



Social Life Skills for Youth

from 18-35 years

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1. The purpose of our lives and decision making
 2. Peer pressure
 3. Friendship
 4. Our bodies are God's gift to us
 5. Love and marriage
 6. Resisting temptations
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Lesson 1 The purpose of our lives and decision making

Materials

- Bible
- Blackboard
- Chalk

1. Introduction (10 minutes)

- Welcome everyone
- Explain that during the lessons, the youth will be taught different topics, like solving problems they face in daily life, friendship, peer pressure and love and marriage.
- In every lesson we will read the Bible, because all lessons will be based on what the Bible says.

Information

- The lessons are for youth of 18-35 years old
- Come on time, or we won't have enough time to teach everything.
- It is important to attend all lessons.
- The students need to bring a Bible to all lessons. We will need them for Bible studies.
- In the last lesson, we'll write an exam (the teacher will choose whether the exam will be written or not). It will not be difficult to write the exam if you attend all lessons.

Rules

- No children younger than 18 years old
- No walking in and out (go to the toilet before the lesson starts)
- Be serious and listen good to the teacher

- Ask God for a blessing on this lesson.

2. Discussion (10 minutes)

- Tell the students to discuss the purpose of their lives with their friends: 'Why are we on earth?'
- After discussion, let them share their answers with the other people in class.
Answer: we are on earth to obey, serve and praise God.
- Ask the students: 'How can we obey, serve and praise God?'
Answer: we can do so by trusting and obeying Him like we read in the Bible.
- Explain that knowing the purpose of our lives must determine our daily life, especially in the decisions we make.
- Explain that the students make decisions all the time: to obey or to disobey, to respond kindly or unkindly, to go to church or not to go, to steal or not to steal, to lie or to tell the truth.

3. Explanation about decision making (10 minutes)

- Explain that every decision involves:
 1. A problem
 2. Thoughts and choices (right and wrong)
 3. Consequences (good and bad)
- Write on the blackboard numbers 1-3 (problem, thoughts, consequences) and explain that those three things are found in every decision made.
In daily life there are many problems that need to be solved. For example, if you don't have food, if you drop your book, if your bike is broken, if you have a headache when you need to go to school or if people tell lies about you. We have many problems! You need to do something and if you don't do anything, the problem won't be solved.

If you face a problem, you need to make a decision. What will you do or say? If you don't have money, you can choose to steal from someone else or you can go and find (piece)work. Every decision you make is either good or bad according to the Bible. For example, if you choose to steal, that's bad according to the Bible.

Every decision has consequences. The consequence of stealing is that you'll be caught by the police. Your problem won't be solved, but just gets bigger. To be in prison is a bad consequence of stealing, which is a bad choice. Consequences of good choices will help to solve the problem.

- Ask the youth to give examples of problems they've had in their lives and what decisions they made in those cases.

4. Bible study (20 minutes)

- Tell the students to open their Bibles.
- Read together the story of Adam and Eve (Genesis 3.1-6) and Pilate (Matthew 27.22-26)
- Make small groups. Let the students discuss the following questions in each group (write the questions on the blackboard)

Questions

Genesis 3.1-6

1. What decision did Adam and Eve make according to Genesis 3.6?
2. What were the consequences of this choice?

Matthew 27.22-26

3. What problem did Pilate face? In which verse did you find the answer?
4. What decision did the people and Pilate make? In which verse did you find the answer?
5. What were the consequences of that decision?
6. What do we learn from all the verses we've read?

- After the groups finish their discussions, repeat each question and let each group share their answers with the others. If the answers aren't right, correct their mistakes. The right answers are as follows:

1. What decision did Adam and Eve make according to Genesis 3.6?

Answer: To eat a fruit from the tree.

2. What were the consequences of this choice?

Answer: Sin entered the world. Since that time, everyone sins against God, so everyone deserves to be punished in hell. And also, diseases, death, sadness and other bad things entered the world.

3. What problem did Pilate face? In which verse did you find the answer?

Answer: To decide what to do with Jesus. Verse 22.

4. What decision did the people and Pilate make? In which verse did you find the answer?

Answer: To crucify Him. Verse 26.

5. What were the consequences of that decision?

Answer: Jesus died.

6. What do we learn from all the verses we've read?

Answer: All decisions have consequences that are good or bad according to God. We need to be careful about choices and their consequences.

5. Case studies (20 minutes)

- Ask the youth to sit in smaller groups
- Tell each group one case study. Ask them to discuss the decisions that could be made in that case and the consequences of those decisions for about 10 minutes.

Case studies

Case study 1: Sara

Sara has a boyfriend who wants to sleep with her. Sara loves her boyfriend very much. But she doesn't want to get pregnant. But her boyfriend says, 'We'll be careful. We'll use a condom so that everything will be alright'.

1. Discuss what choices Sara can make and the results of every choice.
2. If you were Sara's friend, what would you tell her to do?

Case study 2: Tiwonge

Tiwonge is 23 years old. She goes to college. Her lecturer wants to have a relationship with her in secret. He gives her money, clothes and soap.

1. Discuss what choices Tiwonge can make and the results of every choice.
2. If you were Tiwonge's friend, what would you tell her to do?

Case study 3: Shadreck

Shadreck is 20 years old. He loves Monica, a girl in his village. He wants to marry her. One day Shadreck doesn't feel well. He gets seriously ill. He goes to the hospital. At the hospital, they test him and find that he is HIV/AIDS positive. When he goes back to the village, he meets Monica on the road. Shadreck is doubting if he should tell her the truth or not.

1. Discuss what choices Shadreck can make and the results of every choice.
2. If you were Shadreck's friend, what would you tell him to do?

Case study 4: Manuel

Manuel lives in a village called Katenga. He is a business man and earns a lot of money with his business. But suddenly everything changes. Manuel loses a lot of money. His wife gets sick and his child too. Manuel thinks that someone has bewitched him.

1. Discuss what choices Manuel can make and the results of every choice.
3. If you were Manuel's friend, what would you tell him to do?

Case study 5: Peter

Peter goes to college. He is very smart. Paying school fees is difficult, but he manages to pay. One day his friend tells him, 'Come, let's go. I've found a way to get rich. You'll find a lot of money in a few years and thereafter you can continue school'.

1. Discuss what choices Peter can make and the results of every choice.
2. If you were Peter's friend, what would you tell him to do?

- After 15 minutes, ask every group to tell their case study to the others.
- Discuss together what the best decision would be according to the Bible. The right answers are as follows:

1. Sara

Sara can choose to sleep with her boyfriend or she can refuse. If she chooses to sleep with him there is a chance that she will be pregnant, even if they use a condom. But more importantly, they sin against God if they sleep together, because God doesn't allow people to have sex before marriage. If Sara chooses to refuse, she obeys God. Her boyfriend may get angry, can force her, or leave her, but she needs to be strong and obey God.

2. Tiwonge

Tiwonge can choose to receive the gifts and to keep the secret. If she chooses to do so, her lecturer will think that he can do anything he wants. If Tiwonge chooses to do what the lecturer wants, he can give her good marks. If she refuses to do what he wants, her lecturer may get angry, blame her and give her bad marks, but she made the right decision because it's bad to have a relationship like that with a lecturer and it's not allowed by God.

3. Shadreck

Shadreck can choose to tell Monica about the disease he has or he can choose not to tell her. If he tells her, it is possible that Monica won't want to get married to him anymore. If he doesn't tell her, he will need to keep a secret in their marriage and Monica could also get sick with the disease. According to the Bible, we need to seek the best for each other, so we must not tell lies. The best choice is that Shadreck tells Monica the truth.

4. Manuel

Manuel can choose to go to the witch doctor to find a solution or he can pray to God. If he goes to the witch doctor, it is possible that his problem will be solved for a short moment, but God alone is the only One who has more power than witchcraft.

5. Peter

Peter can choose to agree with his friend or decide to continue going to college. If he agrees with his friend's idea, he will find a lot of money (but: what type of work is it? Is it legal or illegal work?) but it will be difficult to continue college thereafter. If he chooses to continue college, he will be struggling, but he will manage just as he did in the past and he will finish college before he starts working.

6. Finish (5 minutes)

- Ask the youth what they've learned today about the purpose of our lives and making decisions
- Repeat that the purpose of our lives must determine what we decide to do and not to do in our daily lives
- Pray

Lesson 2 Peer pressure

Materials

- Bible
- Blackboard
- Chalk

1. Welcome (5 minutes)

- Welcome everyone and pray.
- Ask what was taught in lesson 1

2. Role play (10 minutes)

- Ask two boys and two girls to go outside.
- Instruct the others who are inside and make sure that the ones outside can't hear you.
- Explain to the students inside: they must play a game as if they're walking on the road and meeting friends. Everyone inside is part of the group of friends, but the ones outside are not their friends (but the ones outside are not supposed to know this). The youth that are inside must ignore the ones from outside. If those from outside start to talk, they shouldn't listen or talk to them and when they greet, they should ignore them.
- Call the ones from outside to come inside and explain to everyone that they have to pretend they are walking on the road and meeting friends.
- Play the role play. The ones who were outside will feel ignored and that nobody is talking to them.
- After the role play, ask the ones from outside how they felt.

