

# Lesson Plan for Lesson 29

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## Respecting Sexuality

### Preparation and Supplies

- Study chapter 29, “Respecting Sexuality,” in the handbook.
- Make one copy of the handout “Body Meditation” (Document #: TX003417).
- Before the young people arrive, dim the lights and have reflective music playing in the background. Have a lit candle ready for the opening prayer.
- Cut out ads from various magazines that convey either a positive or a negative message about sexuality, enough for each group of three or four to have at least one ad.
- Gather colored 4-x-6-inch index cards, cut in half, enough for two or three cards per participant; and fine-tip markers or gel pens, one for each participant.

### Pray It! (10 minutes)

**Tell** the participants that class is going to begin with a guided meditation that will help them get in touch with Jesus. **Ask** them to find a comfortable space on the floor where they will be able to close their eyes and relax. **Wait** to begin until everyone is settled. **Ask** them to listen to your voice as you lead them through this reflection. **Read** the meditation on the handout “Body Meditation” (Document #: TX003417) in a soft, gentle voice, making sure the young people can hear you above the reflective music. To allow them to reflect, **pause** briefly whenever you see an ellipsis ( . . . ). When you finish reading the meditation, slowly turn up the lights and then turn off the music.

### Study It! (35 to 45 minutes, depending on your class length)

#### A. Made in the Image of God

1. **Ask** the participants to form pairs and discuss the following questions:
  - What characteristics most clearly define you as a male or female?
  - What impact do these traits have on your relationship with others?

After a few minutes, **invite** volunteers to share what surfaced in their discussion.

2. **Direct** the young people to read the chapter introduction and the section “Made in the Image of God,” on pages 319–322 in the handbook. The content covers points 1 through 6 on the handout “Lesson 29 Summary” (Document #: TX003416).
3. **(Optional) Direct** the young people to the Reflect directions on page 322 in the handbook and lead a discussion on the questions.



## B. Marriage

1. **Direct** the participants to form groups of three or four. **Give** each group a magazine ad that conveys a message about sexuality. **Tell** them that each group is to look at the ad and determine what message it conveys about sexuality. **Ask** volunteers from each group to share the message their ad conveys and why the group arrived at that conclusion. Then **ask** the entire class the following question:
  - In general, what message does our culture convey about sexuality? Is it a good message or a bad message?
2. **Direct** the participants to read the sections “Marriage” and “Chastity,” on pages 322–327 in the handbook. The content covers points 7 through 9 on the handout “Lesson 29 Summary.”
3. **(Optional) Direct** the young people to the Reflect directions on page 324 in the handbook, and lead a discussion on other reasons for abstaining from sex until marriage.

## C. Homosexuality

**Direct** the participants to read the sections “Homosexuality” and “Purity of Heart,” on pages 328–329 in the handbook. The content covers point 10 on the handout “Lesson 29 Summary.”

*Note:* If you are running short on time, you may wish to just briefly summarize this section of the handbook.

## Live It! (10 to 15 minutes)

1. **Direct** the participants to form groups of four or five. **Distribute** two or three index cards and a marker or pen to each participant.

**Explain** the task as follows:

  - Each group is to come up with several slogans or encouraging statements about what chastity means by answering the following questions:
    - What ideas does your group have on the meaning of chastity?
    - How does a person live the virtue of chastity today?

Write each slogan on a separate index card.

  - You can refer to the section “Chastity,” on pages 325–327 in the handbook, to help you with your task. Each group should come up with four or more slogans.
2. **Ask** the groups to share their cards with one another. **Brainstorm** with the whole class ways the participants might use these cards, such as developing a poster to promote chastity, creating an insert for the parish bulletin or Web site, using them as a prayer focus each day, carrying one in a wallet or purse, and so forth.
3. **Share** the following comments in your own words:
  - The Church’s term for sexual integrity is *chastity*. Every person, single or married, is called to be chaste, to be healthy and honest, and to respect the sexuality of self and others. This can be challenging in our society, where we are surrounded by images and other messages that cheapen our sexuality and tempt us to engage in sexual sin. By being open to the work of the



Holy Spirit in our lives, we can remain chaste even in the face of cultural messages that promote immoral sexual choices.

## Closing Prayer (5 minutes)

Following any announcements, **direct** the young people to the Pray It! “True Love Waits,” on page 325 in the handbook. **Invite** the young people to say the pledge in the sidebar together. Close by **leading** the following prayer:

God, we are thankful for the gift of sexuality that you have given us. Give us the wisdom and strength we need to follow your will and to choose to live a chaste life. Forgive us for the times when we struggle and fail. Help us to always remember that you will never leave us or stop loving us. We ask this in Jesus’ name.

**All:** Amen.

