

SEX TALKS: *I've Had Sex...Now What?*

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FROM THE AUTHOR:

I decided to approach this topic with some good old fashioned Lutheran Law and Gospel and a lot of humor. I believe that the majority of our kids still know that sex outside of marriage is not God pleasing. (You'll recognize the ones who don't believe this by their willingness to share the gruesome details of their escapades with you or other adults!) In fact, most of them are dying for some direction in this area of their life, especially those who are wracked with guilt. But very few churches or youth groups approach this subject at all; therefore, some humor is necessary to break the ice of a very private subject that seems to be public everywhere else but church. You are welcome to edit, cut, add to, or reprint any part of this study so that it fits the students in your particular ministry. My prayer is that God will use this study as a way to help students meet God face to face in forgiveness and truth.

OPENING ACTIVITY: BATTLE OF THE SEXES

Pre-game prep: Put together a simple PowerPoint presentation to display the pictures used in this game. You can find all of these pictures at Google images by typing in the name of the subject of the picture (provided below) in the search box. For example, to find a picture for the answer to question #1 for the girls, type in "SS Camaro" in the search engine and several images will appear. Copy the image you like best and place it in PowerPoint in the order they will appear in the game. Repeat this step for each question. Remember to alternate each question so the girls answer a question, followed by the boys, until all questions have been asked.

Instructions: Divide your students into a boys team and a girls team. Explain that they will be competing in a game called Battle of the Sexes. There are 10 rounds and one bonus round of trivia questions. During a round, each team will be asked one question and given 30 seconds to brainstorm an answer. If the team gets the answer correct, that team gets a point. However, if they are incorrect, the other team can steal the point by correctly guessing the answer. The team with the most points at the end of game wins a prize. (*"Gold" medals from the dollar store, candy bars, etc.*)

Questions for the GIRLS:

1. What does the SS stand for on the front grill of this Chevrolet Camaro? (*Super Sport*)
 2. What kind of screwdriver and screw head is pictured here? (*Philips Head*)
 3. What NBA sensation is pictured here? (*Labron James*)
 4. These rectangles at home plate have a specific name. What is it? (*Batter's Box*)
 5. In football, the quarterback most often throws passes to the _____. (*wide receiver*)
 6. What is the name of the actor who played Batman, pictured here? (*Adam West*)
 7. Name the winner of the 1988 World Series. (*Los Angeles Dodgers*)
 8. The 1992 movie *Predator* starred two actors who later served as politicians. Name the actors AND the positions they held. (*Arnold Schwarzenegger- Governor of CA, Jessie Venture-Governor of MN*)
 9. What do the initials "HP" stand for in reference to cars? (*Horse Power*)
 10. Name the car pictured here. (*Aston Martin Vanquish*)
- Bonus: Name the character from the movies in which this car was made famous. (*James Bond*)

Questions for the BOYS:

1. What movie does this quote come from: "You had me at Hello." (*Jerry McGuire*)
 2. What brand name is this handbag? (*Louis Vuitton*)
 3. What is the name of this actor who stars on the show *The OC*? (*Adam Brody*)
 4. What member of the bridal party plans the bridal shower? (*The Maid of Honor*)
 5. What was Reese Witherspoon's profession in the movie she is pictured in? (*Legally Blond - lawyer*)
 6. What is the name of this type of makeup? (*blush*)
 7. Name this character from both the books and recent movie. (*Nancy Drew*)
 8. Where could you purchase this product called "Green Tea and Cucumber"? (*Bath & Body Works*)
 9. Who is this woman and what is she famous for? (*Sally Kristen Ride, 1st American woman in space.*)
 10. Who wrote the book *The Notebook* which was made into a major motion picture? (Show movie poster). (*Nicolas Sparks*)
- Bonus: Name the only coach to have won more than seven national college basketball titles? (*Jon Wooden, UCLA*)

TRANSITION

Congratulations to the champions of the Battle of the Sexes! The good news is that this game has no real lasting consequences. Well, except for maybe the ridicule that the (*winners*) will give the (*losers*) for being so much better! Seriously though, it's just a game right? In the big scheme of things, do games really matter? For example, remember how big of a deal the NFL made the Super Bowl this year? Millions of people watched on TV. Advertisers paid 3 million dollars for a 30 second commercial. And in a stunning victory, the Pittsburgh Steelers won the game.

