

**Assignment 4  
But I Want It**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Color of Your Socks: \_\_\_\_\_

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**Questions**

1. What is the name of the main character in your story?
2. What is it that they want but cannot have?
3. Think of a time when you really wanted something but could not have it. What was the thing you wanted?
4. Imagine Joe wants a new bicycle because the one he has is getting too small for him. However, his parents say they don't have enough money to get a new one yet. How do you think this feels to Joe?
5. Imagine Joe hears his friends talking about a movie and it sounds really exciting, but when he asks his parents they say that movie has things in it he should not see. Then Joe hears his friends talk about how awesome the movie was after they saw it. How do you think Joe feels?

Wanting to do something or get something we have been told is not good for us is called temptation. Everyone is tempted; even Jesus was tempted to do things He knew were not right.

*Jesus understands every weakness of ours,  
because he was tempted in every way that we are. But he did not sin!*  
—Hebrews 4:15 (CEV)

6. Is it wrong or bad to want something you cannot have or even something you should not do?
7. What is something people can do that might help when they want something really bad but cannot or should not have it?

**Assignment 6**  
**Growing in Stature and Wisdom**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Favorite Food: \_\_\_\_\_

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**Directions**

1. Read Lesson 1, pages 11-13 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: Luke 2:41-52.
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. Have you noticed any changes in your own body or in the bodies of your friends that are your age or older?
2. What do you think it means when the Bible says Jesus grew in stature?
3. What do you think it means when the Bible says Jesus grew in wisdom?
4. As we learn more about puberty, keep in mind that Jesus, the Son of God, went through similar changes in His own body, so these changes aren't weird. They are exactly how God designed you. Are you interested in learning more about it?

**Assignment 8**  
**Just One of Many Changes**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Third Favorite Color: \_\_\_\_\_

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**Directions**

1. Read Lesson 2, pages 14-16 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: Proverbs 20:29.
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. Some think the changes during puberty are really weird, but changes is part of our entire lives. How much have you changed in your life so far (give examples)?
2. Your parents have gone through a lot of changes, too. How old were they when you were born?

**Assignment 10**  
**The Catalyst of Change**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Favorite Hero: \_\_\_\_\_

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**Directions**

1. Read Lesson 3, pages 17-23 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: Psalm 104:21-28.
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. Do hormones cause us to go through puberty, or does God cause it to happen?
2. How are boys' and girls' bodies similar when it comes to puberty?
3. Thinking just about what we learned now, how are boys' and girls' bodies different?

**Assignment 12**  
**What to Do**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Favorite Song: \_\_\_\_\_

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**Lesson**

We are going to have a judgement-free and punishment-free conversation. The things we will talk about are very personal so it is important you and your parent pause right now and agree that whatever either of you share you will both honor and respect each other for being honest. Pause and do that now.

All of us are exposed to ideas, words, and images that do not reflect God's design for sex. By this we mean ideas, words, and images that disrespect people's bodies, treat people like objects instead of people, and hurt people's feelings. Even if we try to avoid them, we are eventually exposed to these kinds of words, images, and ideas. This lesson is about what to do when that happens.

Your parent is now going to share their story of the first time they were exposed to something like this. Listen with respect as they are honest with you.

When you are exposed to something like this, there are simple rules to follow. This is what you can agree to do:

1. Close your eyes or ears.
2. Get away.
3. Tell your parent.
4. You will not be in trouble.

**Questions**

1. Have you ever overheard other people talking about sexual things in a way that does not honor God's design for sex or seen an image or video of sexual things that disrespect people's bodies and treats them like objects? If so, explain.
2. How old were you and how did that happen?
3. What do you think about what you saw or heard?
4. How did it make you feel? Explain the different feelings you had.
5. What questions do you have after seeing or hearing this? It is okay to ask any question at all, including, "Is that normal?"
6. What can you do next time to prevent more exposures like this?

**Assignment 14**  
**Changes We Can Both Expect**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Toothbrush Color: \_\_\_\_\_

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**Directions**

1. Read Lesson 4, pages 24-28 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: 1 Corinthians 13:8-12.
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. In some of your older friends or family, have you noticed any of these changes?
2. Which of these changes sound like the strangest to you?
3. A lot of the changes that happen in your body are in your private area, and it's important that we respect each other's privacy around our house. What are some things your family can do around the house to help each other have privacy when getting dressed or bathing?
4. You've already gone through a lot of changes in your life, both in the way you think and the way you look. Who is the one who make all those changes happen in your body?

**Assignment 16**  
**Becoming a Woman**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Eye Color: \_\_\_\_\_

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**Directions**

1. Read Lesson 5, pages 29-34 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: Genesis 1:26-27.
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. Who is the one who made us male and female?
2. Let's see if you remember. What's it called when a girl bleeds a little from her vagina?
3. When an egg is fertilized and is implanted on the wall of the uterus, does a girl have a period then?
4. Why did God make a woman experience ovulation?
5. Of the changes in girls we just talked about, which one sounds the strangest to you?

**Assignment 18**  
**Becoming a Man**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Hair Color: \_\_\_\_\_

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**Directions**

1. Read Lesson 5, pages 36-40 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: Genesis 1:26-27 again
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. Who is the one who made us male and female?
2. Let's see if you remember. What's it called when a boy's penis is very hard and straight?
3. What's it called when semen comes out of the boy's penis?
4. Why did God make a man able to have the things described in #2 and #3 above happen?
5. Of the changes in boys we just talked about, which one sounds the strangest to you?



**Assignment 20**  
**Sexual Temptation**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Least Favorite Candy: \_\_\_\_\_

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**Lesson**

You probably already know the word “temptation” and understand basically what it means. In lesson 4, way back at the beginning of the year, you learned that it is not a sin to feel like you want something really bad, even if what you want is not good for you. You learned that even Jesus was tempted.

*Jesus understands every weakness of ours,  
because he was tempted in every way that we are. But he did not sin!*  
—Hebrews 4:15 (CEV)

If Jesus was tempted in all things, that means He also felt sexual temptation. Because you are human, you will feel sexual temptation sometimes, and that will probably happen more often as you enter your teenager years. The important thing to remember is, you do not need to feel ashamed of your sexual feelings, even temptation to do something you know is wrong. The best way to deal with these feelings is to talk about them with your parents.

**Questions**

1. What might be an example of a sexual temptation any person could feel?
2. Explain how it would or would not be possible that Jesus felt that temptation when He was here on earth.
3. Who do you think Jesus talked to when He felt sexually tempted?
4. What is something you can plan on doing the next time you feel sexually tempted?

**Assignment 21**  
**The Goodness of Sexual Attraction**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Name for a Pet Mouse: \_\_\_\_\_

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**Directions**

1. Read Lesson 6, pages 42-44 of *Changes: 7 Biblical Lessons to Make Sense of Puberty*.
2. Be sure to read the scripture: Song of Solomon 1:15-17.
3. Answer the following questions on your own.
4. Check your answers with your parents.

**Questions**

1. Because physical attraction is so powerful, sometimes people think it is a bad thing. They are afraid of its power, so they just try to convince themselves it is evil. Why is thinking in this way wrong?
2. Because physical attraction is good and enjoyable, sometimes people think lust is no big deal. They enjoy it so much they don't care if they lust after others. Why is this way of thinking wrong?
3. Why do you think God made physical attraction so powerful?

**Assignment 23**  
**Ready to be Safe**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Second Favorite Number: \_\_\_\_\_

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**Directions**

1. Review the lesson and what you wrote on Assignment 12: What to Do.
2. Read today's lesson and answer the questions below.

**Lesson**

For some people, it is difficult to learn to be open about things they are exposed to. Even when your parents say you will not be in trouble if you tell them, some people your age are still afraid they will somehow get in trouble anyway.

Remember, it is not your fault if you come across something or someone shows you or tells you something that is sexual. Remember that it is okay and even good to talk with your parents when this happens.

Today you will practice being safe by doing the four steps you learned in Assignment 12.

**Questions**

1. Think of something in the last year that you saw or heard that is not appropriate. It does not have to be anything sexual, just something that you know is not the way God created us to be or talk about. Describe what you saw or heard here:
2. The next time you see or hear something like this, what is the first thing you should do to be safe?
3. What is the second thing you should do if you are exposed to any ideas, words, or images that do not reflect God's goodness?
4. What is the third thing you should do if you are exposed to any ideas, words, or images that do not reflect God's goodness?
5. And finally, what are your parents supposed to do in response when you do what you just described?

**Assignment 28**  
**God's Design for Sex**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Length of Big Toe: \_\_\_\_\_

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**Lesson****God Created Sex**

It is important to remember that the way sex works in humans was God's idea and invention. He could have made us reproduce like plants, without even touching, if He wanted to. Because God created sex, it is good and holy, when used as God designed it to be used.

