Let me grow

Objective

To help girls understand the concept of purity and worth in Christ.

Memory Verse
"Do not stir up nor awaken love. Until it pleases" (Song of Solomon 2:7).
"Listen, O daughter, Consider and incline your ear; Forget your own people also, and your father's house; So, the King will greatly desire your beauty; Because He is your Lord, worship Him. The royal daughter is all glorious within the palace, Her clothing is woven with gold. She shall be brought to the King in robes of many colors" (Psalm 4 5:10-14)
"I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well" (Psalm 139:14)

Introduction
(Background Research for Servants)
Things to keep in mind when preparing for a lesson but not to be included in the lesson.

Hormones are tiny chemicals in a female body that cause these changes during this age:

- Breast development
- Body and Pubic Hair growth
- Menstruation or “Period” – why do we bleed?
- Body Odor
- Widening of the hips
- Self-consciousness
- Moods and rages

1. God’s Plan for Purity:

- Men and women were created to live a holy life, glorify His name and bear children that also glorify His name.
- God created our organs to glorify Him and to develop unity in a MARRIED couple. It is part of the marriage relationship designed to bring them closer. The bond of marriage is responsibility and love.
- It is a profound mystery, beautiful to understand. God’s love for the church is like the love of a man to his wife; protective, unified and sacrificial.

2. How does the Devil mess it up?

- The holy, sanctified and the lifelong relationship of marriage according to God’s design has been transformed into a casual, temporary and self-serving relationship.

- Satan took this holy union and said it is just an expression of love and any two who love each other are allowed to practice it.
- He convinces people it is a basic need of the body and a natural thing to happen.
- Encourage all movies, games, cartoons and everything around us to point to sex indirectly and fool people by his twisted ideas about God's plan.

It is important to create a safe space for girls to feel comfortable to have this conversation. The lesson should be more of a discussion than a presentation. Leave room for the girls to share their thoughts and feelings - and keep the main points in
mind.

Activity
Write out the following questions on a giant piece of paper each (5 total) and put them around the room. Give colorful pens and post-it notes to the girls and have them go around to each poster and put their answers up. After they do that- go around and
discuss the answers before jumping into the lesson.

1. Why don't I look like the women on TV and movies?
2. I like to wear nice clothes that attract guys. Is that ok?
3. Why did God give us sex? Is it controllable?
4. I want to know about sexual stuff and learn about it- is that ok? What should I do if I see a bad image?
5. Can I tell my father of confession everything during confession?

Lesson Outline
After a brief prayer and introduction- start answering the questions

1. Why don't I look like the women on TV and movies?
    - God has made each one of us in His image
    - We are fearfully and wonderfully made.
    - Must remember we need to be accepted by God
    - Mention how those on media spend years starving themselves and have teams helping them look good,
    - Our job is to focus on our inner beauty.
2. I like to wear nice clothes that attract guys. Is that ok?
    - Guys are more visual- that means they often look at appearance
    - There is nothing wrong with looking nice- but it is important to protect what God has given you.
    - You can look nice and stylish without dressing provocatively or wanting to get a guy's attention.
    - The guy who just pays attention to looks is not the kind of guy you want attention from.
    - Good guys share values of modesty and purity and worth waiting for.

      Share the video on the model: http://www.modeling-christ.com/

3. Why did God give us sex? Is it controllable?
    - Sex is an expression of love between two who have been united through the work of the Holy Spirit. (John 10:6-9)
    - When experienced in the holy bond of marriage as God has designed it, it is good.
    - Real love gives and not takes; first, you give your mind, heart, and soul and then last even the body to the person that you loved and bonded with through God in marriage. This is the completion of this love, this is the system that God has created for us in marriage.
    - Yes, it is controllable, we are not animals. (Galatians 5:16-18)
    - It's a choice, of course, we can control it by the power of the Holy Spirit we can overcome temptation, but it is not easy – stay away from the cliff! (Ephesians 5:26-27)
4. I want to know about sexual stuff and learn about it- is that ok? What should I do if I see a bad image?
    - It is normal to be curious about your own body and other bodies.
    - It is important though to understand that there are a time and place for everything.
    - Talk to your mom or an older female servant regarding any questions you have.
    - For bad images turn your eyes. You cannot keep the birds from flying but you can stop them from nesting on your head.
5. Can I tell my father of confession everything during confession?
    - Yes, he is a representation of Christ and will not judge you.
    - God and your father of confession will be sad for your struggle, not angry at you.
    - Your father of confession has heard similar things from other people and he never judges you.
    - He takes your sins and struggles and gives them to the Lord.
    - Your father of confession will not remember your weaknesses and will NEVER disclose them.

Conclusion

- Purity is a process.
- Encourage the girls to have a relationship with God
- Create a safe space for them to be wanting to share with adults like a mom or a female servant.

Application

1. Flee temptation- when put in a situation, escape it. Why tempt it? Come up with examples with the girls.

2. Fences- build fences or "protection" around your heart, ears, heads feet, eyes, etc. Have them come up with examples.

3. Friends- be careful who your friends are.

4. Limit Free Time. Think up ideas on how they can keep busy together.

5. Father God- run to Him. Keep Him in your life.

Revision #1
Created 2023-03-01 09:47:43 UTC by Jan Guirguis
Updated 2023-03-01 10:18:09 UTC by Jan Guirguis