

Session 7: I'm Worth Waiting For

Supplies for this session: 2 random objects and at least one male and one female facilitator for the discussion.

1. Welcome & Check In (5 minutes)

- Welcome everyone to their seventh session!
- Introduce what the session will be about:
 - The impact of The Fall on our society
 - The value of purity
 - Difficulties we face in living a pure lifestyle
- Share what they can gain from their investment into the session:
 - An understanding of why our world is the way it is because of The Fall
 - A better grasp on why we practice purity
 - Some tips and tools to living a pure lifestyle

2. Play an Icebreaker (10 minutes)

This is A...

- Choose 2 items to feature in this game and have everyone sit in a circle.
- Take one item and turn to the person on your right. Follow this script together:
 - Person A: This is a [insert name of item here]
 - Person B: A What?
 - Person A: A [insert name of item here]
 - Person B: Oh, a [insert name of item here]
- Repeat this process with the person on your left with the second item.
- The people on your right and left must then repeat this process with the person sitting next to them. The only difference being when they are asked "A What?" they must turn back to you and ask "A What?" When you respond with the name of the item then they can respond with the name of the item.
 - The game gets most confusing once the two items pass each other in the circle and people have to remember to pass both the "A What's" and their answers in the right direction.
- To keep the game fun try to keep it going quickly so people get a little lost and confused!

3. Review Homework from Last Week (10 minutes)

- Share what area of church internship they chose and how they are going to complete their 3 hours before the completion of Il Shim.
- Share what holy day and/or tradition they created to practice and how they celebrated it.
- Share how they designed their family mission statement and where they displayed it in their home.

4. Read the Session Reading (10 minutes)

- Read through the "Session 7 Reading."
- Make sure to read it out loud and to pause between paragraphs to summarize or clarify points.

- Ask thoughtful questions that connect the content to the lives of the participants. Make sure they connect the dots of how this reading can actually make a difference in *their* lives.
- Take turns reading paragraphs so the youth aren't listening to one person's voice the whole time.

5. Discussion: (15 minutes)

For this discussion split your youth into two groups based on a gender. Each group will need a same-gendered facilitator. Try to create an open space for people to share honestly and comfortably. Some of these topics are difficult to share about, so you should feel free to use this time in the most constructive way. If someone is not comfortable sharing on some of these topics, they don't have to share. If some youth needs or want to talk more about some of these topics, feel free to talk to them after the session is concluded.

- What are your thoughts on crushes, dating and temptation/pornography?
- How have your own experiences with crushes, dating, and temptation/pornography impacted your life?
- How do you deal with or want to deal with crushes, dating, and or temptation/pornography?

Thank everyone for sharing. Make sure everyone is acknowledged for their courage to share whatever they shared, and if people didn't share much, make sure they know that that is perfectly fine. Let them know that you'll now be joining back with the other group.

6. Personal Reflection Points (7 minutes)

Allow some quiet time for the youth to write and/or think about these questions in their Il Shim notebooks. Feel free to play some quiet and reflective music in the background.

- What tips do you use, or want to use, to keep yourself accountable in terms of living a pure life?
- Why do you feel waiting to have a romantic relationship until marriage is important?
- What activities, adventures, and experiences do you want to invest your time in now instead of spending your time dealing with crushes, dating and/or temptation/pornography?

7. Activity: Role Playing (10 minutes)

- Give everyone a few minutes to draft out responses to these scenario's:
 - Someone asks you for your number, or out on a date
 - Someone is pestering you about why you don't have a boyfriend/girlfriend
 - Someone asks you about your Il Shim ring
 - Someone is talking about having sex and asks you if you have had sex before
- Role play these scenario's with each of the youth in front of the group. You should play the "someone" character.
- These scenario's can be very awkward to role play, so you should make it fun. You can dress up, talk funny, etc. The point is you want to give these youth a chance to practice responding to these questions so that they will be ready when the time comes.

8. This Week's Homework: (5 minutes)

- Fill out the “My Plans for My Internet” form in your packet and go over your answers with your parents.
- Write 2-3 paragraphs in response to the prompt, “The Kind of Husband/Wife I want to be.”
- Read from the Cheon Seong Gyeong Book 1, Chapter 4, Section 1: The Parent whose position was usurped (pages 98-100). At the end of each paragraph share a summary with your parents about the meaning of that section.
- Here are some optional resources to learn more about the impact of pornography on your mind and body:
 - www.fightthenewdrug.org
 - <https://www.youtube.com/watch?v=Bb1hkIjcSJQ>
 - <https://www.youtube.com/watch?v=flh8gnC6J1s>

9. Closing Prayer (3 minutes)

Offer a closing prayer focusing on surrounding ourselves with a good environment so that we can nurture our purity and prepare for our future blessings and marriages.

Session 7 Reading: I'm Worth Waiting For

A few weeks ago we learned when God created us He/She envisioned each of us building lives of love, joy, and fulfillment. We also learned that God invested His/Her entire self into creation with the hope that it would become a world full of happy families living in happy communities. And yet when we look at the world around us we see that it is far from God's hope. We can't help but ask ourselves, what happened? How did the world stray so far from God's ideal? The answer to that can be found by looking at the story of our first human ancestors: Adam and Eve.