3. Peer pressure (5 minutes)

- Explain what peer pressure is.
Answer: to be under pressure to do what friends and others do. If you don't do what they do, you won't be accepted in the group. You'll be neglected like those who were outside during the role play.
- Another explanation for peer pressure is 'to be forced into friendship' or 'group influence'
- Ask the youth to give some examples of peer pressure

4. Bible study (30 minutes)

- Let the students open their Bibles
- Read together Daniel 6.1-17 and 20-23. It's the story of Daniel in the lions' den.
- Split the group in small groups. Tell the youth to answer the following questions (write the questions on the blackboard):

Questions

1. Summarize what happened in the story.
2. The servants forced the king to make a new law. Did the king respond in a good way when the group put pressure on him?
3. The group of servants also put pressure on Daniel. Explain in what way the group put pressure on him.
4. How did Daniel respond when the group put pressure on him?
5. How do we see in this story that God reigns?
6. What can we learn from this story about our responsibility when being under pressure?

- When the groups have finished their discussion, let them share their answers. If the answers aren't right, correct the mistakes. The right answers are as follows:

1. Summarize what happened in the story.

Answer: the servants of the king were jealous of Daniel, so they wanted to find something in his life for which he could be punished. They didn't find anything, but realized that God was very important in his life. The servants wanted the king to make a new law: no one would be allowed to ask for help from anyone but the king only. Daniel continued to pray to God, so he was captured and thrown into the lions' den.

2. The servants forced the king to make a new law. Did the king respond in a good way when the group put pressure on him?

Answer: No, he didn't respond in a good way. It was not good to forbid people to pray to God for His help.

3. The group of servants also put pressure on Daniel. Explain in what way the group put pressure on him.

Answer: He wasn't allowed to pray to God anymore.

4. How did Daniel respond when the group put pressure on him?

Answer: He continued to pray to God because God is more important and wiser than a king.

5. How do we see in this story that God reigns?

Answer: God saved Daniel from the lions.

6. What can we learn from this story about our responsibility when being under pressure?

Answer: We need to trust and obey God more than people, even when it is difficult or dangerous. God can keep us.

5. Positive peer pressure

- Explain that we learned today that peer pressure is bad. But peer pressure can be good in another way. Positive peer pressure means positive encouragement and good advice. For example:
A boy in the village who didn't use to go to church, starts to go because of his friends who are all used to going.
- Another example of positive peer pressure:
Rachel (12) and David (14) became orphans when their mother died two years ago. They are looked after by their grand mother who lives close to their home, but their grand mother is old and very weak. Last week, Rachel and David started to attend your school. They don't have many friends and look shy. What could you and your friends do so that Rachel and David feel more comfortable?
- Discuss this together.
- After discussing, ask the youth to give more examples of positive peer pressure. Let them discuss together.
- Write their examples on the blackboard and summarize what they learned about positive peer pressure.

6. Finish (5 minutes)

- Ask the youth what they've learned in this lesson about peer pressure.
- Pray

Lesson 3 Friendship

Materials

- Bible
- Blackboard
- Chalk

1. Welcome (5 minutes)

- Welcome everyone and pray
- Ask what was learned in lesson 2

2. Role play (10 minutes)

- Play a role play. One boy/girl has to pretend that he/she is blind and walking on the road. Tell two boys/girls to pretend that they are his/her friends and two that they are not his/her friends.
- Discuss together: 'How could we tell that they were friends?'

3. Friendship (20 minutes)

- Ask the youth what the word 'friendship' means
- Write the following words on the blackboard

love	to be truthful	being unfaithful
help	to understand each other	division
care	to be faithful	disapproval
patience	respect	gossip
jealousy	good example	

- Ask one participant at a time to come to the blackboard. Let them write a circle around words that encourage good friendship and cross out words that destroy good friendship.
- Discuss together: 'Are there other words that need to be added on the blackboard?'

4. Case study (10 minutes)

- Sit down in four groups and discuss the following case study
Your best friend becomes friends with a drunkard. Often your friend goes to a bar to drink with his new friend. At school, his results are getting worse and worse. As a good friend, what should you do?
- After discussing in small groups, discuss together.

5. Story (15 minutes)

- Let the teacher read the story 'Allan and the rotten tomatoes'. After reading it for them, discuss together: 'What can we learn from this story?'

