good, pleasing, and perfect will for us if we keep on doing those old behaviours? It's through the renewing of our minds—the changing of our thoughts and our behaviours—that we achieve God's good, pleasing, and perfect will.

If time allows use this example: select two people. Have one person stand on a chair and one person stand on the ground. The person on the chair symbolizes a person going alone to a place like a club and trying to influence his/her peers. The person on the ground symbolizes his/her peers. Have the person on the chair try to lift the person on the ground up to the chair. (this will be very hard). Have the person on the ground try to pull the person on the chair down to their level (will be very easy).

Say: It's much easier for friends to pull you down than for you to pull a group up (especially in a harder setting).

As a group, memorize Romans 12:2. (See "How to Memorize Scripture" section for easy ways to help youth memorize Scripture.)

Say: *Change starts with our thoughts, which will lead to changing our actions, our behaviours and our attitudes. Let's look at some areas in our lives that may be in need of changes.*

Small Group Activity:

Direct the youth to get in groups of four. In their groups of four, instruct each one to share, based on the following: You have entered a trade shop. You may not take anything without leaving something. You may take or leave thoughts, habits, or attitudes. Once you leave something, you must pick up something else. Be creative. Do not leave disorganization to pick up organization. Examine yourself and

Direct youth to name some ideas under each of the categories mentioned in Scripture.

Ask: *What are some habits that are harmful to youth in terms of behaviour, decision making, health, etc.?*

Make a list of habits as youth give suggestions.

Ask: *If a friend came to you with a problem or with a harmful habit, what would you suggest?*

Make a list of harmful habits. Take one habit at a time and discuss ways youth in this group would advise someone concerning that particular habit.

Ask: *What are some habits that are helpful and life-building?*

Make another list of these suggestions. Instruct youth to suggest which helpful habit might replace each of the previously named harmful habits.

Call on someone to read Romans 12:1-2.

Say: *Imagine that you've made changes in your life to stop doing some of the old habits you used to do. Some friends associated with your old way of living want you to hang out with them. Maybe you used to go to clubs or parties with them, and one day they call you and say "Hey, we miss you. Let's get together." Now remember, you've changed, and you don't do those things any more. They are really putting the pressure on and wanting you to go.*

Ask: *If you decide to go and hang out with your old friends at a party or at a club, which is more likely to happen: that you influence them, or that they influence you?*

Say: *It's more likely they'll influence you, and that's what this passage is talking about. We can't keep doing the same old things if*

Session 3: "HOW CAN I CONTROL MY SEXUAL DESIRES?"

AIM: To lead youth to discover ways to stay sexually pure.

Memory Verse: Hebrews 4:15

"For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet without sin."

Activity:

Discuss the following questions with the group as a whole, or divide them into smaller groups and assign each group one of the following questions. Distribute paper to each group and direct them to summarize their discussion and present it to the whole group.

Discussion question #1: Why do you think so many people say it is impossible for a youth to not have sex before marriage?

Discussion question #2: How can a youth keep from having sex until he/she is married?

Discussion question #3: How far can a couple go before they have sinned or gone too far?

Scripture: 2 Samuel 11:1-4; Genesis 39:4-12.

Call on a youth to read the passage in 2 Samuel or be prepared to tell the story.

Ask: How was David tempted? At what point did he give into temptation? What could David have done to avoid the temptation? After he was tempted, how could he have kept from sinning?

Call on a youth to read the passage in Genesis or be prepared to tell the story.

Ask: How was Joseph tempted? What did he do to avoid temptation and sin?

Activity:

Choose two boys, one to be Joseph and one to be David. With a line

taped on the floor or the edge of a stage or other elevated area, take David and have him stand close to the line/edge.

Examine the steps that led to David's sin:

1.) He decided not to go off to war but to be leisurely. This led him into a situation which allowed him to be tempted.

2.) He saw Bathsheba, and the temptation began when he kept looking. (By this point, he is tiptoeing the line/edge).

3.) After staring at her for a long while, he decided to act on his desires by sleeping with her. (At this point, he has fallen past the line/off the edge).