You've probably heard the story of the Human Fall a few times before. After creating Adam and Eve, God shared with them all the wonderful things that they had in store for their lives. God expressed His/Her excitement over being able to experience their lives through them. And He/She also asked them to wait to have a romantic relationship until they were mature people and could receive God's blessing. As time went on, however, Lucifer, who was God's right hand man, started feeling jealous towards the love Adam and Eve were receiving from God. Lucifer began flirting with Eve and convincing her that she was missing out on something amazing by not having a romantic physical relationship. Eventually, Eve began to have feelings for Lucifer which lead her to have a sexual relationship with him. Eve was ashamed of her actions and she turned to Adam for love, comfort, and an attempt to be who she was before her mistakes with Lucifer. However, Adam also gave into Eve's affection and they had a sexual relationship before receiving God's blessing. This original sin has been passed down through generations and is the reason our world has distorted romantic physical relationships.

Adam and Eve knew the consequences of engaging in a romantic relationship before they were ready, so why is it that they could make such a mistake? The Divine Principle teaches us that the power of love is stronger than the power of the principle (or in this case, God's commandment to wait until maturity to have a romantic relationship). God designed the world this way so that we could build fulfilling and personalized lives for ourselves. If the power of the principle were stronger than love we would consider following the rules and principles as more important than loving and taking care of people. We would put studying scripture above our unique relationship with our Heavenly Parent. Instead of this, God made love the most powerful force of the universe so that we could lead dynamic and meaningful lives with Him/Her at the center.

While this is a great blessing, the time in our lives in which we are growing towards maturity can be difficult. We call this time the *period of indirect dominion*. To traverse this time well we need to follow God's principles so that we can reach the *period of direct dominion* in which our desires and God's desires become one. This is why God asked Adam and Eve to wait for their marriage until they were mature. If we don't wait until we are mature beings, we end up with hurt hearts or hurting others because we weren't ready to engage in a romantic relationship. When we talk about saving ourselves for marriage, we're talking about more than just having sex. Our faith teaches us that we are both physical and spiritual beings. So that means there is both a physical and spiritual aspect of purity and that means that purity has many aspects and levels to it.

The spiritual aspect of our purity has to do with what we allow our spirit to interact with. This includes the types of movies and T.V. shows you watch, the types of books you read, and the types of music you listen to. It also includes making important decisions regarding pornography. Pornography are materials that displays vivid sexual activity and include pictures, video's and even books. Because pornography is so easy to access online, you will probably be exposed to it in the near future if you haven't already been exposed to it already. But it's important to know the whole story about pornography. There's a whole science about the negative impact of pornography on your brain and your ability to have meaningful romantic relationships in the future. All of the research surrounding pornography says the same thing; pornography is not healthy for you or your future marriage.

Nurturing our purity on both of the spiritual and physical planes is the reason we, as Unificationists, choose not to date. It may be hard to explain to your friends why you don't date when they may already have boyfriends and girlfriends. We choose not to date because we want to give our whole heart, soul, and body to our future spouse. If we were to have other romantic relationships before marriage we would always have the memory of other people we dated, kissed, and shared our feelings with. Instead, we want to be able to share every "first" with our spouse and continue to learn about a man and woman relationship through our spouse only. True Parents have taught us that it is only through our spouse that we are able to understand God and understand all people of the opposite gender.

The awesome part of nurturing your purity while you are in this stage of your life is that it gives you the freedom to focus on the things that make you happy! This is the time for you to find your hobbies and think about what kind of life you want to live. This is your time to have adventures, discover yourself and the world around you, and become the person you want to be. Choosing to save romantic relationships for when you are mature and ready to get married means you have the freedom to live your life to the fullest! So enjoy it, because God certainly wants to enjoy your life with you. One day you'll get blessed and experience marriage the way God intended it to be, and you can look forward to that. But in the meantime it's important to continue to be invested in your purity so that you can be the best future husband or wife for your spouse.

Here are a few tips and tools to help you in maintaining a pure lifestyle and becoming a mature person:

- Choose your music, movies, and T.V. shows well
- Tell your parents when you have feelings for someone of the opposite gender
- Hang out with friends of different genders in groups, instead of one-on-one
- Let your friends know where you stand in terms of dating and purity

The most important tip having a pure lifestyle is to fill your time with activities and experiences that you love. That way you can focus on being the best version of you!

My Plans for My Internet

The internet is an amazing place where you can learn *anything*! Unfortunately, some people have abused this freedom and are making material available that impacts your attempts to lead

a pure lifestyle. It may seem harmless because it's just the internet, but it's important to have a plan in action for when you are confronted with potentially harmful situations.

Please fill out this form with honest ideas and answers. You can fill in as many or as little ideas in each section, but please fill out at least one answer for each section.

1. I use the following online chatting and messaging services:

2. I have the following guidelines for my online messaging conversations:

3. I use the following social media websites:

4. I have the following guidelines regarding what type of personal information I put on my page:

5. When talking online with people I have only met online and do not know in real life I have the following guidelines:

6. When I come across inappropriate content online such as images, videos, and conversations that are sexual in nature, I...

7. If someone I have met online asks me to meet in person, I have the following guidelines: