

Sex

Pages R-1 through R-4
Fireside Catholic Youth Bible - NEXT

Song: Make Me Holy
Words and Music by: Aaron Thompson

CD 2, Track 8
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible Next, FCYB Music CDs, CD player, TV, pre-recorded tape of TV shows, commercials and events for use in the “Sex on TV” Large Group Discussion. Markers and poster board for the “Meaning of Chastity” Large Group Discussion. (if the guest speakers are not available)

Setting the Stage

No special arrangements need to be made to set the stage for this session.

Opening Prayer

Heavenly Father, just as You gave Your Son to us, inspire us to dedicate ourselves in mind and body to You. Let the expression about who we are as young men and women reflect holiness guided by respect for ourselves and respect for each other. Give us the strength to avoid temptation, the courage to do Your will and the wisdom to see the gift of our sexuality in the context of Your plan for us. Bless each of us with a deeper understanding of the significance and beauty of human love. In Jesus' name we pray, Amen.

Large Group Discussion – “Sex on TV” (20 minutes)

Give each teen some paper and a pen/pencil. Situate a TV in an area where all can see it. Ask the teens to write down every reference to sex that they see or hear during this experiment. Then, play for them the tape you have pre-recorded of random TV shows, commercials and events that they might typically see on TV. Be sure to get a cross section of typical TV (each with some element of “sex” as a background). Be selective when making your tape! Try to capture not only overt scenes and comments, but subtle references and innuendo. Then discuss with the teens what they have identified and their answers to these or other related questions:

- How important is sex in entertainment/advertising in our society?
- How is sex used or abused on TV?
- How is sex misrepresented on TV?
- Why do you think sex is so successful in selling things?
- Do you think this actually harms anyone? How can it be harmful to us as a society?
- What are the long-term effects of this treatment of sex in our society?
- Do you think Christian values are consistent with a discussion of sex?
- What do you think can be done to re-emphasize the sacredness of sex?

End the discussion by reading the Your Decision/Your Reward article on page R-1 in the **Fireside Catholic Youth Bible – NEXT**.

Large Group Discussion – “What is Holiness” (15 minutes)

Ask teens to think about what it means to be holy in a society marked by permissiveness. Then, discuss their answers to these questions:

Is it possible to answer God’s call to holiness today, especially in regard to sex?

What should our answer to that call look like?

Are there people that you admire who are answering God’s call to holiness? How?

What are some of the specific things you admire about them?

Music Reflection (5 minutes)

Listen to the song “*Make me Holy*” by Aaron Thompson. CD 2, Track 8 of the FCYB Music CDs.

Large Group Discussion – “Defining Chastity” (20 minutes)

Read the 1 on 1 with Christ article on page R-4 in the **Fireside Catholic Youth Bible - NEXT**.

Then, discuss the teens’ answers to these questions:

How would you define chastity?

How is living a chaste life much more than just not having sex before you are married?

Invite some young adults or a newly married couple to come talk to the teens about their decision to live a chaste life. If you do not have “guest speakers,” lead teens in making a chart entitled: CHASTITY. In one column list the “Reasons of remaining chaste” In the second column list: “Consequences of not remaining chaste.”

Closing Prayer

O St. Maria Goretti, who strengthened by God’s grace did not hesitate at such a young age to shed your blood and sacrifice life itself to defend your virginal purity, look graciously on those who have strayed from the path of eternal salvation.

Teach us all how to be courageous in our love of Jesus. Obtain for us, from our Lord, victory in temptation, comfort in the sorrows of life and the grace that we may one day enjoy the glory of Heaven, Amen.

Bed Thinks

When you go to bed tonight ask yourself . . .

“What are the reasons that I should remain chaste?”

Ask God for help in avoiding and resisting the temptation to be sexually active before marriage.

(Type this message on a small piece of paper and give to each teen as they leave.)

