

Assignment 4
The Truth About Temptation

Name: _____

Date: _____

Color of Your Socks: _____

Lesson

Read Matthew 4:1-11, then answer the following questions.

Questions

1. The devil tempted Jesus three times during this episode. What are the three things Satan tempted Jesus to do?
2. In what way do you think these three suggestions were tempting to Jesus? You may have to use your imagination a little and try to understand why these suggestions would have been tempting for Jesus to do.

Jesus must have felt tempted at other times and for other reasons because the Bible also tells us:

*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)

3. If Hebrews 4:15 is true, is it a sin to feel tempted?
4. If Hebrews 4:15 is true, when a person is tempted does that mean they are weak? Explain your answer.
5. Share something you were tempted to do but decided not to do. Do not be embarrassed since everyone experiences temptation.

Assignment 4

The Truth About Temptation

ANSWER SHEET

Answers

1. The devil tempted Jesus three times during this episode. What are the three things Satan tempted Jesus to do?

- *Turn stones into bread*
- *Throw yourself off the temple*
- *Worship me (Satan)*

2. In what way do you think these three suggestions were tempting to Jesus? You may have to use your imagination a little and try to understand why these suggestions would have been tempting for Jesus to do.

- *Hunger*
- *Prove you are powerful, vanity, pride*
- *Power*

Jesus must have felt tempted at other times and for other reasons because the Bible tells us:

*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)

3. If Hebrews 4:15 is true, is it a sin to feel tempted? *No*

4. If Hebrews 4:15 is true, if a person is tempted does that mean they are weak? Explain your answer.

- *No*
- *It is a normal, human experience to want something that is attractive to us, even if we know it is not good for us. Wanting is not a sin, it's what we do with that want that counts.*

5. Share something you were tempted to do but decided not to do. Do not be embarrassed because everyone experiences temptation. *Answers vary*

Assignment 6
What I Know About Sex

Name: _____

Date: _____

Favorite Food: _____

Lesson

Rather than start sex education this year by telling you facts, you will start by telling what you already know. The questions below will guide you through that. Try to use medical terms (the real names of things), not slang terms. You may write "I don't know" at any time.

Questions**Anatomy**

1. What are the correct names for the private parts on a girl or woman?
2. What is the correct name for where eggs are made and stored in women?
3. What is the name of the organ where a baby develops in a woman?
4. What is the name of the tube that eggs travel through to get to what you wrote in #3?
5. What are the correct names for the private parts on a boy or man?
6. What is the correct name for where sperm is made in men?
7. What is the name of the tube that sperm travel through when they leave what you wrote in #6?

Processes

8. Explain how God designed babies to be made:

9. Why do we have belly buttons? Where do those come from?

More Advanced Questions

10. Once women start producing eggs, do their bodies ever stop making new eggs? If they do, when does this happen?
11. Once men start producing sperm, do their bodies ever stop making new sperm? If they do, when does this happen?

Assignment 6

What I Know About Sex

ANSWER SHEET

Answers

Anatomy

1. What are the correct names for the private parts on a girl or woman? *breasts, vagina*
2. What is the correct name for where eggs are made and stored in women? *ovaries*
3. What is the name of the organ where a baby develops in a woman? *uterus*
4. What is the name of the tube that eggs travel through to get to what you wrote in #3?
fallopian tubes
5. What are the correct names for the private parts on a boy or man?
penis, testicles (or possibly scrotum)
6. What is the correct name for where sperm is made in men? *testicles*
7. What is the name of the tube that sperm travel through when they leave what you wrote in #6? *vas deferens*

Processes

8. Explain how God designed babies to be made:

If an egg is ready it is released from the woman's ovary that it grew in and enters the fallopian tube the ovary is connected to. The man inserts his penis into the woman's vagina and sperm moves from the testicles, through the vas deferens and urethra, where it enters the woman's vagina. Sperm moves into the uterus and into her fallopian tubes. If an egg is waiting in the fallopian tube, the first sperm to touch the egg will fertilize it and a baby will begin to grow. The fertilized egg lowers to the uterus where it connects to the mother while it is growing.

9. Why do we have belly buttons? Where do those come from?

The belly button is where the umbilical cord is attached to the baby up until it is born. The cord is then cut and the little part that is left dries up and falls off, leaving a scar that we call a belly button.

More Advanced Questions

10. Once women start producing eggs, do their bodies ever stop making new eggs? If they do, when does this happen? *Yes, at menopause, around midlife*
11. Once men start producing sperm, do their bodies ever stop making new sperm? If they do, when does this happen? *No, Never*

Assignment 8
What I Don't Know About Sex

Name: _____

Date: _____

Third Favorite Color: _____

Lesson

Everyone your age has unanswered questions about sex, pregnancy, or childbirth. Even people age 18 and 19 still have many questions, even if they don't think about those questions very often.

It is better for you to get answers than to remain curious or confused, as that may cause you to seek answers in an unsafe place. Your parent is the best place to get these answers from.

Questions

Pick two of the questions below and write down what you are unsure about. You may pick more than two, but at least pick two.

