

How To Relate To The Opposite Sex....

Lesson for the boys

Objective:

- ⌚ Control the flesh and subjecting the sexual instinct into blessed activities.
- ⌚ To develop the Christian attitude towards flesh and sex.
- ⌚ To know how to mix and act with the opposite sex in a Christian manner suitable for the sons of God.
- ⌚ To demonstrate the correct timing and form of going out with girls.

Memory Verses:

1. *“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart” (2 Timothy 2:22)*
2. *“But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts” (Romans 13:14)*

References:

- ⌚ “Let Me Grow “ Fr. Tadros Y. Malaty
- ⌚ “Purity – Topics Questions and Answers “ Fr. Tadros Y. Malaty
- ⌚ “Youth and Pure Living” by H.G. Bishop Moussa
- ⌚ “Youth Concerns (Questions & Answers)” by H.G. Bishop Moussa
- ⌚ “Youth and Pure Living” by H.G. Bishop Moussa

Introduction:

The teenage years are a critical period in the lives of young youth. There are many physical and hormonal changes that take place during this period. One of the important characteristics of this period is seeking attention and attraction from the opposite sex. This becomes the centre and the focus of most teenage boys causing them to place their spiritual life and academic studies and on the back burner. This may also push some boy’s behaviour to go beyond the acceptable limits to get this acceptance/attention and attraction from the opposite sex.

If we think about it, this action is not dissimilar to the animal kingdom where we may find birds that push out an airbag on their chest, or gorillas that beat their chests, or deer with large antlers head butting each other, so to some teenage boys need to act a certain way to draw attention to themselves as a form of attracting the opposite sex.

This attraction may then warrant girls expressing how impressed they are with such and such, and how “cute he is” or how “funny he is” which leads to an immediate attraction from the boy towards this particular girl. In turn this attraction generally forms the start of a devilish relationship that is purely built on peer pressure, lust and sexual desires.

We must enforce to our youth that having sexual desires is normal as humans / teenagers but we as Christian youth should understand that as the children of God, we have a Holy nature that is in the image of God and that these desires are there to be harnessed in the confines of Holy Matrimony and not in a youthful desires.

We must always remember that at the time of Baptism we were consecrated with the Holy Myron which means that our bodies are no longer to be used for worldly desires but are now consecrated for Holiness. 1 Corinthians 6:16

Some of our youth mix with others around them that may be into pornography, sexual relationships, or girlfriend - boyfriend relationships and due to the pressures surrounding them from their friends they just want to be part of the crowd and to follow the stream of the surrounding society. It is usually easier to follow the stream than to stand against it, especially at their young age. What we need to enforce is that there is nothing wrong with standing against the stream and make the boys aware of the dangers that surround them and the means and methods to overcome them.

It is important to enforce to the boys that they are not the only ones who think this way, and that majority of their friends are also feeling this way and that all men have gone through it at one stage or another. It is also important to emphasize that their confession fathers were also teenagers at one stage or another and understand what they are going through and that they should feel comfortable talking about their feelings with a counsellor rather than friends or bottling it up inside.

Lesson Outline:

I. First: Why Did The Lord Create Sex In Man?

1. Refer to the Book of Genesis chapter 2: The first aim is fellowship and unity "The Two shall become one flesh". Discuss the fellowship of marital love.
2. Be fruitful and multiply, and fill the earth: keeping kind (What is the difference between man and animal in sex, the first is characterized by noble feelings and higher emotions while animal is characterized by its sexual instinct and biological instincts).
3. A suitable companion to help man: The aim is cooperation and support in life so that man may not suffer loneliness and monotony, and the one fills the psychological gap of the other.

II. Second: Our Attitude Towards Sex

1. We must not be ashamed of what the Lord was not ashamed to create.
2. One gender should not boast over the other as God made males and females equal, and in Jesus there is neither man nor woman as Christ is all in all.
3. Do not pay much attention to the sexual members. Only keep them clean and let them go naturally so that they may perform their message in marriage.
4. Do not stir them as they are sensitive and this may lead the energy into patterns other than the essential aim they were created for.
5. We have to estimate the sufferings faced in controlling this instinct if we expect a successful pure family life later on. For the sake of this life we have to endure and control ourselves in everything.
6. There are three fundamentals that may protect young people:

a. Control of thoughts: keeping the senses pure especially the eye and the ear, “Set a guard over my mouth, O Lord, keep watch over the door of my lips”. “I have made a covenant with my eyes; how then could I look upon a virgin?”

b. Sports and hobbies: filling the spare time with spiritual, social and artistic activities and not to go to bed until you feel sleepy.

c. Spiritual life: (i) Seeking grace and the power of the Holy Spirit to overcome the desires of the flesh and the sexual instinct. (ii) Prayers, the Holy bible, confession and receiving communion are the best means to protect young people from sexual deviation and falling into the bondage of sexual desires. (iii) Read examples of people who followed the desires of the flesh then they repented and became saints such as St. Augustine, St. Moses the Black, St. Bylagya. (iv) Spiritual fasting is considered a very important factor of the means of grace to overcome the desires of the flesh.

7. Sex in man is characterized by reverence. The Lord covered the naked flesh of Adam and Eve. The Christian man does not utter words of sex and does not speak of this topic without care. When he speaks about sex, he speaks with reverence and respect, as these are holy members that God uses as tools for putting the breath of life and creating man.

III. Third: Daydreaming, Sexual Thoughts and Masterbation

Many of our youth may restrain themselves or are restrained by their families from actual physical dating but allow their thoughts to wonder freely in all kinds of sexual thoughts and dreams (Proverbs 6:25). Our Lord has placed the sexual immorality in the same level of physical adultery when he said “Whoever looks at a woman to lust for her has already committed adultery with her in his heart” (Matthew 5:28). In contrast the devil will always try to convince us that it is not bad to have sexual desires and thoughts as long as we are not practicing them.

The next step for the devil is to include the physical aspect to sexual thoughts, which is self touching and eventually this leads to masturbation. We must emphasise the fact that although there is nothing mentioned in the bible regarding this act it is a sin that falls under sexual immorality, which is frequently written about in the epistles, and can become a habit which will cause sexual dis-functionality in your sexual life later on. Such problems may include premature ejaculation, erectile dis-function and a smaller penis size (*not sure how true this is but the site that mentioned this was saying that masturbation reduces and stops unconscious (morning) erections which is when the most blood is flowing through the member which is the method by which a human grows*)

IV Fourth: Consequences of preoccupation with sex

⌚ The most important and the most serious consequence is neglecting and ignoring the adolescent spiritual and inner growth.

⌚ Pre-occupation with the physical aspect of the opposite sex.

⌚ Degrading the image of the opposite sex when she becomes an object rather than a person created in God’s image (Genesis 1:26).

⌚ Daydreaming and decreased concentration during studying and school leading to poor performance and results.

⌚ Pre-occupation with own physical appearance and dress in unsuitable clothing to emphasize the body features.

⌚ Inappropriate behaviour in the presence of the opposite sex to attract attention and to gain acceptance from peers.

⌚ Addiction to pornography, (Quickly discuss how pornography can become an addiction which is one of the greatest causes of marital breakdown in our community)

⌚ Addiction to masturbation and how it is a sin to waste your seed. Also how continuously doing this sin can make you lethargic and loose concentration as when you ejaculate you also loose some brain fluid which takes a while to regenerate.

⌚ May cause you to fall into a greater sin such as rape, refer to the story of Ammon and Tamar (2 Samuel 13)

V. Fifth: Means of Spiritual Fights Against Non-Christian relationships and Sexual Thoughts

⌚ Fill your soul with the love of God and make Him your best friend.

⌚ Choose your friends carefully and surround your self with believers (Proverbs 13:20).

⌚ Give equal care to your spiritual growth as you give to your body. Spiritual growth is achieved through prayers, church meetings and Bible reading.

⌚ Discover the energies in your adolescence that can be directed towards the service in the church and others.

⌚ Guard your senses including your eyes, ears, smell and touch against temptation (Proverbs 4:23-27).

⌚ Flee from unspiritual environment and surroundings (Proverbs 7: 24-25).

⌚ Never think that you are strong and will not be affected by bad company or bad surroundings.

⌚ Always stay in the group and avoid one to one interactions at an early stage.

⌚ Resist and expose sexual thoughts in confession so the devil would know that your mind is not his hiding place.

⌚ Never give-up or lose hope in purity if you sin by thought or deed.

Conclusion:

The sexual instinct is a blessing to man if it is used correctly for the right purpose, in the right time and with the spouse. The sexual instinct is a means of expressing love between the married couples who were united into Christ through the marriage bond. “My son, if sinners entice you, do not consent” (Proverbs 1:10).