In the big scheme of life, how big of a deal is this? (*Personal Answers. If a student persists that the Super Bowl is in fact a "big deal" ask them who won the first five super bowls. Answer: Green Bay Packers, Green Bay Packers, New York Jets, Kansas City Chiefs, Baltimore Colts. Reinforce that like all games, champions come and go and are generally only important as long as the culture remembers them.*)

Not a big deal right? But we make it out to be a very important event don't we? The advertisers are so good at what they do that half the people watch just to see the funny commercials! However, like every other Super Bowl before it, we soon forget and move on with our lives. In a lot of ways, this is the same kind of mindset that today's culture teaches about sexual activity. Our culture wants us to believe that everything revolves around sex and that if you are not doing it, you're somehow missing out and not experiencing life to the fullest. And they (culture) want you to believe that there are no lasting consequences. That one night stands are the way to go and if you can't remember the girl's name the next day, that you are somehow even "cooler." The only problem is that it is not that simple. Unlike a game, there are serious consequences for playing around. I'm talking emotional, physical, and spiritual.

Give me an example of all three.

- What is an emotional consequence of having sex outside of marriage? (*Examples: Guilt, sadness, depression.*)
- What is a physical consequence of having sex outside of marriage? (*Examples: STDs, pregnancy.*)
- And finally, what about spiritual consequences? What might we experience in the spiritual realm? (*Examples: Distance from God, regret, fear of not being forgiven.*)

Our culture tends to ignore those little details. Take James Bond for example. He is part of today's pop culture. For those of you who are James Bond fans, what is something related to this topic that he is famous for? (*Sleeping around with women*). He's a ladies man right? For one thing, if he was a woman we would call him a slut or a whore but never mind that, that's for a different talk. But because he's a dude he's a PLAYER. He's cool. He's James Bond. Our culture admires him because he is so cool and always gets the girl and kills the bad guy. That's not real life. If James Bond were a real person and if he slept with as many women as we are lead to believe he has been with, in real life he would be working two jobs to pay for all of his illegitimate children and hiring a personal physician to administer his STD meds. Right? No one can engage in that many at-risk behaviors and not experience the real life consequences.

In real life, there are consequences for our actions...that's the bad news. The good news, however, is that there is forgiveness in Jesus Christ even for those of us who have made a sexual mistake. Tonight we are going to talk about where to go if you have had sex, and how, by the power of the Holy Spirit, you can turn from that sin and seek a life of purity for God's sake.

Before we start, let's open in a word of prayer. Would you please join me?

Dear Heavenly Father,

We come before you tonight seeking your will in the area of sexuality. You know how difficult a temptation sexual activity can be, yet you promise that we will never be tempted beyond what we can bear. I pray tonight for these students that you would show them, by the power of your Holy Spirit, that you can help them remain pure, and are willing to forgive those who have made a mistake in their past. Be with us now as we study your Word that it would break our hearts for your sake. In Jesus' Name. Amen.

BIBLE STUDY

As we get started with our Bible study, let's cover a couple ground rules. (*If you don't agree with or feel comfortable with these rules, feel free to omit or change at your discretion.*)

1. We are all sinners and therefore all in need of God's grace. This means that sexual sins are no different in God's eyes than lying, cheating, stealing, or being an Oakland Raiders fan.
2. Having said that, some sins do carry more consequences than others. We are going to be talking about a sensitive subject that may cause some feelings that are very personal and real. Therefore what is said in this room needs to stay in this room and we need to respect everyone's opinion whether they agree with us or not.

3. I am coming from the perspective that what God says about sexuality is true, and because God says it, it is the final authority. You may not agree with this, and that's okay. Don't let that limit your participation in the conversation.