1. What is a word you have overheard that you are pretty sure is about something sexual but you don't know what it means. It is okay even if you know it is a "bad word." Write the word down that you do not fully understand.
2. What is something about people's bodies—either male or female bodies—that you are confused about or wonder about?
3. What is something about the act of sex that you have questions about?
4. What is something about pregnancy or childbirth that you have questions about?
5. What is something you have heard about related to sex, or something that you have experienced, that you are not sure if it is normal or not? In other words, "Is this normal?"

Assignment 9
Core Emotional Triggers

Name: _____

Date: _____

Favorite Hero: _____

Lesson

Everyone sometimes uses a distraction to escape a difficult feeling. This isn't necessarily wrong, and sometimes it helps a little for a while. But in the long run, we need to learn to face our feelings instead of running from them.

1. Below is a list of some ways people try to escape a core emotional trigger. Circle one that you tend to do more than others as a way of escaping a difficult feeling. Remember, these are not positive ways to react to a trigger, but ways that do not really help us resolve our feelings. If you do not see the way you usually escape listed below, write your idea below.

- | | |
|---|--------------------------|
| • isolate away from others | • criticize other people |
| • play a video game | • eat snacks |
| • surf social media | • go shopping |
| • surf the internet | • listen to podcasts |
| • binge on shows (including TV, YouTube, and so on) | |

2. Share your answer above.

3. Look at your answer above to how you usually escape triggers. The question now is, what feeling do you usually have that makes you want to escape this way? Here is a list of emotions that may be a core emotional trigger for you. Circle any of these that might be one of your triggers to escaping. If you can think of a better one that is not listed, write that below.

- | | | |
|---------------|----------------|-----------------------|
| • Rejected | • Powerless | • Unloved |
| • Jealous | • Inferior | • Unlovable |
| • Violated | • Embarrassed | • Stupid |
| • Exposed | • Ashamed | • Weak |
| • Excluded | • Frightened | • Like a failure |
| • Alone | • Disrespected | • Flawed |
| • Overwhelmed | • Ridiculed | • Worthless |
| • Rushed | • Betrayed | • Like I don't belong |
| • Abandoned | • Inadequate | • Like a fraud |

4. Share your answers.

Assignment 10
Sex & God's Story

Name: _____

Date: _____

Favorite Song: _____

Lesson This following is an excerpt from IDENTITY: What Foundation Are You Building On, by John W Fort

The Bible uses several analogies to help us understand His relationship with us. These include a mother hen and her chicks (Matthew 23:37), a covenant agreement (Galatians 3-4), vine and branches (John 15:5), as well as father and children (Romans 8:16). In these ways the Bible is trying to show us, rather than simply tell us, what His relationship to us looks like. God is trying to paint a picture of what a relationship with Him looks like.

However, there is one analogy used more than any listed above. That is the analogy of a husband and wife uniting through marital sex on their wedding day.

The picture first appears in Genesis:

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.—Genesis 2:24-25

This picture continues a couple chapters later:

Now Adam knew Eve his wife, and she conceived and bore Cain...—Genesis 4:1a (ESV)

This picture tells a story that everyone would be familiar with. If the picture is broken down into a story, the script would go like this:

1. A man pursues a woman (or a woman pursues a man).
2. She accepts him and they promise to stay together for life.
3. She opens herself to him.
4. He enters her.
5. They both experience great joy.
6. New life is created in her.

Rather than be offended by this story, I challenge you to consider what it is teaching. God uses this storyline to describe His intended relationship toward you and I. The Bible frequently refers to God as the bridegroom or husband on a wedding day, and compares us to the bride. He uses this analogy to describe the relationship He wants to have with you and I.

God rejoices over the thought of being in relationship with you the same way a bridegroom rejoices over his bride on their wedding day:

...as the bridegroom rejoices over the bride, so shall your God rejoice over you.
—Isaiah 62:5b

God compares His own glory to the joy a groom feels coming out of the honeymoon chamber after a wedding night, which implies the couple just had sex.

The heavens tell of the glory of God...Which is like a groom coming out of his chamber.
—Psalm 19:1, 5 (NASB)

God pursues you, makes a promise to stay with you forever, and desires an intimate relationship with you.

"I made you grow like a plant of the field. You grew and developed and entered puberty. Your breasts had formed and your hair had grown, yet you were stark naked. Later I passed by, and when I looked at you and saw that you were old enough for love, I spread the corner of my garment over you and covered your naked body. I gave you my solemn oath and entered into a covenant with you," declares the Sovereign Lord, "and you became mine..."—Ezekiel 16:7-8

This last Scripture goes on for a long time, so I will leave a lot out, but it continues to include that God creates new life in us.

And you took the sons and daughters you bore to me...—Ezekiel 16:20a

Christ's relationship with the church, which includes you, is compared to the relationship of a man uniting with his wife through sex.

Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the church.—Ephesians 5:31-32 (ESV)

At the end of time, the Church—you and I—will be the bride of Christ (the Lamb).

Come here, I will show you the bride, the wife of the Lamb.
—Revelation 21:9b (NASB)

Putting all of these analogies together, we come up with this story God is showing us:

1. God pursues us.
2. He offers a promise to stay with us in intimate relationship forever.
3. We open ourselves to God.
4. God enters us.
5. We both experience great joy.
6. God creates new life within us.