Story

Rotten tomatoes

Alan had two bad friends. Alan's parents told him Bible stories and gave him good examples, because they were worried when they saw Alan meeting with two friends whose behavior wasn't good. His father told him that he shouldn't hang out with them, but Alan thought that to be with them was good and made him happy. He also thought that it wouldn't cause any problems.

One day his father told him, 'Alan, go to the field and pick one good tomato'. Alan rushed to the field and returned soon with one good tomato. His father said, 'Put it in that dish,' and he pointed to an empty dish. Alan did as he was told. His father also said, 'Go pick two rotten tomatoes'. Alan was surprised, but he went, found two rotten tomatoes and took them to his father. 'Put them together with the good tomato,' said his father. 'But father, the rotten tomatoes will destroy the good tomato', said Alan. 'Do as I told you, Alan', said his father. Alan obeyed and his father put the dish away.

After two days, Alan and his father went to see the three tomatoes in the dish. The tomatoes were still in it. Although he had already expected the good tomato to rot, Alan was surprised to see that it had rotted so quickly and entirely. In fact, it had to be thrown away.

'Listen now, Alan', said his father. 'This is going to happen to a boy who hangs out with bad boys. Like the tomato that rotted because it was close to the rotten tomatoes, in the same way a boy will learn bad behavior when he chooses to be friends with other boys whose behavior isn't right.'

The Bible says, 'Evil communications corrupt good manners' (1 Corinthians 15.33). This means that having bad friends will destroy good behavior. The Bible also says, 'A companion of fools shall be destroyed' (Proverbs 13.20). So, a boy who maintains friendships with bad friends will also become bad. His end will be in destruction, just like the good tomato had to be thrown away.

Pray the Lord God to give you a new heart so that you are one of His people who love to be close to Him.

6. Bible study (20 minutes)

- Let the students sit in smaller groups and open their Bibles.
- Ask them to read the following Bible verses and to answer the questions.
- Write on the blackboard:

Questions

Read Proverbs 13.20

1. What can we learn from this verse concerning friendship?

Read John 15.13 and 14

2. Why is it important to keep the Ten Commandments?

Read James 4.4

3. What does it mean to be a friend of the world?

4. What warning does God give us in this verse?

- When the groups have finished their discussion, let them share the answers in the group. If their answers are not right, correct their mistakes. The right answers are as follows:
 - 1. What can we learn from this verse concerning friendship?**
Answer: Good friends can help us so that we become wise. If we have bad friends, we will be tempted to do bad things. So is important to realise that we are being influenced by our friends.
 - 2. Why is it important to keep the Ten Commandments?**
Answer: By doing what God wants, we can show the world that we love God.
 - 3. What does it mean to be a friend of the world?**
Answer: To love the earthly things more than God. Or to think in a way that contradicts the Bible, for example to be worried about life and money instead of thinking about the Kingdom of God.
 - 4. What warning does God give us in this verse?**
If we love anything on earth more than God alone, we are God's enemies. We need God's grace so that we will be His friends.

7. Finish (5 minutes)

- Ask the youth what they've learned in this lesson about friendship
- Pray

Lesson 4 Our bodies are God's gift to us

Materials

- Bible
- Blackboard
- Chalk

1. Welcome (5 minutes)

- Welcome everyone and pray
- Ask what was learned in lesson 3

2. Bible study (30 minutes)

- Explain that God created us. He gave us our bodies. Our bodies are special gifts. We must be careful with our bodies. *How would you feel if you gave a poor person clothes, but after two days you see that the clothes are already damaged?*
- Besides this, the Holy Spirit lives in those who believe in God, in those whose sins are forgiven.
- God is our Owner, so we are not allowed to do anything we want with our bodies, but to honour Him.
- Let the students sit in smaller groups and open their Bibles.
- Ask them to read the following Bible verses and to answer the questions.

Questions

Read Romans 6.12

1. What does God teach us in this verse about our bodies?

Read 1 Corinthians 6.12-20

2. What warning does God give us in these verses?

3. Explain verse 19.

4. Is it important to care for our bodies, according to these verses?

5. Are we allowed to use drugs or to drink alcohol, according to these verses?

6. Are we allowed to commit adultery, according to these verses?

Read 1 Thessalonians 4.3-4

7. What is adultery?

8. What do we learn from all the verses we've read?

- When the groups finish their discussions, let them share their answers in the group. If their answers are not right, correct their mistakes. The right answers are as follows:

1. What does God teach us in this verse about our bodies?

Answer: Our hearts are sinful, which means that we want what God doesn't want. That is sin. We grieve God when sinning and therefore we shouldn't do so. We are not allowed to sin with our bodies.