You may not believe this because we rarely talk about it in church, but God sees sexuality as a beautiful and wonderful part of creation as long as it is done within the proper context. What do I mean by proper context? Open your Bibles to Genesis 2:23. This is the creation account of how the earth and all its inhabitants came to being. God made man and animals and all that is on earth and He called them good. But then He noticed that the man was lonely. God had Him name all the animals of the earth and they each had partners, but the poor man was all alone. And so God does something really interesting here. He causes the man to go into a deep sleep, removes one of his ribs and what? (*Have students respond.*) He created a woman. SWEET! Admit it guys, a lot of you wish you had that power! What does this have to do with sex?

Read Genesis 2:23-35.

- What do you think it means to "become one flesh?"

They had SEX! (*Say it with some emphasis!*) And they didn't have any shame! They walked around naked and had SEX! So we can pretty much assume from this passage that sex is good because God created it. At this point, sin has not entered the picture. SEX IS GOOD! But notice the qualifier here: The man and woman do something before they become one flesh.

- What do you think the word united means in verse 24?

They got hitched. A man will leave his family (mom and dad) to begin his own, and this transition is finalized with a ceremony we call marriage. Then, after you are married, you become one flesh with your husband or wife. Sex is a God-pleasing act as long as it is done within the confines of a monogamous marriage between husband and wife.

Are we clear on that one? Any questions? So the next question that usually comes out of everyone's mouth is, "How far is too far?"

Read 1 Thessalonians 4:3-5.

- You tell me. How far is too far? Come on now, I know that 75% of you in this room have thought about this before. What do you think? How far is too far according to this verse?

If you have a good relationship with some of the students in your group, this would be a good opportunity to draw them out into a conversation as very few students will openly answer this question.

It doesn't allow for much does it? AVOID sexual immorality. CONTROL your body in a way that is holy and honorable. Stay away from PASSIONATE LUST.

Here's the deal. If you have tuned out the last part of this little talk, come back to me for just a minute. You have to hear this last part. Because it's easy for me to stand up here and say all these things, but it is a lot harder to put into practice. (*Pause, allow that comment to sink in as it shows that you identify with their reality. Repeat if necessary. This next part should be presented in a soft and gentle tone.*)

I know that many of you are struggling with some guilt. Please forgive me if I have brought up some bad memories. Some of you have been lied to and deceived and you did some things that you never wanted to. Some of you had really good intentions and then in a moment of weakness you gave in and temptation got the best of you. And there are some of you who are right in the middle of the fight. You've been holding on to a high standard but feel like it's a losing battle and wonder how long you can hold on. It's at these moments, no matter where you are, that we find our hope in Jesus. The Bible tells us that no matter where we have been, or what we have done, we can find hope and forgiveness in Jesus Christ.

We spend a lot of time talking about John 3:16 don't we? Most of you could probably recite it from memory. But I have become rather fond of the next verse.

Read John 3:17.

Underline it, highlight it, tattoo it on your head, whatever it takes to remember this verse. Before we can really find healing in Jesus, I think we have to be able to understand a few things about why He came to earth. The first is that

Jesus came to SAVE us from our sins. Not to make us feel like a pile of garbage because of all the bad things we have done! Our conscious does that for us. God gave us the law to show us our sin so that we would repent from it. But Jesus came to heal us. To make us whole. To make you a NEW CREATION in his name.

Jesus says it another way in Luke 19:10. Jesus is doing His thing going from town to town spreading the gospel when He meets a very unpopular tax collector named Zaccheus (*feel free to sing the song if you know it*). Tax collectors were not very popular because most of them took extra money from the people and kept it for themselves. They got rich off of working for the government. To the Jewish leaders, they were seen in pretty much the same light as prostitutes. So it's a big deal when Jesus invites Himself over to Zaccheus' house. And guess what. As they sit and chat, Zaccheus announces that he is going to repay everyone he had cheated over the years and give half his money to the poor. And what does Jesus say to the religious leaders who questioned him? (*Read Luke 19:10.*)