That is God's story of His relationship with us. That is the story God invites us to follow.

Questions

1. Which of these parts can you personally relate to, as far as what your experience with God has felt like so far (check those that apply):
 - ☐ God pursues us.
 - ☐ He offers a promise to stay with us in intimate relationship forever.
 - ☐ We open ourselves to God.
 - ☐ God enters us.
 - ☐ We both experience great joy.
 - ☐ God creates new life within us.
2. Have you ever noticed God pursuing you, and if so, how did He do that?
3. Where does God promise to stay with us forever?
4. In the analogy listed in #1, what part of God enters us in the fourth step of the story?
5. Have you ever had times that you felt joy because of God's relationship with you? Describe what that was like.
6. What is God talking about by "creating new life?"
7. This comparison of sex in marriage to how God relates to you and I can feel odd to us in modern culture. Why do you think God chose to use this analogy all through the Bible?
8. If God invented sex, and sex is good, is there any reason God should not use sex as a way to paint a picture of what a relationship with Him is like?
9. God is all-powerful. He could have made human reproduction happen any way He wanted. Plants do not touch to reproduce. Fish do not touch to reproduce. What are some possible reasons God made sex work the way it does in humans?
10. Are there any questions you have about this lesson?

Assignment 10

Sex & God's Story

ANSWER SHEET

Answers

1. Which of these parts can you personally relate to, as far as what your experience with God has felt like so far (check those that apply): *Any answer is okay*
2. Have you ever noticed God pursuing you, and if so, how did He do that? *Any answer*
3. Where does God promise to stay with us forever? *Heaven*
4. In the analogy listed in #1, what part of God enters us in the third step of the story? *The Holy Spirit*
5. Have you ever had times that you felt joy because of God's relationship with you? Describe what that was like. *Any answer is okay*
6. What is God talking about by "creating new life?" *Creating a new person out of you, being born again, or similar*
7. This comparison of sex in marriage to how God relates to you and I can feel odd to us in modern culture. Why do you think God chose to use this analogy all through the Bible?

This is asking for an opinion but hopefully they see sex creates a good image of what God's relationship to us is like.

8. If God invented sex, and sex is good, is there any reason God should not use sex as a way to paint a picture of what a relationship with Him is like? *No*
9. God is all-powerful. He could have made human reproduction happen any way He wanted. Plants do not touch to reproduce. Fish do not touch to reproduce. What are some possible reasons God made sex work the way it does in humans?

Answers may vary; but it is likely that God designed sex between man and wife to be the way it is in order to use it as a picture to teach us about His relationship with us.

10. Are there any questions you have about this lesson? *Any answer*

Assignment 14
God's Design for Male and Female

Name: _____

Date: _____

Color of Toothbrush: _____

Lesson

It is important to be aware of how much the culture you live in affects how you think. This includes traditions you may pick up in church or at home. Sometimes we find ourselves believing that God designed things to work in ways we are used to rather than look at what the Bible actually says. God's actual design for male and female as described in the Bible may be different than what the culture around you has taught.

This lesson looks at how the Bible describes Godly men and Godly women.

Questions**Examples of Godly Women**

1. Read Proverbs 31:13-18. What are some of the characteristics the Bible uses to describe a Godly woman in these verses?
2. Read Proverbs 14:1. What does this say that wise women do?
3. Read 1 Chronicles 7:20-27. The only one mentioned in this list of descendants who did anything of note was Ephriam's daughter, Sheerah. What was Sheerah known for doing?
4. When the book of Judges was written, Israel had no king, but was overseen by a Judge. Read Judges 4:4-16. Who was the Judge over Israel in Judges chapter 4?
5. What did this Judge do that was noteworthy?
6. In Judges 4:17-22 we see Sisera, who was the commander of the army fighting Israel trying to escape after losing the battle. Who was it that finally defeated Sisera and how did they defeat him?

Examples of Godly Men

7. Read Proverbs 31:8-9. What are some characteristics the Bible uses to describe a Godly man in these verses?

8. Read 1 Samuel 16:23. What was David doing in these verses?
9. Read Amos 6:5. What else did David do in addition to playing instruments?
10. Read 2 Samuel 6:14-16. Not all translations mention what King David was wearing at the time, but basically he was only wearing the equivalent of underwear. What was King David doing in his underwear?
11. What do you think God thought about what David did?
12. Read the rest of the story at 2 Samuel 6:20-23. Read also Acts 13:22. How did God actually feel about David?
13. Why do you think God loved David so much?

Comparison to Culture

14. In your opinion, are any of these traits strictly masculine or feminine: gentleness, rough, strong, musical, artistic, wise, good with finances, builders, fighters, or singers?
15. Why do you think God made Deborah and Jael the way He made these women?
16. Why do you think God made David the way he was?
17. Are all women supposed to be like Deborah and Jael?
18. Are all men supposed to be like David?
19. What do you believe is at the heart of what makes a Godly man?
20. What do you believe is at the heart of what makes a Godly woman?
21. What did God design you to be naturally good at doing?

