

Changes in your body

***“Let no one despise your youth, but
be an example to the believers in
word, in conduct, in love, in spirit, in
faith, in purity”
(1 Timothy 5:12)***

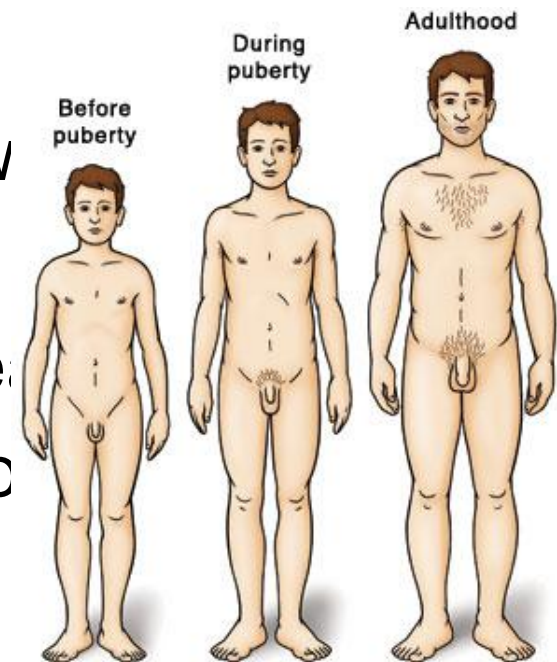
I Corinthians 6:12-20

- All things are lawful for me, but all things are not helpful
- The body is not for sexual immorality but for the Lord, and the Lord for the body.
- Your body is the temple of the Holy Spirit
- For you were brought at a price: therefore glorify God in your body and in your spirit, which are Gods.

Male Puberty

What changes?

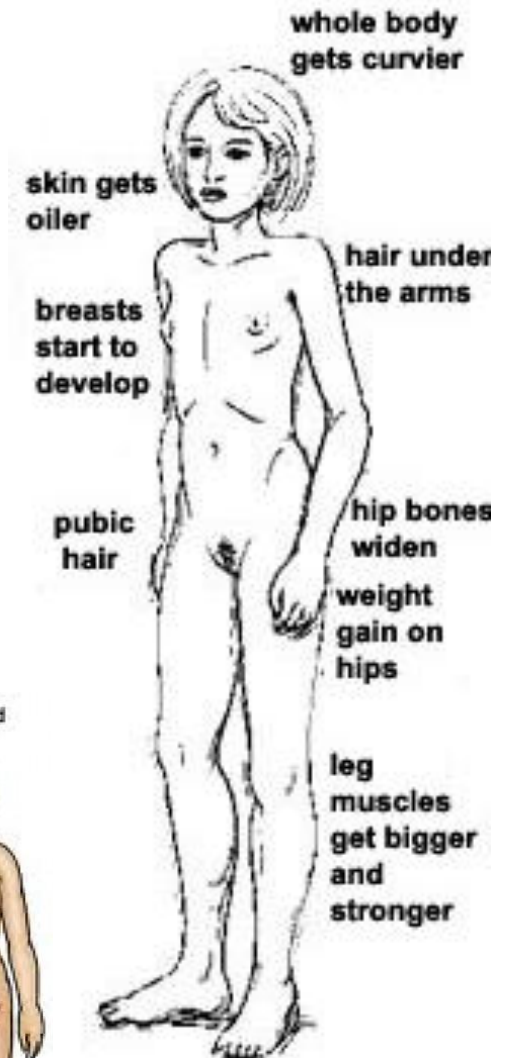
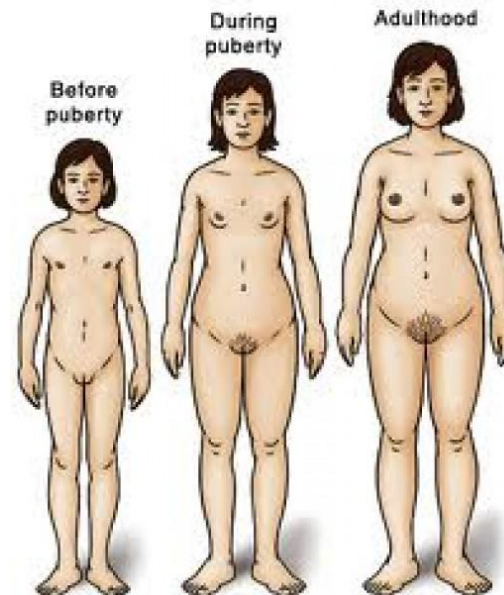
- Hair growth
- Face and skin changes
- Male musculature and body shape
 - Grow taller, put on weight, shoulders will widen
- Scrotum and testicles will grow
- Spontaneous erections
- Nocturnal Emissions ('wet dream')
- Voice change and Adam's apple
- Body odour and acne