Joseph, on the other hand, was just the opposite.

1.) He was always busy with work.

2.) When Potiphar's wife tried to tempt him, he turned away.

3.) When Potiphar's wife grabbed him, he ran. (Joseph is far from the line/edge throughout).

Application for today: *Say: Many youth want to walk the line. They do not keep themselves busy, they look again, and they want to hug, kiss, etc. without actually having sexual intercourse. They are like David slipping over the edge. God wants us to choose to be like Joseph; he stayed busy, turned away, and ran from temptation. Walking along the edge is hard work. (Direct the youth to walk on the edge.) Walking on the solid ground where God wants us to be is safe and fun. You can dance, you can skip, and you can do gymnastics without fear of falling when you are on solid ground. (This can be illustrated by having the two youth race. One must keep each foot half on/half off the edge or on the line; the other has all the rest of the area. You can also use one finger and push the youth on the edge off balance, but not so with the youth on solid ground.) God can bless you and give you freedom when you put yourself on solid ground.*

Call on someone to read Hebrews 4:14-15.

Say: *Jesus is God's only son. He lived a perfect life on earth. He is*

Ask: *Do you think that when you become a Christian you automatically stop sinning? No... that's right, we sometimes still sin, and sometimes it's even hard to stop doing those things that you know are wrong. Change isn't easy, is it? Especially when we get something in our mind, and we can't get rid of the thought or idea.*

Say: *Let's look at how hard it is to try to get rid of something that gets in your mind.*

Activity: Show the number 8 you have written in bold print on a piece of paper. Direct youth to study the 8, to concentrate on the 8 and to close their eyes and think of 8 in any way they can. Give them about 20 seconds to really imagine an 8. **Now say,** *Stop thinking of an eight!*" After a few seconds **ask,** *How easy was it to get the 8 out of your mind?* Most people, once they concentrate on something, cannot easily put that thought out of their minds.

Repeat the above procedure again with the 8, but when you say, "Stop thinking of an 8," ask them to open their eyes and look at the number 5 and concentrate on it.

Discuss which was easier: To choose to forget the number 8 or to replace the number 8 with the number 5 in their minds.

Say: *Most people can more easily remove a thought if they replace that thought with another thought.*

Call on someone to read Philippians 4:8.

Ask: *How does this passage relate to forgetting the 8 by thinking of the 5?*

Ask: *Instead of negative, condemning, or tempting thoughts, what does God want us to think about?*

Session 8: “HOW DO I CHANGE MY BEHAVIOUR IF I HAVE ALREADY BEEN SEXUALLY ACTIVE?”

Aim: To give youth tools to help in behaviour change.

Memory Verse: Romans 12:2 “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

Scripture: Romans 7:15-25; 8:1; Romans 12:1-2; Philippians 4:8. Use as outlined in the lesson.

Materials: Pencil and paper for each person. A paper with a large, bold 8 written on it. Another paper with a 5 written on it (see attached).

Introduction:

Ask: *Do you have a habit that you wish you could change? You work at it and work at it, but it seems impossible. You do well for a while, but then you find yourself going right back to the same behaviour.*

Call on someone to read Romans 7:15-25.

Say: *The writer of this passage, Paul, seemed to have the same problem. He says “What I want to do, I don’t do, but instead I do what I hate to do.” What he’s really saying is, ‘I want to do the right thing, but instead I do the wrong thing. I sin.’*

Say: *However, the good news is God loves everyone, and He has a plan for how we can be victorious over sin. Paul tells us that the way to defeat sin is by having a relationship with Jesus Christ.*

Call on someone to read Romans 8:1.

Say: *So, what the Bible says is that even if we do sin, if we are “in Christ Jesus” or Christians, there is no condemnation. You don’t have to feel guilty and beat yourself up over it. Because God sent His only Son, Jesus, to walk on this earth and then die for our sins; you can simply ask for forgiveness, and the slate will be wiped clean.*

our high priest who allows us to relate directly to God.