Assignment 16
God's Design & Purpose for Sex

Name: _____

Date: _____

Eye color: _____

Lesson & Questions

God designed sexuality in humans to be a holy act and to serve a purpose. Some of the purposes God designed sex for are:

- To create new life
- To bond a husband and wife
- To bring joy to a husband and wife
- To be selfless and giving
- To be spiritual

In lesson 10 you learned an additional possible reason God created sex to work the way it does in humans: to illustrate the relationship He wants to have with us.

1. If you had to pick just one, which of the five bullet points listed above is most closely related to this illustration of God's relationship to humans?

The Bible says in Matthew 19:5 that when a husband and wife come together—meaning they have sex—that “The two shall become one.” The Bible is suggesting that sex within marriage somehow bonds a husband and wife together.

This is not some kind of spiritual metaphor, but a biological reality. When a person has sex, the brain releases high levels of several chemicals, one being oxytocin. Oxytocin causes a person to feel deeply emotionally bonded to whomever they are with. So, the two becoming one is not just a religious idea, but something science has discovered really happens.

Sex does not always create an emotional bond in all situations. Sex and the bond it can create are powerful, but because it is so intimate it is also delicate. The purposes of sex are fragile and can be broken. Even between a married husband and wife, sex will not do what it was designed to do when used outside of its intended design.

2. What is a possible situation, even within marriage, where sex would not produce all of the purposes listed at the top of this lesson?
3. With these thoughts in mind, why do you think God talks so much about sex throughout the Bible?

The culture around you often has a very different view of the purposes for sex. One very common idea that non-Christian culture teaches is that sex is about taking pleasure for yourself. God's design for sex is to use sex to give pleasure to your spouse, not take it for yourself.

4. How is God's view of sex as described above similar to other things the Bible tells us about how to live as a Child of God?

5. Why do you think God asks His children to reserve sex for marriage?

In Proverbs 5:18-20 King Solomon says to his adult son:

Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress?

Here, the Bible is talking about having sex when you are older with the person you married when you were young. However, having sex when you get older cannot create new life. Women stop producing eggs around midlife and are no longer able to conceive and have children. We call this change "menopause."

6. Why would the Bible tell older married couples to keep having sex, even after they can no longer have any more children?

7. Which of these purposes of sex might this Bible verse be related to (check all that apply):

- ☐ To create new life
- ☐ To bond a husband and wife
- ☐ To bring joy to a husband and wife
- ☐ To be selfless and giving
- ☐ To be spiritual

8. What questions has this lesson brought up to you?

Assignment 16

God's Design & Purpose for Sex

ANSWER SHEET

Answers

1. If you had to pick just one, which of the five bullet points listed above are most closely related to this illustration idea of sex? *Any answer is fine, this is just asking for an opinion*
2. What is a possible situation, even within marriage, where sex would not produce all of the purposes listed at the top of this lesson? *Some possible answers include using sex in a selfish way or demanding sex when the other was not ready for sex.*
3. With these thoughts in mind, why do you think God talks so much about sex throughout the Bible? *This is mostly opinion with no definite answer, but one possible response is that sex is powerful so it can bond people that do not want to be bonded if used outside of marriage or that people get emotionally hurt when sex is used selfishly.*
4. How is God's view of sex as described above similar to other things the Bible tells us about how to live as a Child of God? *Anything about putting others before ourselves or helping others.*
5. Why do you think God asks His children to reserve sex for marriage? *This is asking for an opinion so there cannot be a specific correct answer.*
6. Why would the Bible tell older married couples to keep having sex, even after they can no longer have any more children? *To keep them bonded together and/or to give them joy.*
7. Which of these purposes of sex might this Bible verse be related to (check all that apply): *The only answer that cannot be right is to create new life.*

Assignment 18
Sexuality & the Teen Years
Part 1 - Brain Development

Name: _____

Date: _____

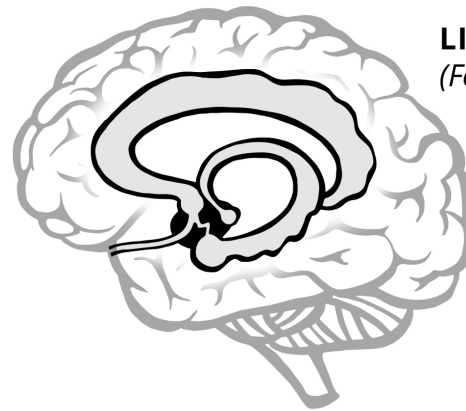
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Lesson & Questions

When you were 10-years-old, two parts of your brain started developing; your limbic system and your pre-frontal cortex. Your limbic system is at the center of your brain and this is where stronger, adult-level feelings come from. This is why the limbic system is sometimes called the “feeling brain.”