Female Puberty

What Changes?

- Breast development
- Pubic Hair
- Body shape, fat distribution, and body composition
- Body odor and acne
- Vagina, uterus and ovaries
- Menstruation and fertility



Purity – Why should we be pure?

- Impurity isn't only physical, can also be in the form of thoughts or desires. And one can lead to another.
- I Thessalonians 4:1-8
- Ephesians 5:5
 - *For this you know, that no fornicators, unclean person, nor covetous man, who is an idolator, has any inheritance in the kingdom of Christ and God.*
- Sexual immorality affects your spiritual life permanently.
- It is a constant struggle, but one that can be

How can we remain pure?

- **Practice discretion with your eyes, dress, speech, and behaviour.**
- **Learn to be modest, rather than enticing boys/girls and causing them to lust.**
 - “And because of your knowledge shall the weak brother perish, for who Christ died? But when you thus sing against the brethren, and wound their weak conscience, you sin against Christ”(I Corinthians 8:12-13)
- **Keep free from emotional entanglements.** Guard your heart!
- **Do not indulge in mental fantasies, unholy thoughts and desires.**
- **Do not act bold and flirtatious.** Remember that you are a child of Christ and are made in His image. Look to our Saints, Popes, Monks and Priests as role models.
- **Be cautious of emails, messaging etc.** It's easier to do the wrong thing when you're behind a computer or a phone.

How can we remain pure?

- **Certain books, movies and music encourage romantic desires that are unrealistic.** It is better to focus on purity and the love for Christ, which will never fade.
- **Be willing to battle when tempted.**
- **Make a decision to be pure and to wait until marriage.** It's a whole lot harder to wait once you have tasted it.
- **If faced with temptation, replace it with something else.** Don't think that you can say no, without making yourself busy with something else that will distract you from the initial thought.

The devil is constantly working hard to cause you to sin. Don't let him win!

Scenarios

1. You are sitting with your friends at Westfield shopping centre when a few of the boys from school come and say hi. They chat with you and your friends for a while and then one of them asks if you would like to go for a walk. What do you do? If you were the friend sitting next to her, what would you do? What do you think would happen if the girl went and what would happen if she stayed?
2. You are sitting amongst your friends at school and the topic of boys arises. One of your friends has a boyfriend and he has tried to kiss her. Her other friends think there is nothing wrong with this. What do you think? What would you say to your friend and why?
3. You hear a song that has lyrics referring to sex and bodily desires. You 're curious to know what certain things are but you know that it is wrong to keep listening to the song. What would you do and who could you speak to about it?
4. A boy has asked you out and wants you to be his girlfriend. You know that it is wrong but he is cute and you like him. What do you do? Who can you go to for advice? Why is it wrong to have a boyfriend and when is it the right time to

Scenarios

- Talking to girls
- Having a physical relationship with girls/viewing girls as those who can fulfil lusts
- Pornography

“I say then: Walk in the Spirit, and you shall not fulfil the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh...”

(Galatians 5:16-17)