**Sex Unites Husband and Wife**

When two people have sex, the brain releases several chemicals. One of those is oxytocin, and that chemical causes us to feel emotionally bonded to whoever we are with when the chemical is released. The same chemical is released in a mother's brain when she is nursing her baby. This emotional bond is very powerful. This is what the Bible means when it talks about a husband and wife coming together in Matthew 19:5, "The two shall become one." This verse is talking about a husband and wife having sex.

**Sex is for Husbands and Wives**

God designed this bond to be exclusively for a man and wife, and He made it powerful to help them want to stay together. When a person uses sex in a way other than what it was created for, it causes people to become bonded who are not supposed to be bonded to. It is not helpful to have that kind of feeling toward someone you are not married to, especially if you go on to marry someone else.

**God Made Sex to be Enjoyed**

The Bible says sex is to be enjoyed in marriage. For example, in Proverbs 5:18 the Bible says, "Rejoice in the wife of your youth." This is talking about sex between a man and woman who have stayed married since they were young. God is advising us not to wish we were married to someone else when we get older, but to continue enjoying sex with our spouse. Sex helps married people want to stay together, even long after they are too old to have any more children.

**Sex is to be Selfless**

Things like pornography teach that sex is taking pleasure from someone else for yourself. That is not God's design at all. The bond described above only happens when sex happens in a loving way. God designed sex to be selfless, with the attitude of giving pleasure, not taking it.

## Sex is Spiritual

Sex is not something you do apart from God. Sex is a holy act, a spiritual act, between a husband and wife. In fact, the Bible even compares sex between a man and woman with our relationship with God. God designed sex to “feel” spiritual, because it is the closest we can get to what it will feel like to meet God face-to-face. That may sound odd, but you will see this comparison over and over throughout the Bible. One example is found in Ephesians 5:31-32.

## Waiting for Sex

You may wonder, if sex is so good why do you have to wait for it? One reason we already looked at: sex creates a bond that is so powerful it is not good to have with anyone other than your future spouse. Sex before marriage creates the same, powerful bond with people we are not married to, which makes it harder to focus just on our spouse when we are married.

You will need time to adjust to stronger, adult-level emotions before you are ready for marriage or sex. At your age your emotions are just starting to move to adult levels and they will get harder to manage before it gets easier. Emotional growth is critical to marriage because without it things like emotional outbursts or shutting people out will ruin your marriage and even your sex life.

Your sex drive is just beginning to ramp up and just like emotions you will need to learn how to manage that well. You can ask your parent if this is true: even when you are married you will find you can't have sex any time you want. Your job now is to get used to being patient with your sexual desires so that when you are married you can be selfless and patient instead of selfish and impatient.

## Questions

1. Of everything in this lesson, which point is the most surprising to you?
2. If sex between a man and wife is holy, what do you think God thinks of your sexual feelings now as they start to develop?
3. What is the name of the chemical that God created to be released during sex that makes the people having sex want to stay together?
4. Our worldly culture teaches that sex is \_\_\_\_\_ but God designed sex to be \_\_\_\_\_ instead.
5. What is something besides marriage and sex that people your age also have to wait to be older before they can do? Why do they have to wait?
6. Do you think God would be pleased or upset if you were looking forward to the time you could have sex with a future spouse? Explain why.

## Assignment 28

### God's Design for Sex

## ANSWER SHEET

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### Answers

1. Of everything in this lesson, which point is the most surprising to you?

*any answer*

2. If sex between a man and wife is holy, what do you think God thinks of your sexual feelings now as they start to develop?

*possible answers: they are good, they are holy, etc...*

3. What is the name of the chemical that God created to be released during sex that makes the people having sex want to stay together?

*oxytocin*

4. Our worldly culture teaches that sex is selfish/self-centered but God designed sex to be selfless/giving instead.

5. What is something besides marriage and sex that people your age also have to wait to be older before they can do? Why do they have to wait?

*possible answers: drive a car, go to certain movies, go on some amusement park rides, etc...*

*possible answers: enough attention to not endanger others, to not be too scared, tall enough not to fall out of the ride.*

6. Do you think God would be pleased or upset if you were looking forward to the time you could have sex with a future spouse? Explain why.

*pleased. Answers to "why" vary.*