



Purity Code—Youth Group Curriculum

The Foundation for Healthy Sexuality [Session 02]

Key Verses

So God created human beings in his image. In the image of God he created them. He created them male and female. God blessed them and said, "Have many children and grow in number. Fill the earth and be its master. Rule over the fish in the sea and over the birds in the sky and over every living thing that moves on the earth."

*God looked at everything he had made, and it was very good. **Genesis 1:27-28; 31***

Biblical Basis

Exodus 20:14; 1 Thessalonians 4:3; Matthew 19:4-6

Big Idea

Living by the Purity Code is based upon the foundation of understanding God's design for sexuality.

Goals of the Session

During this session, you will help your students:

- ❖ *Examine* the sexual aspects of our culture, which in so many ways runs counter to God's design.
- ❖ *Discover* how living the Purity Code is based upon understanding God's design for sexuality.
- ❖ *Identify* what the Bible says about sexuality and consider what it means to live life by these standards.

Supplies

- ❖ Three signs (one marked "Agree," another marked "Disagree," and another marked "Undecided") posted in opposite areas of your meeting room.

Warm Up – "Take a Stand" Activity

Before the session, put up three signs in separate areas of your meeting room, one marked "Agree," another marked "Disagree," and another marked "Undecided." To get students thinking about the session's topic, read the following statements one at a time and have students get up and move to the area based upon whether they agree, disagree, or are undecided with the statements. You'll want to assure students that it's okay to think for themselves about these statements and to disagree with one another. Once students have moved to an area, ask anyone willing to share, why they agree, disagree, or are undecided.

Statements:

1. There is too much sex on television and in the movies.
2. Having sex before marriage is always a bad idea.



3. Everyone thinks about sex.
4. Most young people today have a good understanding about sex and sexuality.
5. Because the Bible was written so long ago, what it says about sex really doesn't apply to our lives today.
6. The Bible has a lot to say about sex.

As students share their opinions, you (the leader) should feel free to make points they want you want to drive home regarding these statements, and there is plenty of material in the *Purity Code* book to help you formulate what you want to say about these issues.

Re-gather your group together and transition to the Going Deeper section. Make the following remarks: *In our last session, we looked at what the Purity Code is: a commitment to God, yourself, your family, and your future spouse by committing to sexual purity. Committing to living according to the Purity Code means that you will need to develop a healthy view of sex and sexuality. While the Bible isn't a manual on sex, it has a lot to say about the topic, and it's our source for building this healthy view of sexuality.*

Going Deeper – God Created Sex

Make the following points: *Some people think that when it comes to sex, God is a big Grinch. They think God wants to keep people from having fun. That's just not true! Sex was God's idea! In Genesis we read that after God created man and woman—and their sexuality—He looked at what He had made and said that it was "very good." God is no Grinch when it comes to sex. He created sex and sees it as very good. His design is for sexuality to be expressed within the bonds of marriage in order to help us make the very best out of this wonderful gift He has given to us.*

Ask the group:

*What do you think some of the benefits of living according to God's design for sexuality might be?
How do you think living life according to God's design for sexuality might make you a happier person?*

Make the following remarks: *People who think the Bible doesn't say much about how we should live out our sexuality really haven't done their homework. The Bible contains important pieces of advice for those who truly desire to be all God wants them to be. Let's take a look at some of these verses.*

In the Word – What the Bible Says About Sexuality

(Use *The Purity Code*, chapter 2, *The Foundation: Developing a Healthy Sexuality* as a resource to help you prepare for what you want to tell your students to help them understand these concepts.)

As a group, read the following passages and dialogue over the questions provided.

Adultery is a Bad Idea

(Keep in mind that some of your students may have experienced pain from the fallout of a parent's infidelity. So, handle this concept with sensitivity.)

Ask: *When we hear that someone has had an "affair," what does that mean?*
(Help your students understand the concept of adultery.)



Exodus 20:14

1. Why do you think God's command against committing adultery is so important that God gave it as one of the 10 Commandments?

Make the following point: *Most people today have seen lives deeply hurt because of adulterous affairs.*

2. How does following God's command help protect us from being hurt?

Make the following point: *God loves us enough to want to protect us from the pain of a broken relationship that happens when someone has an affair*

God Doesn't Approve of Sexual Immorality

Ask: *What does it mean to do something that is immoral?*

(Help your students understand the concept of immorality.)

1 Thessalonians 4:3

(Choose a Bible translation that you feel helps your students to understand this passage. The *New International Version*, the *New Living Translation*, and the *New Century Version* are all very good here.)

Make the following point: *According to the Bible, sexual immorality occurs when two people who are not married have sex.*

1. What might be some negative consequences of sexual immorality?

Make the following point: *When it comes to sex, is God trying to mess up our fun? No! Rather, He knows what's best for us. He loves us. He truly understands the confusion, heartache and guilt that so often follows when two people who aren't married have sex.*

Sex Creates a Powerful Bond Between Husband and Wife

Matthew 19:4-6

Make the following points: *Jesus says that a man and wife are no longer two, but one. He even says they become "one flesh". There is no better example of being united as one flesh than when a man and woman have sexual intercourse. There is no greater intimacy between two people. Sex between man and wife is certainly physical. But, it's much more than that. It creates a powerful emotional and spiritual union as well. This union of two becoming one is not easily broken.*

1. Do you think it's possible to have a casual sexual relationship with another person that is just "physical"? Why or why not?
2. Do you think it would be easier or harder for a teenage couple to break up once they've had sexual intercourse? Why?
3. Do you think most teenagers are prepared emotionally and physically to become one flesh with another person? Why or why not?

Follow up with these discussion questions:

1. From what we read in these Bible passages, what do you think makes our sexuality so special and unique?
2. What did you learn about developing a healthy sexuality from the Bible verses?



3. Do the Scriptures about sexuality make sense to you? Why or why not?

Wrapping it Up

Make the following points: *Our culture doesn't make it easy to follow the Purity Code because it says that sex outside of marriage is normal and fun. It says that it's normal for teens to have sex, and in fact, normal teens will have sex. If you choose to live by the Purity Code, the culture will say you are an oddball, or that your commitment won't last. Don't believe these lies! God is not a Grinch when it comes to sex! Remember, He created sex and sees it as very good! But, because He knows that sex creates powerful intimacy with another person, He wants the best for us, helping us to avoid the pain and heartache that sex outside of marriage causes. In the Bible, God has given us the foundation for a healthy sexuality. If you choose to follow the Purity Code, it will be a decision that will help you over your entire lifetime. But ultimately, the decision is yours: to follow the wisdom of God, or to go along with the culture. If you ask God, He will give you the strength and discipline to follow His Code.*

Closing Prayer

Close your study with some form of prayer time (individual, in pairs, in small groups, in the large group, leader-led, silent, or popcorn style.)

This material was written by Jim Liebelt, Senior Editor of Publications, HomeWord.

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