Ask: *How was Jesus tempted? Was Jesus tempted sexually? After a few answers, **Say:***

Yes, since we are tempted sexually, Jesus must have also been tempted sexually. But the Bible adds “yet (He was) without sin.” Being tempted is not sin. When David saw Bathsheba, he was tempted but that was not yet sin. When he continued to look, he lusted after her, and then he was sinning. His lust led him deeper and deeper into sin.

Direct the group to memorize Hebrews 4:15 – see “How to Memorize Scripture” for suggestions of fun ways to help youth memorize passages of Scripture.

Say: We have to determine in advance of getting into a relationship the line of physical intimacy we unwilling to cross. Once we’re in the moment, the temptation becomes much more difficult to resist. Let’s look at a list of things we sometimes do when we are interested in someone. (read from the bottom up)

sexual intercourse
fondling
embrace, kiss
verbal expression of affection
fantasy of intimate conversation
signals that attraction is mutual
preoccupation with thoughts about the person
deliberately planned time together, even contrived
talk of personal matters, or prayer together about them
time alone together
thrown together with attractive person

Say: Now, on a piece of paper, I want you to write out the list, then I want you to cross through any of the behaviours that you believe are “crossing the line” for you. Some of the items on your final list may be different for different people, so don’t be surprised if someone

next to you crosses through different ones than you. Now take the items that aren't crossed through and put them in order from the least tempting to the most tempting.

Ask: Where do you draw the line emotionally? (Let several share their line)

Ask: At what point have you crossed the line? (Let several share their line)

Say: Now let's look at some physical behaviours and see where we must draw the line. (Read from the bottom up)

intercourse

fondling

embrace, kiss

touch to satisfy desire for intimacy

intimate conversation

flirtatious teasing

transfer fantasy to available person

deliberate looking with desire

inadvertent sight of sexually desirable object

Say: Let's do the same with this list. I want you to write out the list, then I want you to cross through any of the behaviours that you believe are "crossing the line" for you. Some of the items on your final list may be different for different people, so don't be surprised if someone next to you crosses through different ones than you. Now take the items that aren't crossed through and put them in order from the least tempting to the most tempting.

Ask: Where do you draw the line physically? (let several share their line)

Ask: At what point have we crossed the line in terms of what is appropriate behavior in God's eyes? (let several share their line)

Possible Closing: *You can receive the wonderful gift He's offering you of eternal life with God right now by praying along with me this simple prayer: "God I thank you that you love me. I admit that I have sinned and I have given in when the pressure was too much. I ask you to forgive me for my sins. Thank you God for Jesus, your Son, who died on a cross so that I could have eternal life with you. Jesus, I invite you into my life to be my Lord and Saviour. Thank you for giving me eternal life. Amen"*

Closing: Lead youth to divide into groups of the same gender, three or four to a group. Direct them to share some future benefit they hope to gain by saving sex for marriage. Instruct them to pray for one another that they will reach the goal of that future benefit.

When you feel that pressure from other people to break your commitment to remain sexually pure, you should consider that joy. But in this passage, God is telling us that if we face those trials, we are testing our faith.

Ask: *Do you want to be faithful to God? To your spouse? To your commitment to yourself?*

Say: *Sure, we all do. And James tells us that in order to develop our faith, we have to face trials. But when we face those trials, we're going to develop perseverance.*

Ask: *What's perseverance? If someone says you must persevere, what does that mean?*

(It's to persist, to keep at it, not to quit.)

Say: *And if we do that, if we don't give into the pressure we experience, we will become mature and complete; not lacking anything. So resisting the pressure tests our faith, and that helps us develop perseverance, and perseverance helps us to become mature, complete, and not lacking anything.*

Memorize James 1:2-4 together. (See "How to Memorize Scripture" section for easy ways to help youth memorize Scripture.)