The limbic system does a lot of things, but we will focus on these three:

- it increases your interest in **novelty** (new situations and experiences)
- it makes you more attracted to taking **risks**
- it is driven by **reward** (things that are exciting or feel good)



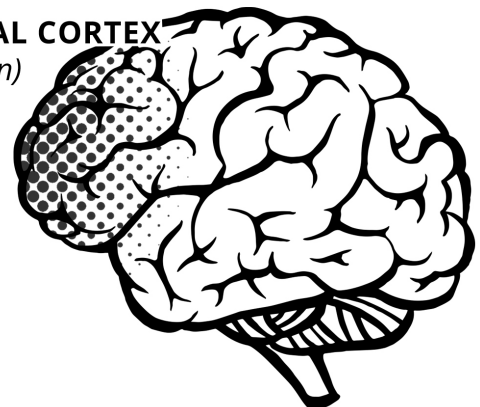
LIMBIC SYSTEM
(Feeling Brain)

This part of your brain begins developing at age 10 but is not fully formed until you are about 15-years-old.

1. God created your limbic system on purpose, so there must be something good that comes out of it. What are one or two reasons that an increased interest in novelty, risk, and reward would be good and God-honoring?
2. Why do you think God might wait until people are 15 before He allows this part of the brain to become fully formed and these attractions be in full force?

Your pre-frontal cortex also begins developing at age 10. This is the upper front of your brain that makes you capable of adult-level thinking. The pre-frontal cortex is sometimes called your “thinking brain.” This takes longer to fully develop and is not fully mature until age 22 in women and 25 in men.

PRE-FRONTAL CORTEX
(Thinking Brain)



The pre-frontal cortex does many things, but we will focus on these three:

- it helps you **think ahead** and determine the consequences of actions you might take
 - it helps you **make decisions** based on facts instead of feelings
 - it **regulates emotions** and stops them from getting out of control
3. Your brain grew a lot before you were 10. What other things do you think the brain was busy learning how to do before age 10?
 4. Your limbic system is fully developed at age 15 while your pre-frontal cortex will not be full strength until you are in your mid 20s (see the chart below). What potential negative situations do you see that might come out of this time difference?

PRE-FRONTAL CORTEX

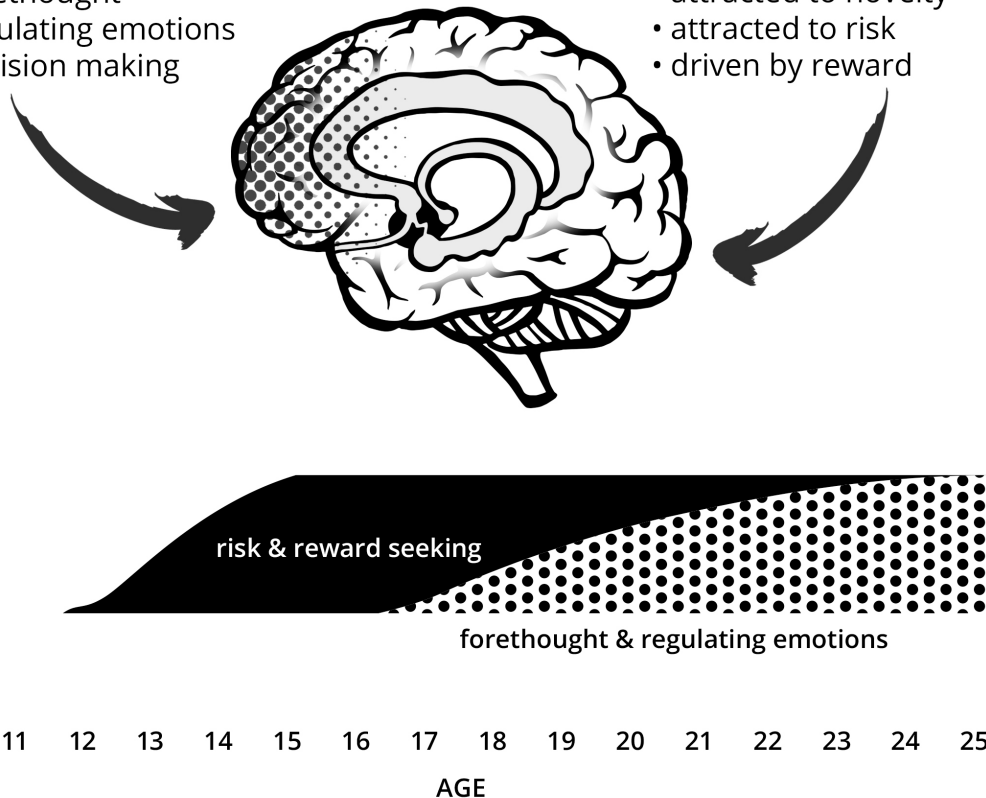
(Thinking Brain)

- forethought
- regulating emotions
- decision making

LIMBIC SYSTEM

(Feeling Brain)

- attracted to novelty
- attracted to risk
- driven by reward



5. Between ages 15 and 20, teens have a high interest in risk, novelty, and reward but a low ability to control those impulses. However, God created your brain to develop like this on purpose. How could God use this temporary teen experience for good?