Sex

Pages R-5 through R-8
Fireside Catholic Youth Bible - NEXT

Song: Make Me Holy

Words and Music by: Aaron Thompson

CD 2, Track 8
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible – NEXT, FCYB Music CDs, CD player.

Setting the Stage

Arrange (well in advance) for a guest speaker for either the What Jesus Said or What Jesus Did Large Group Discussions.

Opening Prayer

Holy Spirit, be with us during our time together. Open our hearts and our minds as we discuss Your beautiful gift of our sexuality. Give us the wisdom to know Your perfect will for us, Amen.

What Jesus Said

Large-Group Discussion – “Sex in our Culture” (20 minutes)

Proclaim Matthew 5:28 and read the What Jesus Said article on page R-6 in the **Fireside Catholic Youth Bible – NEXT**. Then, after a few seconds of silence, begin a discussion with the question: “What is the message our society sends teens about sex?” Use the following questions to spur the discussion:

What do you see happening in the movies or in the shows or commercials on TV?

Give an example from a movie where a couple engages in promiscuous behavior.

Does the show depict any negative consequences to their acts? Is this realistic?

Give an example of an advertising campaign that uses sexual images and overtones to sell its product. What is this communicating to the audience?

Is pornography easily accessible on the internet? Do you think pornography is a problem for some teens today?

What message does the “safe sex” campaign really send? Is society saying something like: “Don’t have premarital sex. But if you do, and we know you will because you have no self-control, use a condom so you can be safe.” What is wrong with this message?

Why did God create the sexual act? Why does the Church teach that sexual intercourse should be reserved for a man and a woman within the covenant of marriage? What happens if we act against God’s natural law and the teaching of the Church in regards to our sexuality? Why do so many young people live together before they are married? Do you know that couples that live together before they are married are more likely to get divorced than those who do not?

If the opportunity presents itself, ask someone to come speak to the group about their experience with pornography addiction or the consequences of pre-marital sex.

What Jesus Did

Large-Group Discussion/Guest Speaker – “The Role Celibacy” (20 minutes)

Proclaim Luke 20:34-38 from the text pages in the **Fireside Catholic Youth Bible – NEXT**. Then, discuss the teens’ answers to these questions:

What example did Jesus give us about sexuality?

What does Christ’s celibacy and our priest’s or other religious’ vow of celibacy teach us about our own sexuality?

Read or include the material in the What Jesus Did article on page R-5 of the **Fireside Catholic Youth Bible – NEXT** in the discussion. (Arrange for a priest or a member of a religious community to come share with the teens his/her call to their vocation specifically as it relates to their vow of celibacy.)

Putting My Faith Into Action

Small-Group Discussion (15 minutes)

Divide into pairs with one girl and one boy in each group to discuss the To Make or Break and Tips for Talking entries on page R-7 in the **Fireside Catholic Youth Bible – NEXT**.

Make - Have the boy tell the girl how important dressing modestly is in order to be respected. Have the girl tell the boy what girls learn about guys in observing how they treat their mother and/or sisters.

Tips for Talking – Discuss what you would say if a friend tells you that he/she is going to have sex with his/her girlfriend/boyfriend.

Closing Prayer (5 minutes)

Relate the story of Sr. Maria Goretti to the group (from page R-3 in the **Fireside Catholic Youth Bible – NEXT**). Then conclude with the following prayer:

A Disciple’s Prayer in Regard to Sex

O St. Maria Goretti, who, strengthened by God’s grace, did not hesitate at such a young age to shed your blood and sacrifice life itself to defend your virginal purity, look graciously on those who have strayed from the path of eternal salvation through sins of lust. Teach us all how to be courageous in our love of Jesus. Obtain for us, from our Lord, victory in temptation, comfort in sorrows of life and the grace that we may one day enjoy the glory of heaven, Amen.

Mindful in the Morning

When you wake up in the morning, before you get out of bed, say this prayer to God . . .

May my thoughts and actions today reflect “Christ-like” self-confidence, self-control and respect.

(Type this message on a small piece of paper and give to each teen as they leave.)