Say: *God doesn't want you to give into the pressure. He doesn't want you to sin. He wants you to persevere. He wants you to resist the pressure and to become mature, complete and not lacking anything. And He loves us so much that He gave us a perfect example in His son Jesus of how to withstand pressure. Just like Esau, Jesus had a birthright, because He was God's one and only son. But He gave it all up when He came to earth and died on the cross, and because of His willingness to give up His birthright, we can have eternal life. Jesus withstood great pressure and was able to think of the long-term consequences of giving into the trials that He faced. He was thinking about you when He gave up His rights as God's one and only Son.*

Say: Let's brainstorm some of the ways that you can stay on solid ground.

Ideas that can be included:

- a. Avoid temptation by staying busy, i.e. school, church, and community activities, sports, music, etc. Plan your day, especially on free days or holidays.
- b. Never be alone with the opposite sex. Always be in a crowd or group no matter whom you are with.
- c. Do not read books or watch movies/television that may arouse you sexually.
- d. If you find yourself in a tempting situation, follow Joseph's example and run!
- e. Choose friends who share your values. Share together, pray together, and be accountable to one another.
- f. Keep your True Love Waits card where it will remind you of your commitment, i.e. on your mirror, in your Bible or photo album, on your study desk, above your bed, in your wallet, etc.
- g. Cultivate a vibrant relationship with God. Like Joseph, realize that sexual sin is against God. Read your Bible, memorize Scripture, pray, spend time with other Christians, and go to church. Ask God for strength. This is impossible to do if you have never asked Jesus to be the Lord of your life. Jesus offers a new life to those who are willing to accept it. His gift of salvation is free to anyone who will receive it. Jesus promises to never leave us, and gives us the assurance that after we die, we will live in heaven with Him forever. If you have never done this, you can ask Jesus to become your Lord today. Doing this with a simple prayer will change your life forever, because Jesus will always be with you to strengthen you, help you, and lead you to know Him more. If you would like to do this now, you can pray in your heart. As I guide you through the steps, pray in your own words silently in your head. There are no magic words, only a true and genuine desire to be a new person. (Allow youth time to pray after each sentence.)

Tell Jesus that you know you have given into temptation and have sinned.

*Thank Jesus for His love that never ends, even when we sin.
Ask Jesus to forgive you of these sins and thank Him for the free forgiveness He offers.*

Ask Jesus to come and be the Lord of your life, your guide, your friend, and your master.

Commit your life to Jesus. Tell Him that you choose His plans above your own, and that you will follow Him.

Thank Jesus for this gift He has just given you.

Closing: Have groups of three of the same gender share and pray together.

to die.” Do you think he was really about to die? Probably not, but he thought he was so hungry he couldn’t wait another minute to satisfy that hunger. That made his choice much easier because if he was starving, what good was an inheritance anyway? The pressure of the moment distorted his perspective and made his decision seem urgent. We often experience similar pressures. When we feel sexual pressure, the commitment we made to abstinence may not seem as important. We might feel such great pressure that nothing else seems to matter and we lose our perspective, just like Esau did. Getting through that pressure-filled moment is often the most difficult part of overcoming a temptation.

Divide into small groups to discuss and fill in the chart below.

Explain: *In your group, discuss in what ways the story of Esau and Jacob is similar to youth being tempted to engage in sexual activities before they are married. Name some situations where you are giving up something precious for something that will not last. (ex. School fees paid by a Sugar Daddy in exchange for sex.) Remember, Esau gave away his precious birthright for a pot of stew that only brought temporary satisfaction. Fill in the chart:*

<u>What you may be offered by having sex before marriage:</u>	<u>What present or future benefit you may lose:</u>
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After giving each group time to come up with ideas, bring the groups back together. Direct each group to share one point at a time, then allow all the groups to share any additional points.

Say: *You know, each one of us is going to face times when we feel pressured to make the wrong decision. Maybe it’s pressure that we face from inside ourselves, and maybe it’s pressure we feel from someone else, but we’re going to face trials and temptations. Let’s look at what God said about how we should face those times.*

Call on someone to read James 1:2-4. *we feel tempted to sin, we should consider it pure joy. Wow! That doesn’t seem easy does it?*

Session 7: "SOMETIMES THE PRESSURE FROM OTHERS IS TOO MUCH!!"

Aim: To continue to discuss and practice ways to say ‘no’ to sexual pressures.

Memory Verse: James 1:2-4

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance, perseverance must finish its work so that you may be mature and complete, not lacking anything.”

Preparation: Before the session, enlist two youth to prepare to act out Genesis 25:27-34, one being Jacob and one being Esau. Encourage “Esau” to show his anguish when he realizes that he has given up his birthright for a pot of stew.

Activity: Skit, followed by the reading of the passage.

Ask: *What did Esau give up? (his birthright) What is a birthright? (When your father dies, the oldest son receives his entire inheritance, or a double portion of the inheritance, depending on the culture) In the Jewish culture, the birthright was a double portion of the father’s inheritance. So Esau was supposed to get two-thirds of his father’s inheritance and Jacob was supposed to get one-third. But since Esau gave up his birthright, he would only get one-third of Isaac’s estate.*

Ask: *Why was Esau so willing to give up something that was considered an honour for one bowl of stew? Isaac, his father, had received Abraham’s entire inheritance, so he was a very wealthy man. He had cattle and servants and camels, two-thirds of which was supposed to be Esau’s, and he gave it away.*

Say: *Sometimes, we do the same thing, don’t we? We think about what’s right there in front of us, instead of thinking about how going after that desire might impact us in the long run. And Esau kind of exaggerated his hunger, don’t you think, when he said, “I am about*

Session 4: "IS IT WORTH THE WAIT?"

Aim: To continue to compare the biblical characters Joseph and David to discover the benefits of waiting versus the results of giving into temptation.

Memory Verse: Matthew 5:37

“Simply let your ‘Yes’ be ‘Yes’, and your ‘No’ be ‘No’, anything beyond that comes from the evil one.”

Materials needed: Basket or a bowl and enough treats (such as biscuits, chewing gum, sweeties, etc.) for everyone to have two pieces.

Preparation: Put one treat per person in the bowl and keep the rest hidden. Before the session enlist one youth to tempt the others with the bowl of sweets at various times during the session. Choose a youth who will not let the others know that he has been asked to do so. Choose two youth to do the role play listed below.

Activity: When the youth enter the room, have a bowl of treats sitting in the middle of the room.

Say: *You can have one piece of candy whenever you wish, but those who wait until the end will be rewarded.*

Ask: *Even though waiting for marriage to have sex is best, is it always easy?*

Preparation for Role Play: Direct two youth to perform a brief skit. Here’s the scenario: A male teacher asks a female student to remain in the class after everyone leaves. He promises to give her an A if she gives him one or two sexual favours.

Direct the youth to perform the Role Play

Ask: *What are this girl’s options? Is it possible to avoid this situation and still get the grade she deserves?*

Scripture: Genesis 39:14-23; 41:39-43

Call on a youth to read the Genesis 39 passage or be prepared to tell the story.

Ask: *What happened as the result of Joseph fleeing? Do you think that if Joseph had known Potiphar's wife was going to lie about him, he would have done the same thing? Why or why not? Did following God's ways cost Joseph? Do you think God would have blessed him for having sexual relations with Potiphar's wife?*

Application: Ask: *Does the choice to save sex for marriage cost? Explain.
What difficulties might you face because you have chosen to wait?*

Call on another youth to read the Genesis 41 passage or be prepared to tell the story.

Ask: *What was the result of Joseph's faithfulness? Do you think he was wise for fleeing from temptation and sin? Why or why not?*

Scripture: 2 Samuel 11:5-6,10-17; 12:13-14

Call on someone to read the passage in 2 Samuel 11.

Ask: *What happened as a result of David's sin? What did he do to try to hide it?*

Call on another youth to read 2 Samuel 12:13-14.

Ask: *What happened as a result of David's sin with Bathsheba? David's sin became a long line of sins, continuing to affect him and his family for many years. All of these sins would not have happened if he had been off to war like kings were supposed to be.*

Application:

Ask, then discuss: *How can engaging in sexual activities before marriage or outside of marriage lead to a long line of "cover-ups" from the initial sin?*

During these role-plays, perhaps you recognized that you are the one who pressures other people into sex or you have already fallen into one of these situations. This is sin and maybe you are struggling with the sin and guilt in your life. As we talked about just a few minutes ago, Jesus Christ died on the cross for all our sins. There is no rating scale for sin...all sin is equal in God's eyes. However, God loves us so much that He did not want us to stay in sin. He gave us a way to come to Him with our sinful lives. God wants to have a personal relationship with each one of us. He desires for us to walk with Him throughout everything in our lives. The solution is giving Jesus Christ control of our lives and asking Him to be our Lord and Saviour. If you are interested in learning more about giving your life to Jesus Christ, I or (partner's name) will be available to talk with you after we finish the lesson in a few minutes.

Divide into the original small groups to memorize 1 Corinthians 13:6. (See "How to Memorize Scripture" section for easy ways to help youth memorize Scripture.)

Closing: In the original groups, pray for one another to have the courage to give a clear response to any pressure that comes to them.

Pressure words:

- 7. Don't worry! I'll use a condom.
- 8. Do I look like I have AIDS?
- 9. Let me show you how a great lover does it.
- 10. We're going to get married anyway.
- 11. Sex is natural.
- 12. I'll find someone else if you won't.
- 13. Smart girls/boys have had lots of experience.
- 14. I'll show you all the wonderful techniques.
- 15. We'll get away with it just this once.
- 16. It feels SO-O-O-O good!

Possible response:

- 7. I never worry. No sex; no worries!
- 8. Do I look like a fool? Everyone knows you can have HIV for years before it becomes AIDS
- 9. My great lover will be my spouse. God is the lover of my soul.
- 10. Then we can wait and make our wedding night wonderful, knowing we are accountable to the church.
- 11. So is death! I think I will wait for God's right time for both!
- 12. Go looking!
- 13. SMART girls/boys say 'NO' to premarital sex.
- 14. With God's blessing for waiting, sex with my spouse will be heavenly. God blesses obedience when I obey His commands.
- 15. I might get away with it physically, but I can't get away from my emotions or my conscience.
- 16. Knowing that God is pleased with me feels SO-O-O-O-O-O-O much better, I'm sure. I have NO fears!

Note: Make sure that issues like Sugar Daddies, Sugar Mommies, teachers, relatives, etc. are all covered. Be sure all youth participate. If the group is large, divide into smaller groups for youth to practice saying "no" to situations similar to those they would encounter.

Ask someone to read 1 Corinthians 13:4-8a.

Say: The best example of perfect love is when God sent His only Son, Jesus Christ, to die on the cross for all our sins. Jesus died for you. Jesus died for me.

Discuss: In which of the role-plays we did today could phrases from this passage have been an appropriate answer to the pressure? Which role-play and which phrase?

Ask, then discuss: Is it easier to give into temptation like David rather than run like Joseph? Explain. Do you think it would be better to give into temptation than to wait? Why not? Do you think it is better to flee from sin like Joseph did? Why? Do you think Joseph regretted waiting until marriage to have sex? So is it worth the wait for you to wait until you are married to have sex? Explain.

Discuss the statement: Abstinence before marriage leads to faithfulness after marriage. Possible illustration: Using two strips of tape, direct one girl to stick the tape to several of the boys arms or shirts, peeling it off after each one. Direct one boy to do the same with the girls. Then have them stick the tape together and see if it is easy or hard to pull apart. Direct another boy and girl, each with a fresh piece of tape, to stick the pieces together. Notice how hard it is to pull apart.

Application: When one has many partners before marriage, getting married will not automatically change the habit of his or her body or mind. One who is willing to wait will also have the strength to be faithful once married.

Point out that waiting until marriage is similar to waiting until the end to have a treat. Those who waited until the end get two pieces and not one like those who could not wait. Let the youth know that the "tempter" was asked to take that role before the session. If you wait until marriage to have sex, you will receive so many blessings from God that you would not receive if you had not waited.

Discuss different ways youth dealt with their peer who tried to persuade them to take a treat. In Matthew 5:37, Jesus says, "Let your 'Yes' be 'Yes', and your 'No' be 'No'."

Closing: Direct youth to break into groups of four and share some of the pressures they experience because they have chosen to wait. After they have shared, direct them to have a time of prayer together, encouraging one another.

Session 5: "HOW DO I SAY 'NO' WHEN I FEEL SO TEMPTED?"

Aim: To examine emotions that lead to desiring sex before marriage and how to use Scripture to combat temptation during those moments.

Memory Verse: 1 Corinthians 10:13

"No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will provide a way out so that you can stand up under it."

Say: *We've asked this question before, and we'll keep asking it, because it's an important question. Does making a commitment to True Love Waits guarantee that you will never desire to have sex before marriage? What are some situations in which you might truly want to give in and have sex before marriage?*

Activity: Divide youth into two groups: girls and boys. Direct each group to come up with a list for the other group of ways they could help the opposite gender save sex for marriage. After time for discussion in each group, share the lists, allowing time for comments after each point.

Discuss: *What can youth do when they are tempted sexually?*

Scripture: Read Matthew 4:1-11 or know it well enough to tell the story.

Say: *Let's look at how Jesus dealt with temptation. All of the temptations of Jesus can be applied to our desire to refrain from sexual relations until we are married. (The following statements are also printed in large print following the Bible study. They can be used in the discussion about what youth can do when they are tempted)*

Possible discussion points:

- Was the situation well communicated? Did you understand the pressure?
- Was the "no" response firm and decisive or did it leave the door open for another attempt? How could the response be firmer and completely clear? What does the body language (non-verbal) communicate?
- Boys, when the girls role-played your behaviour toward girls, in what ways were they accurate? In what ways were they inaccurate?
- Girls, when the boys role-played your behaviour toward boys, in what ways were they accurate? In what ways were they inaccurate?
- Did you learn anything new about yourself in watching this role play that will help you later?

Do not rush this activity. Take as many sessions as necessary.

Once the role plays are finished, present the following pressure words and direct youth to respond with clever ways to communicate a "no" response. Consider reading one or two examples to help get youth thinking. After they come up with a few responses, feel free to share the one that is listed.

Pressure words:

1. Everybody's doing it.
2. You're STILL a virgin?
3. Show me you love me.
4. How can we be sure we can have a baby?
5. You can't get pregnant the first time.
6. No one will ever know.

Possible response:

1. Then you should be able to find someone else. (Or) I'm unique and special!
2. Proudly a virgin. I can become like you in a few seconds, but you can never be like me!
3. Show me you love me by waiting for marriage.
4. Will you only love me if I give you a baby?
5. I've reached puberty. Of course I can get pregnant!
6. I'll know and God will know and you will know.

Session 6: “I CAN NEVER THINK OF THE WORDS TO SAY WHEN I NEED THEM”

Aim: To give practice in saying “no” to any pressure to engage in sexual relationships. (Do not rush this lesson. Feel free to take two or three sessions to finish it if necessary.)

Memory Verse: 1 Corinthians 13:6: Love does not delight in evil but rejoices with the truth.

Activity

Materials: Cloths to wrap around boys who are acting the part of girls and caps for girls who are acting the part of boys.

Instructions: There are four parts to this activity:

Situation 1) Words and actions boys/men use to pressure girls for sex.

Situation 2) Words and actions girls use to pressure other girls toward sexual involvement with a boy.

Situation 3) Words and actions girls/women use to pressure boys for sex.

Situation 4) Words and actions boys use to pressure other boys toward sexual involvement with a girl.

For each part divide into at least two groups—one only girls and one only boys.

1.) Girls groups make lists which describe Situation 1 and 2. Boys groups make lists which describe Situation 3 and 4.