Assignment 18
Sexuality & the Teen Years
Part 1 - Brain Development

ANSWER SHEET

Answers

1. God created your limbic system on purpose, so there must be something good that comes out of it. What are one or two reasons that an increased interest in novelty, risk, and reward would be good and God-honoring? *Some possible answers: to risk being more fully known, to take on responsibilities that might feel scary.*
2. Why do you think God might wait until people are 15 before He allows this part of the brain to become fully formed and these attractions be in full force? *Something related to it being dangerous for younger kids to feel attracted to risky situations.*
3. Your brain was still growing a lot before you were 10. What other things do you think the brain was busy learning how to do before age 10? *Some possible answers: learning to communicate well (talk, read, and write), becoming better at motor skills (controlling hands, arms, legs, and feet more precisely).*
4. Your limbic system is fully developed at age 15 while your pre-frontal cortex will not be full strength until you are in your mid 20s. What potential negative situations do you see that might come out of this difference? *Some possible answers: doing dangerous things without thinking it through first, not thinking through consequences before making a decision.*
5. Between ages 15 and 20, teens have a high interest in risk, novelty, and reward but a low ability to control those impulses. However, God created your brain to develop like this on purpose. How could God use this temporary teen experience for good? *Some possible answers: developing deeper relationships (which feels scary but is necessary), to dare to be more fully known by others, to do necessary but dangerous things.*

Assignment 20
Sexuality & the Teen Years
Part 2 - Hormones & Willpower

Name: _____

Date: _____

Least Favorite Candy: _____

Lesson & Questions

Hormones

You may already know that during puberty the body starts producing what are called “sex hormones.” In boys, testosterone is the main sex hormone. In girls, estrogen is the primary sex hormone. These hormones start being produced about a year before pubic hair begins to grow, so boys and girls start feeling the effects of hormones before they can see physical changes in their body.

These hormones do a lot of things, but we will look at just these three for this lesson. Sex hormones cause the following to happen:

- significantly elevate the intensity of all emotions (both positive and negative feelings)
- creates a drive for sex and/or romance
- overrides logical thinking

This means something that used to make you sad might make you feel really depressed. Something that was a little irritating might make you very angry. But, something that used to make you happy suddenly feels ecstatic, so it’s not all bad news!

In lesson 18 you learned how the limbic system creates an interest in risk, novelty, and reward. Hormones escalate those feelings even more! The limbic system is your feeling brain, and hormones elevate *all* feelings.

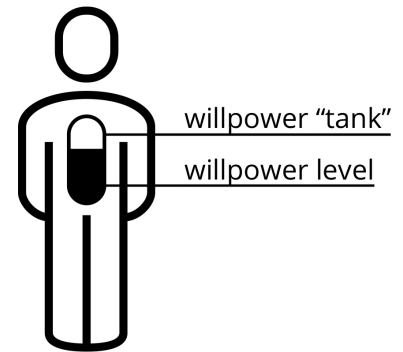
When you were younger, some aspects of sexuality might have seemed gross to you, which is completely normal. Hormones cause things that used to seem gross now feel exciting and interesting. That is supposed to happen because it is God’s design. It would not be helpful for little children to be interested in sexual things, but at some point we all have to become interested or there would be no more babies and the human race would end.

1. Look back at Assignment 18. What part of your brain is responsible for keeping the effects of sex hormones from getting out of control?
2. How old will you be when that part of your brain is at full strength?
3. Why do you need stronger emotions, now that you are older? What are some possible positive reasons for this?

Willpower

Willpower and self-control are related, but not the same thing. Self-control is the ability to control your emotions and actions. Willpower is the energy that makes self-control, and a lot of other things, possible.

In the simplest terms, willpower is the amount of energy in your body available to be used. That energy comes from glucose in your blood stream, but each person's body can only use a limited amount of glucose; the rest turns to fat or passes through the body. In other words, each person's body has a different capacity of how much energy it can store in the blood at any one time.



You might think of that storage capacity as a gas tank or battery. It cannot hold more than its size, but it can empty out and run out of fuel.

The energy comes from the food you eat. Remember, however, too much sugar just turns to fat or passes through you and does not help you have more willpower. You use willpower to do *everything* you do, including: physical work, thinking, remembering, and self-control.

4. Name four different things you need willpower to do. Include something about physical work, thinking, remembering, and self-control.

This means, the more physical work you do, the more thinking you have to do, and the more remembering you have to do, the less willpower will be left over to resist doing things that are not good to do but that are tempting to do. This does not give you an excuse to say, "Mom, I can't do that right now, I'm saving my willpower for self-control."

Sleeping helps recharge your willpower tank. Rest allows glucose to build up without being used. When you wake up and eat breakfast, your willpower tank should be as full as it is going to get all day. During the day your willpower level will go down until you eat lunch. Lunch will boost your level some, but not as high as it started out, and then it will lower again until dinner. But dinner cannot bring you back to full willpower level, no matter how much you eat, because you have not slept. We use up our willpower through the day until we have so little left we fall asleep.

5. Imagine that cookies are very tempting to Sally, but she has already had one today and her parent tells her that she can't have any more today. There is a cookie jar with lots more left over. What time of day would she be most likely to give in to the temptation to eat another cookie, and why that time of day?

However, there is another thing that eats up willpower in teenagers that does not happen at other ages. When your body grows it uses up an enormous amount of willpower (glucose in the blood). Babies grow fast but teenager's bodies are much bigger and grow just as fast, so teens use more willpower to grow than babies.

That means when you go through a growth spurt your body will divert most of your willpower to help you grow. This takes willpower away from thinking, remembering, being coordinated, and self-control. In addition, even though you are not thinking or moving at night (not very much at least) you *do* keep growing. That means during times you are growing you can actually wake up with less willpower than you had when you went to sleep!

However, everyone's body uses up willpower differently. Some people feel most awake in the morning and some feel most awake in the evening. Some have the lowest willpower in the middle of the day.

6. How should you be able to tell what time of day you usually have the lowest willpower?

When willpower levels are low, your brain doesn't work at full capacity. When your willpower tank is low you will be:

- irrational - because your brain is low on fuel
 - irritable - because your brain has a hard time controlling emotions on low fuel
 - impulsive - because your ability to think ahead is low on fuel
7. Give one example of when you have acted in each of these ways that you now realize may have been because you were experiencing low willpower:
- irrational:
 - irritable:
 - impulsive:
8. What are some tasks or situations that would be wise for you to avoid when you are at a low willpower time of day?

9. What times of day does it feel like you have the most willpower?

10. What difficult tasks might it be best for you to save to do during these times?

Assignment 20
Sexuality & the Teen Years
Part 2 - Hormones & Willpower

ANSWER SHEET

Answers

1. Look back at Assignment 18. What part of your brain is responsible for keeping the effects of sex hormones from getting out of control? *Pre-frontal cortex*
2. How old will you be when that part of your brain is at full strength? *Mid twenties*
3. Why do you need stronger emotions, now that you are older? What are some possible positive reasons for this? *Some possible answers: required for deeper relationships, motivation to do more challenging things.*
4. Name four different things you need willpower to do. Include something about physical work, thinking, remembering, and self-control. *Many possible answers*
5. Imagine that cookies are very tempting to Sally, but she has already had one today and her parent tells her that she can have no more today. There is a cookie jar with lots more left over. What time of day would she be most likely to give in to the temptation to eat another cookie, and why that time of day? *Evening, because that is when willpower is usually the lowest and self-control most difficult.*
6. How should you be able to tell what time of day you usually have the lowest willpower? *The time of day I feel most tired or sleepy*
7. Give one example of when you have acted in each of these ways that you now realize may have been because you were experiencing low willpower because it was not how you would normally act: *Each child's answer will be different*
8. What are some things it would be wise for you to avoid when you are at a low willpower time of day? *Anything that requires careful thinking, a lot of coordination, or tempting situations.*
9. What times of day does it feel like you have the most willpower? *Each child's answer will be different*
10. What difficult tasks might it be best for you to save to do during these times? *Anything that requires careful thinking, a lot of coordination, or situations that are necessary but also create temptation.*

Assignment 21
Sexuality & the Teen Years
Part 3 - Purpose of Adolescence

Name: _____

Date: _____

Name for a Pet Mouse: _____

Lesson & Questions

Adolescence

Why does God cause people to enter puberty and become interested in sex so long before they are old enough to get married? One reason is you must learn to manage sexual feelings before you are ready to have a sexual relationship in marriage. This includes learning to manage all the things that affect your sexual feelings.

As you learned in lessons 18 and 20, during adolescence you receive these gifts from God:

- Stronger emotions
- Interest in novelty, risk, and reward
- Stronger impulses
- Stronger sex drive
- Interest in romance

At the same time, because the pre-frontal cortex is not fully developed, adolescents are still learning how to:

- Think ahead
- Regulate emotions
- Make Wise decisions

Learning to manage sexuality is very similar to learning to manage anger. Stronger emotions are harder to control, so all adolescents find it more difficult to refrain from anger outbursts. Anger can come in the form of yelling, refusing to talk to people, isolating or hiding from others, or arguing in a combative manner.

It is normal for adolescents to have anger outbursts that seem irrational to parents and even younger siblings. However, parents remember going through the same thing, so hopefully they will understand and empathize. This does not make anger outbursts good, but they do happen. Anger outbursts are a temporary side effect of getting stronger emotions before you gain the ability to manage those stronger emotions well.

The same is true with sexuality. Sexual feelings are strong and it takes time to learn to manage them and not let them control you.

1. What are some other things besides marriage and sex that either children or adolescents are told they are not old enough to do yet? What is the reason behind each for making children wait?

In lesson 18 you learned that your pre-frontal cortex will not reach adult strength until your mid twenties. This is the part of your brain that helps you manage your feelings and impulses. God created this delay in ability to control impulses on purpose. He did not look down on the first child who reached adolescence and say, “Oops.”

2. What are some things that the average 15 to 25-year-old is better at than older adults and children?
3. What part of what you mentioned in #2 might be due to adolescents having strong impulses but weaker control of those impulses?

This difference between impulse and control also gives adolescents the following unique abilities. You might think of these as temporary super powers for adolescents only.

- a. Heightened empathy for others with no filter to limit it.
 - b. Impulses to do good that override cautions that might get in the way.
 - c. Attraction to the risk of being vulnerable and transparent with others.
 - d. Not thinking ahead to possible consequences of giving fully of themselves.
 - e. Willing to ignore significant danger in order to follow their heart.
4. How did each of these figures in the Bible demonstrate one or more of the above when they were adolescents?
 - David (1 Samuel 17)
 - Mary (Luke 1:26-38, John 7:53-8:11)
 - Stephen (Acts 6:5-15, Acts 7:54-60)

Adolescence is a time when your body is strong but you are not yet married and don't have children to worry about. I suggest to you that **God designed adolescence as a time to do his most challenging work.**

In addition, adolescents gain the motivation to do things required for them to grow up. For example:

- a. Attraction to try new things that lead to adult independence.
- b. Attraction to the opposite sex overrides the fear of talking to them.