If God seems far away right now because of sin, or if you can't seem to forgive yourself for what you have done, please hear these words. Just like Zaccheus over 2,000 years ago, Jesus came to this earth to save you. How do I know? Because Jesus not only talked the talk, He walked the walk. He went so far to prove His love for you that He literally gave His life in place of yours. He died so that you could live forever. And that promise is signed, sealed, and delivered through Holy Baptism. When you were baptized God washed away your sins and blessed you with the Holy Spirit, who will continue to lead and guide you in repentance until the day you die. This promise cannot be taken away by a sin that we commit because it was made by God. Instead, we have to fall back on baptism and cling to that promise when we are riddled with guilt. (*If you are unsure if any of your students have been baptized or not, be sure to invite any interested students to come talk to you afterwards about what baptism is and how they can receive God's promise through it.*)

CLOSING ACTIVITY

You will need a piece of "flash" or "magicians" paper (flammable paper that burns easily and leaves no residue or ash behind), available at a magic shop or online, for each student in your group. In addition, provide each student with a pen or Crayola marker. You will want to practice this first to make sure you know how the paper burns and that the pens you have will write on the flash paper.

In closing tonight, we are going to look at one more piece of Scripture, but I'd like you to spend some time with it by yourselves and allow the Holy Spirit to talk to you through His word. Open your Bibles to John 8:3-11. In just a second I'm going to ask you to take your Bibles, a pen, and this sheet of paper (*flash paper*) with you somewhere in this room where you won't be disturbed by anyone else. Where no one can read what you write. As you read the text, reflect on the first two questions on the screen. When you get to the 3rd question, use the piece of paper you were given as a personal confession of sin to God. I promise you that absolutely no one will ever see what you write and that it will be between you and God. When you are finished, bring the paper up to the front of the room and place it in this bowl under the towel and return silently to your seat. Use this time to simply reflect on God's Word and allow Him to speak His words of forgiveness to you.

Display the three questions below on a screen so that all your students can see them. Some light music in the background might also help students feel more private in a crowded room. Give the students 5 minutes of time.

1. What do you think Jesus was writing on the ground?
2. Does the way Jesus dealt with the woman's sin change the way you think about Jesus? Why or why not?
3. In John 8:11, Jesus forgives the woman caught in adultery and tells her to leave her life of sin. Take this time to offer up any sexual sin you have committed to the Lord. Knowing that Jesus willingly forgives you your sins, confess your sin to him by writing it on this piece of paper. When you are finished, bring the paper up and place it in the bowl and return to your seat in silence and prayer. I promise you that no one will see what you write.

After five minutes are up, invite any students who have not yet brought their slip of paper up and placed them in the bowl to do so now. After everyone has done so, invite all the students to come back to the front of the room where they can see the bowl.

Jesus said that He came to this world not to condemn it, but to save it. The Apostle Paul sums up these words in a letter to the Christians in Rome. (*Read Romans 3:24-25.*)

Remove the cover from the bowl and light a match as you say these words: May God in His great mercy, grant you the assurance that all of your sins are truly forgiven through the death and resurrection of His son Jesus Christ...

Drop the match in the bowl and step back! The flash paper will dissolve in a large flame leaving only the match behind. Pick up the bowl to show the students the papers are all gone.

And may you know without a doubt, that your sin has been washed away, like they never even happened. In the name of the Father and the Son and the Holy Spirit. Amen.

Closing Prayer:

Option #1: Circle Prayer

Have your group join hands and stand in a circle. Invite each person to pray out loud if they wish or squeeze the persons hand next to them if they would like to pass. Begin the prayer yourself and have the person on your left close the prayer when their hand has been squeezed.

Option #2: Invite a volunteer to close your group in prayer.

If you notice some of the students hanging around afterwards, that may be a sign that they would like to talk further about the subject. If you get that opportunity, great! Say a prayer asking God to guide your conversation. If it is a member of the opposite sex, make sure you speak with them in an open but private location.