2.) Direct groups to discuss how they can deal with each situation. Each group should then prepare one or two role plays that show how the pressure to be sexually involved is applied and possibly a way out of each situation. After groups have prepared their role plays, allow each group to perform one role play, discuss it, then move to the next group. Continue in this fashion until you have finished all of the role plays.

How Satan tempted Jesus:

v. 3 Your physical hunger is very urgent. You must satisfy it NOW!
Or: Why deny yourself any pleasure?

v. 5-6 Do as I ask and you won't get hurt. . . didn't God promise that you wouldn't be hurt?

v. 8-9 You can be powerful and many will admire you if you will follow my way. It will be easy. You can have what God promised for later right NOW!!

How Jesus dealt with temptation:

v. 4 Jesus quoted Deuteronomy 8:3. Satisfying physical needs means little when you are not satisfied spiritually by obeying God's Word.

v. 7 Jesus quoted Deuteronomy 6:16. Jesus had no desire to test God by doing anything that would dishonour Him

v. 10 Jesus quoted Deuteronomy 6:13 and 10:20. Jesus could rebuke Satan because He used God's Word and His desire was to obey and serve only God.

How Satan tempts youth concerning sex:

Your physical sexual desires are very urgent! Satisfy them NOW! Or: Why deny yourself any pleasure?

You're young and healthy; surely if you give into this temptation you won't get pregnant or get any disease. It can't happen to you!

You will be popular and many will admire you if you will only let everyone know you are willing to have sex. It is so easy. You can have what God promised for later NOW!!

How youth might deal with temptation:

Read and begin to memorize 1 Corinthians 6:18-20. Satisfying your sexual desires brings harm to yourself and keeps you from honouring God with your body.

Read and mark 1 Corinthians 10:13 to memorize. Many have faced sexual temptation and stood firm with God's help. God will provide you with a way out so that you can avoid sexual sin, also.

Read and mark 1 John 3:7-8 to memorize. You must choose: Will you be Christ's or Satan's friend? Jesus is the only eternal friend. Why not do everything you can to be favourable to Him?

Say: *Jesus used Scripture to defeat Satan. Satan is also tempting you. Equip yourself with Scripture so that you can also defeat Satan. Even when you want to say “yes,” Jesus can give you the power to say “no.”*

Say: *Let's look again at 1 Corinthians 10:13. God's word is full of promises to help us live righteous lives.*

Ask:

- a) What does this passage tell you about God?
- b) What does this passage tell you about the power of temptation?
- c) Which is more powerful: The temptation or God's ability to help you?
- d) Does God promise to remove the temptation from you forever? Explain.

Say: *This is a wonderful verse! It shows that God loves you so much that He will always make a way for you to escape from a tempting situation if you will listen to Him. We know that God's Son, Jesus, died on the cross to take the punishment for our sin. When God brought Jesus back from the dead, He completely defeated our enemy, Satan, and He demonstrated His power to help us in any situation.*

Say: *Let's memorize 1 Corinthians 10:13 now: (See "How to Memorize Scripture" section for easy ways to help youth memorize Scripture.)*

Say: *This verse is a promise from God to His children. If you have believed in Jesus Christ as your Saviour, this promise is for you to rely on 24 hours a day, 7 days a week, 365 days a year for a lifetime! If you are not sure that you are part of God's family but would like to be, please come and talk to me immediately after our prayer time. I would like to show you from the Bible how you can be sure of your relationship with God.*

Say: *There are two things I want you to remember:*

- 1) You must always be on the alert and seeking God's help. Remember . . . "If you think you are standing firm, be careful that you don't fall." (1 Cor. 10:12, NIV) How could someone who thinks they are standing firm fall into sexual sin?
- 2) You must always depend on God for healthy, righteous relationships. God always has something better for you than the temptation of the moment has to offer.

Discuss these questions: (You can either do this as a group or divide the questions and assign each group to answer one question)

- 1) Sex may satisfy for this moment, but what are the possible outcomes?
- 2) Refraining from sex may seem painful this moment, but what are the greater promises that God offers you by waiting?

Closing: Divide into small groups to pray for one another to withstand Satan's temptations as Christ did