Adolescence & Sexuality

These new abilities you are developing—stronger emotions, interest in novelty, and so on—are given to you to practice and get ready for adult relationships and responsibilities, including marriage and a sexual relationship.

Recall that God designed sex to:

- Create new life
- Bond a husband and wife
- Bring joy to a husband and wife

- Be selfless and giving
- Be spiritual

Creating new life before one is ready to care for that new life would be damaging for everyone involved, especially the baby. Sex does not bond a husband and wife or bring them both joy if it is impatient or selfish. Embracing the spiritual nature of sex within marriage requires spiritual growth first.

Your job during adolescence is not to wait to have sex but to get ready for marriage and sex. All of these tasks for adolescence are related to using the new abilities you are gaining and practicing things that will make you more likely to live out God's design with your own sexuality.

You Gain in Adolescence	You Practice in Adolescence	So That You Will
Stronger Emotions	Identify and respond well to your emotions and the emotions of others	<ul style="list-style-type: none"> • Care well for new life • Be selfless • Bring joy to your spouse
Interest in Novelty, Risk, & Reward	Take on more adult responsibilities at home and explore what God designed you to find joy in doing	Be selfless and better at caring for your spouse and new life you create together
Stronger Impulses	Plan times to do fun things and practice delaying your own gratification until then	Be able to wait for your spouse to be ready for sex
Interest in Romance	Have deeper conversations with God, family, and close friends to better understand their wants and needs	<ul style="list-style-type: none"> • Bond with your spouse rather than push them away • Grow spiritually
Sex Drive	Ask questions about sex and practice controlling your drive for sexual stimulation	<ul style="list-style-type: none"> • Approach sex with your spouse in a selfless way • Bond with your spouse through sex

If you have been doing this curriculum, you have been doing a lot of these things already this year. The courses on Emotional Resilience and The Need for Freedom help you practice many of these skills. Using the Just Between Us journal and even the Honest Talk card game help you practice deeper conversations.

You also need to practice managing your sex drive. Rather than try to ignore your sexual feelings you can talk about them with your parents. As questions about sex come to your mind, ask them. When you feel an urge to experience sexual stimulation of some kind, practice controlling that and waiting. When you are married you will not be able to have sex any time you want. That idea is a myth (just ask your parents). Being able to wait will help you be selfless with your sexuality and bond with your spouse when you do have sex.

You will not be perfect managing any of these new abilities and interests. That is why now is not a good time to get married. You will make mistakes with your emotions, impulses, and sexuality, but you will learn from your mistakes. You want to learn as much as you can now so you make fewer mistakes with your emotions, self-control, and sexuality when you are married.

5. What is something you have already learned this year about identifying or responding well to emotions?
6. What is something you are interested in that is novel or slightly risky but not inappropriate?
7. What is one positive thing that you sometimes feel a strong impulse to do at a time that is not good to do it?
8. What is one thing that feels very personal that you might share with your parent, sibling, or really close friend?
9. What is something not related to sex you can practice waiting for instead of trying to do it when you first feel you want to do it?
10. When is a time you could get alone and tell God about your feelings to deepen your relationship with Him?
11. What question about this lesson or sexuality could you ask your parent?

Assignment 21
Sexuality & the Teen Years
Part 3 - Purpose of Adolescence

ANSWER SHEET

Answers

1. What are some other things besides marriage and sex that children or adolescents are asked to wait to do when they are older? What is the reason behind each for making children wait? *drive a car in traffic, see a scary movie, ride a rollercoaster*
2. What are some things that the average 15 to 25-year-old is better at than older adults and children? *Possible answers: dangerous work, fighting for your country, things that require instant reactions.*
3. What part of what you mentioned in #2 might be due to adolescents having strong impulses but weaker control of those impulses? *Possible answers: react quickly, more willing to risk their own safety for the benefit of others*
4. How did each of these figures in the Bible demonstrate one or more of the above when they were adolescents?
 - David - took on a giant that was way stronger than him to protect his people
 - Mary - being pregnant as a virgin which could have gotten her stoned to death
 - Stephen - speaking for God even though that resulted in his death

The following do not have specific answers as each is asking your child for a personal response. You might talk briefly about each, but there are no “correct” answers.

5. What is something you have already learned this year about identifying or responding well to emotions?
6. What is something you are interested in that is novel or slightly risky but not inappropriate?
7. What is one positive thing that you sometimes feel a strong impulse to do at a time that is not good to do it?
8. What is one thing that feels very personal that you might share with your parent, sibling, or really close friend?
9. What is something not related to sex you can practice waiting for instead of trying to do it when you first feel you want to do it?
10. When is a time you could get alone and tell God about your feelings to deepen your relationship with Him?
11. What question about this lesson or sexuality could you ask your parent?