2. What warning does God give us in these verses?

Answer: We must be careful and not commit adultery.

3. Explain verse 19.

Answer: The Holy Spirit lives in our bodies if we are born again, just as God used to live in the temple built by Solomon. When we are born again, our bodies are like a temple/house of God the Holy Spirit.

4. Is it important to care for our bodies, according to these verses?

Answer: Yes, we need to care for our bodies. God must live in the best place. We are not the owners of our bodies, but our Creator is the Owner of our bodies.

5. Are we allowed to use drugs or to drink alcohol, according to these verses?

Answer: No, we are not allowed to use drugs or drink alcohol because this destroys our bodies. By doing so, we are not caring for our bodies.

6. Are we allowed to commit adultery, according to these verses?

Answer: No, we are not allowed to commit adultery. In verse 18 we read that committing adultery is a big sin. God doesn't want us to commit adultery.

7. What is adultery?

Answer: Adultery means sex outside of the marriage bond.

8. What do we learn from all the verses we've read?

Answer: God gave us our bodies. Therefore, we need to be holy (we are not allowed to sin). If we love God with our hearts, we need to obey Him.

3. Case studies (20 minutes)

- Explain to the youth that in the Bible we read that we must care for our bodies. This also means that we should refuse to drink alcohol or use drugs. These are bad things. When using alcohol or drugs, you disobey the law of the country. But also, school results will get worse, it can cause you to get sick, to be involved in an accident or can even result in death if you get drunk.
- Make small groups.
- Tell every group one case study and ask them to answer the questions.

Case studies
<p>Group 1 Why do some youth start to use drugs or drink alcohol? According to you, why do some start and others don't? Explain the reasons.</p>
<p>Group 2 What consequences have you seen of using drugs or drinking alcohol in both youth and adults?</p>
<p>Group 3 Do you know people who used to use a lot of drugs or drink a lot of alcohol but they stopped doing so? How did they stop? Was it difficult or easy to stop? Why was it difficult or easy?</p>
<p>Group 4 If your friends want you to start using drugs or drinking alcohol, what can you do or say?</p>
<p>Group 5 Prepare a story for the radio to warn people of addiction to alcohol or drugs?</p>

- After 10 minutes, let one person from every group explain their answer to the rest of the people. If their answer is not right, correct their mistakes. The right answers are as follows.

Group 1. There can be different reasons for starting on drugs or drinking alcohol, but often people start because of pressure from people who use drugs or drink alcohol themselves. It is possible that people think it's not a problem to use drugs or drink alcohol, because everyone does it. Some people are easily influenced. People who don't want to drink alcohol need to be strong to refuse when people who drink put pressure on them to drink as well.

Group 2. For example, youths stop going to school, they take risks or become aggressive. Parents don't have money to buy food because they only buy alcohol or they mistreat their families. For all of them: their minds are confused.

Group 3. It is possible to stop drinking alcohol, but it is very difficult because of addiction. It may seem that alcohol solves all problems, but it doesn't really solve them. Alcohol just helps to forget a problem for a short time. After drinking alcohol, people are still in problems and will face new problems. If people don't want to drink alcohol anymore, they need to be strong and they'll need help from other people. It is a risk to start again after not drinking alcohol for some time.

Group 4. You need to clearly explain what you think of using drugs and drinking alcohol. Do you still want to be friends with those who drink alcohol? Think about the consequences of your choice. You may try to stop them from using drugs and drinking alcohol, but be aware that you must not be close with them, as it might be difficult not to use drugs or drink alcohol yourself. Encourage your friends to make good decisions and support them if they want to stop drinking alcohol or using drugs.

4. Game (15 minutes)

- Discuss with the youth that caring for our bodies also means that we need to be careful. HIV/AIDS is a dangerous disease and we must protect ourselves. The best protection is to live a life according to God's will, but also knowing the facts about HIV/AIDS can help to protect us.
- Play the game. The rules are as follows. Read the statements about HIV/AIDS. If the youth think that the statement is correct, they must raise their hand. If they think it's not true, they shouldn't raise their hand. Explain that everyone must choose for himself/herself.

Statements

1. A boy and a girl can't love each other unless they sleep together.
Answer: Not true. True love doesn't mean that you must sleep together before marriage
2. Sperm gets weak if a boy doesn't sleep with a girl before the age of 18.
Answer: Not true.
3. A girl can get pregnant if she sleeps with a boy, even while she is having her period.
Answer: True.
4. It is possible that people have HIV/AIDS but they don't realise they're sick and they look healthy.
Answer: True.
5. Virgin boys and girls can't transmit HIV/AIDS.
Answer: Not true. They can transmit the disease to someone else.
6. If you bathe after having sex, you can remove HIV/AIDS.
Answer: Not true. It is not possible to wash away HIV because it is a disease in the blood.
7. If you have sex with many people, you have a higher risk to be infected with HIV/AIDS.
Answer: True.
8. If an HIV-positive lady bears a child, there is a great risk that the child will also be HIV-positive.
Answer: True.
9. A man can get healed from HIV/AIDS if he sleeps with a virgin girl.
Answer: Not true.
10. It is possible for a girl to get pregnant if she sleeps with a boy younger than 15 years old.
Answer: True.
11. You must tell your loved one if you have HIV/AIDS.
Answer: True.
12. You can get HIV when you wash or drink water from the dam.
Answer: Not true.
13. HIV/AIDS only effects people in Africa.
Answer: Not true. In other countries, people are also sick with the same disease.

14. Some become HIV-positive even if they used a condom.
Answer: True.
15. People with HIV/AIDS can live a long life if they use medicines and eat healthy food and fruits.
Answer: True.
16. If you're sick with HIV/AIDS it means that God doesn't love you.
Answer: Not true.
17. If people don't commit adultery, the problem of HIV/AIDS will be reduced.
Answer: True.

5. Finish (5 minutes)

- Ask the youth what they've learned in this lesson about our bodies as God's gift to us.
- Pray.

Lesson 5 Love and marriage

Materials

- Bible
- Blackboard
- Chalk

1. Welcome (5 minutes)

- Welcome everyone and pray.
- Ask what was taught in lesson 4

2. The meaning of love (10 minutes)

- Draw a heart on the blackboard and write the word 'love' in it.
- Ask the youth for the meaning of love in different kinds of relationships, for example love between God and us, between parents and a child, between brothers and sisters and between husband and wife.
- Write the definitions on the blackboard. Make sure the words 'care', 'trust' and 'respect' are written on the blackboard.
- Ask the youth the meaning of 'falling in love'.
Answer: it means to love a person in such a way that you don't see anything bad in that person and you have the desire to be close with him/her, to listen, to touch and just be together with him/her. Falling in love arouses feelings of sexual attraction.
- Ask the youth if 'love' alone is enough to marry.
Answer: No.
- Ask the youth if 'falling in love' alone is enough to marry.
Answer: No.
- Explain that both love and falling in love are needed to marry. Explain that mutual care, trust and respect are most important in marriage.

3. Case studies (15 minutes)

- Read the following case studies so that everyone can hear and understand them. After reading each case study, ask the following questions:
 1. Is this true love?
 2. Why is this true love or why is it not true love?

Case studies

Case study 1

Joseph is walking on the road when he sees a beautiful girl. He follows her and when he's close to her, he says, 'Hi lady'. He says, 'Do you realise that you are beautiful?' The girl just continues walking without answering. Joseph follows her and says to her, 'Why don't you smile? For sure, you have a beautiful smile'.

Case study 2

Rosa longs to have a relationship with a boy she saw in town some days back. She doesn't know a lot about him but she thinks that he loves her because he smiled at her and asked her name. Rosa forgets about school and she can't think about anything else or speak about anything else, but the boy. 'I think I love him', Rosa tells her relatives and friends.

Case study 3

Matthew and Lucia have had a relationship for three months. Matthew gives Lucia many presents. After another month, Matthew tries to sleep with Lucia. But she says, 'Please, Matthew, let's wait'. Matthew answers, 'I've been waiting for a long time. I thought you were a woman and not a child. Everyone does it, so why shouldn't we?' Lucia answers, 'Matthew, please, let's wait. First, I want to finish school'. 'Wait, wait, wait, I don't want to wait anymore. I gave you many presents. If you really love me, you must please me'.

Case study 4

John and Telia are married. One night, Telia doesn't feel well: she has a headache and stomach pain. But that same night John wants to sleep with her. At first Telia refuses, but John puts pressure on her. He says: 'You are my wife and a wife must please her husband'.

Case study 5

Judith and Luke have been in a relationship for 8 months. Luke says, 'Judith always encourages me. We help each other. If she is sad, I help her to solve her problem. I know that she cares for me. I know that I can tell her secrets and she keeps them. I trust her. Judith says. 'In our relationship it's very important to have fun. I am also being encouraged by Luke. He helps me with my school work. He is a friend I can talk with. We don't tell each other lies and Luke respects me when I say that I'm not ready to sleep with him. We agreed to wait till we are married.

- If their answers are not right, correct their mistakes. The right answers are as follows:

Case study 1 Joseph

This is not true love. In true love, trust, care and respect are most important and they cost time to grow. It is possible that Joseph fell in love after seeing the girl, but it was not true love at that very first moment.

Case study 2 Rosa

It is not true love. In true love, trust, care and respect are most important. It is possible that Rosa fell in love but she doesn't know enough about the boy to care, trust and respect him.

Case study 3 Matthew and Lucia

It is not true love. Trust, care and respect are most important in true love. Matthew doesn't show respect when he mocks her for being unwilling. It doesn't show respect when someone gives a gift because of the desire to sleep with that person. But also, God doesn't allow people to have sex before marriage.

Case study 4 John and Telia

It is not true love. When Telia doesn't feel well, John doesn't care for her if he forces her to sleep with him. And also, John doesn't show respect if he forces her.

Case study 5 Judith and Luke

This is true love. In marriage there is care, respect and trust and they want live the way God wants.

4. Quiz (10 minutes)

- Read the first statement written below and ask the youth if that statement is true or not. If they think it is true, they must raise their hands. If they think it's not true, they shouldn't raise their hands.
- Read all the statements.

Statements

1. A boy and a girl need to have a relationship for five months before they marry.
2. It often happens that a boy and a girl marry each other, but they don't really love each other.
3. The real reason that a boy wants to marry is to have someone who helps him.
4. Many men don't look after their wives.
5. Often people commit adultery.
6. A wife must always obey her husband.
7. If a wife doesn't obey her husband, he is allowed to punish her.
8. A wife will do anything for her husband if she loves him.
9. Often people divorce.
10. God wants men to care for their wives.

5. Bible study (20 minutes)

- Let the youth open their Bibles.
- Read together Ephesians 5.22-33 and 1 Corinthians 7.10-11.
- Split the group in smaller groups. In every group, the youth must answer the following questions (write the questions on the blackboard):

Questions

Ephesians 5.22-33

1. What commandment does God give to men, according to verse 25 and 28?
2. What commandment does God give to women, according to verse 22?
3. Does God allow people to sleep together before being married according to verse 31?
4. Explain verse 25.

1 Corinthians 7.10-11

5. What can we learn from these verses about divorcing from our husbands or wives?

- When all the groups have finished their discussion, ask every group to share their answers. If their answers are not right, correct their mistakes. The right answers are as follows:

1. What commandment does God give to men, according to verse 25 and 28?

Answer: To love their wives as they love themselves.

2. What commandment does God give to women, according to verse 22?

Answer: To obey their husbands, as they submit themselves unto the Lord.

3. Does God allow people to sleep together before being married according to verse 31?

Answer: No, in verse 31 we read that a man shall leave his father and mother (to marry) and thereafter they shall be one flesh (to sleep together).

4. Explain verse 25.

Answer: God (Jesus) is a good example of love. In marriage we must love each other as God loves the church (those who believe Him).

5. What can we learn from these verses about divorcing from our husbands or wives?

Answer: to end the marriage is not in accordance with God's law.

6. Finish (5 minutes)

- Ask the youth what they've learned today about love and marriage.
- Pray.

Lesson 6 – Resisting temptations

Materials

- Bible
- Blackboard
- Chalk

1. Welcome (5 minutes)

- Welcome everyone and pray.
- Ask what was learned in lesson 5.

2. Resisting temptations

- Tell the youths that today's topic is 'Resisting temptations'.
- Ask the youth what it means to be tempted.
Answer: To be attracted by something bad.
- Explain that to resist temptations means to say 'no' to the temptations in our lives. When we say 'no' when we are tempted, we can protect ourselves from bad choices and the pain of the consequences. Sometimes it is very difficult to refuse, especially when elderly people tell us to do something. But it can also be difficult to say 'no' to friends.
- Today we will learn how to say 'no' in a strong and convincing way.
- It is important to say 'no' when we are tempted. Tell the youth the following example:
Imagine that you are walking on the road when a stranger stops his car next to you. He is drunk. He opens the window and asks you to come inside the car so that you can travel together.
- Ask the youth if they would refuse or not.
- Discuss together.
- Explain that we can say 'no' in different ways, for example in a shy way and in a strong way.
- Discuss what way will convince someone who wants something bad and what way will not convince that person.

3. Bible study (30 minutes)

- Let the students open their Bibles.
- Read together the story of Joseph (Genesis 39.1-23).
- Split the group in smaller groups. Tell the youth in all the groups to answer the following questions (write the questions on the blackboard):

Questions

1. How was Joseph tempted?
2. How did Joseph say 'no' to this temptation?
3. Why did Joseph resist this temptation?
4. What can we learn from Joseph?
5. Proverbs 9.10 says, 'The fear of the LORD is the beginning of wisdom'. How can we see this in Joseph's life?

- When the groups have finished their discussion, ask them to share their answers. If their answers are not right, correct their mistakes. The right answers are as follows:
 1. **How was Joseph tempted?**
Answer: the wife of Potiphar, the advisor of Pharaoh, wanted to sleep with him.
 2. **How did Joseph say 'no' to this temptation?**
Answer: He fled away.

3. Why did Joseph resist this temptation?

Answer: Because that lady was not his wife and if he slept with her, he would have sinned against God. Joseph loved God and therefore he didn't want to grieve Him by sinning against Him.

4. What can we learn from Joseph?

Answer: We need to be strong and resist temptations in our lives. We need to love God and do His will.

5. Proverbs 9.10 says, 'The fear of the LORD is the beginning of wisdom'. How can we see this in Joseph's life?

Answer: We are wise if we fear the Lord. Together with God we can make right decisions.

- Explain to the youth what they need to do if they failed to resist temptations.

In the group there may be someone who committed the sins we've spoken about. It is bad to sin against God because when we sin, we grieve our Creator. But we also need to know that God is merciful. He wants to forgive all sins. In the Bible we read: He that covereth his sins shall not prosper: But who confesseth and forsaketh them shall have mercy (Proverbs 28.13). So if you have sinned, you need to stop doing that sin and confess your sins to God in prayer. He wants to forgive you. God is merciful.

4. Practice (5 minutes)

- When we face temptations, we must know how to resist them.
- Explain to the youth that we can use our voice and body to say 'no'. We can use our feet, face or the rest of our body to say 'no'. Tell the youth that if they want to say 'no' in a strong way, they must look at someone, because if you don't look someone in the eyes, you are shy instead of strong.
- Show them a good example of saying 'no' in a strong way by using the whole body.
- Ask everyone to stand. Ask them answer the following question and say 'no' in a strong way by using their voices and bodies.
Question: Do you want to eat sand?
- Explain that it is very important that we know what we want and what we don't want. But more important is to know what God wants and what He doesn't want. We need to know what is tempting to us. We must speak clearly when being tempted and use our voices and bodies.

5. Temptations (15 minutes)

- Ask the youth what temptations they face in their lives and in what ways they resist them
- Discuss together their answers

6. Exam (30 minutes)

The exam is optional. The teacher can choose if the students will write the exam or not. If they will write the exam, each student needs a pen(cil) and paper.

- Write the questions on the blackboard and let the students write their answers on their paper (let them choose A, B of C).
- After writing the exam, let the students give their papers to the teacher.
- Mark the exam. The right answers are as follows:

1B	2C	3B	4B	5A	6A	7C	8B	9B	10C
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7. Finish (5 minutes)

- Ask the youths what they've learned today about resisting temptations.
- Pray.

Question 1. The purpose of our lives is to....

- a. Work
- b. Obey, serve and praise God
- c. Marry and have children

Question 2. Daniel was under pressure to stop praying. What did he do?

- a. He obeyed the group and stopped praying
- b. He went to the king for advice
- c. He obeyed God and continued to pray

Question 3. If people want us to do something bad, we must...

- a. Do more bad things than other people
- b. Obey God alone and tell our friends
- c. Do what the people want

Question 4. What can we learn from the story of Allan and the rotten tomatoes?

- a. It is not a problem to have friends who do bad things
- b. To have a bad friend causes us to do bad things as well
- c. We must continue having bad friends

Question 5. What does it mean that 'our bodies are temples of the Holy Spirit'?

- a. God is the Owner of our bodies so we must only use them to praise Him
- b. It doesn't matter what we do with our bodies
- c. It is no problem to drink a lot of beer

Question 6. God teaches us in His Word that we must confess our sins, stop doing sins and follow the Lord Jesus.

- a. True
- b. False

Question 7. The following is very important in a family:

- a. To be alike and do things in the same way
- b. To help each other and to have children
- c. Trust, care and mutual respect

Question 8. It is true love to sleep together before being married.

- a. True
- b. False

Question 9. We can refuse by using our...

- a. Ears and eyes
- b. Voices and bodies

Question 10. Being prepared for our future means...

- a. To have a husband/wife and many children
- b. To have a nice job and a lot of money
- c. To be prepared to meet God