



Christian Sexuality Education Lesson Plan **Grade 4-6: Decision Making**

	Grade 4	Grade 5	Grade 6
3A: What is Faith	Minor	Major	Minor
3B: Decisions	Major	Minor	Major
3C: Self-Control	Minor	Minor	Major
3D: Decisions related to Sexuality	Major	Major	Minor
3E: Repentance corrects your way	Major	Major	Minor

1. Lesson sub-topics

- Freedom of choice
- Faith
- Self-control
- **How** do we make the right decision?
- **Whom** do we ask?
- Repentance and forgiveness.

2. Lesson Objectives

By the end of this lesson, you will be able to:

- Understand how decisions affect us.
- Learn how to involve God in all our decisions.
- Learn the steps to help us self-control.
- Learn what to do when we make bad decisions.
- Understand the need for repentance.
- Understand the difference between confession and repentance.

3. Servants' resources/references

- Curriculum guidelines.
- The Holy Bible (NKJV)
- Online: Videos / songs

- Fr. Antony Messeha - "Blind" Faith - Part 1 - Water to Wine
https://www.youtube.com/watch?time_continue=2&v=r8J7eQx8Zlo&feature=emb_logo

4. Lesson Content and timing

Red: Sub-topic

Green: Open ended question for the students.

Blue: Conclusion

Purple: Verses within the lesson

Reminder the children to listen Attentively.

What does that mean? Attentively means listening with your (Mind, ears and eyes)

A. Review Previous lessons (5 Min.)

- Christian Identity.
- Christian values.

B. Opening / Icebreaker (5 Min.) Different for each grade: Example:

G4: Imagine...just imagine that you are a Robot! You **look** the same, you **feel** the same but someone else has a remote control to control you...**SUDDENLY**: your arms are going all the way up...and you are NOT able to put them down...**AND THEN** you are moving super-fast all over the place and you are NOT able to stop...**THEN** someone puts something really slimy gooey and disgusting in your mouth...**YUCK!**
Now keep your eyes closed, imagine yourself, how do you feel? What can you do now? **Imagine, think and remember how you are feeling now.** Let's open our eyes...**Luckily God did not create us that way 😊.**
(3B: Freedom of choice).

G5: Would you rather be a game (Choices): No right or wrong choices, mainly to help understand what the process of making decisions is all about.

Would you rather be a bird **or** a bat?

Would you rather explore space **or** the ocean?

Would you rather be able to fly in the air **or** breathe underwater?

Would you rather go without TV **or** junk food for the rest of your life?

G6: Take A Guess, how many decisions we take per day!!!!

We make many decisions every day, some simple, some more complex.

Wake Up ... Pray or not ... Brush or not ... Wear this or that ... Be late or on time ... Be nice to your friend or rude ... Say Yes or No...etc.



35,000
decisions in
a day! Are
you making
the right
decisions?

C. Present the new information/lesson Outline (40-45 Minutes)

Section I (10-15 Min.):

3A: What is Faith

* Having complete trust in God * We are children of God * We choose God's way.

▪ All the miracles that Jesus performed were witnessed by the disciples and the apostles who lived with Him. They recorded the miracles and personal experiences in the Holy bible and that is how we learn and believe generation after generation.

"That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life" (1 John 1:1).

▪ As children we base our faith on trusting people who experienced God. As we grow up, we build our own experiences, strengthen our faith in God and our relationship with Him. *"This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all" (1 John 1:5)*

▪ When I have a personal connection with God, I would not want to follow anyone other than God.

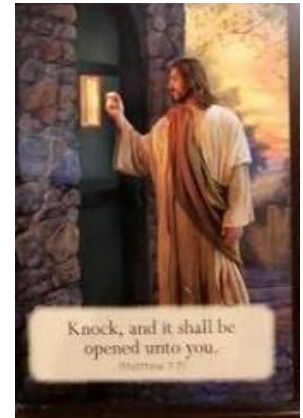
▪ God is always watching over us and longing to be with us.

"Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me." (Revelation 3:20).

Our faith is our Armor

(Elaborate: *Ephesians 6:11*)

Use the activity G5



Objectives → To understand the Christian faith is based on the recorded witnesses of the disciples and apostles of a true-life experience.

3B: Decisions:

What does "Freedom of choice" mean?

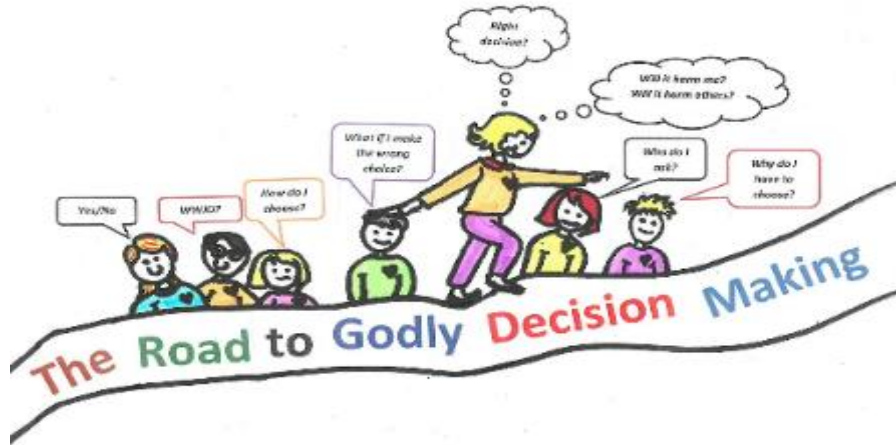
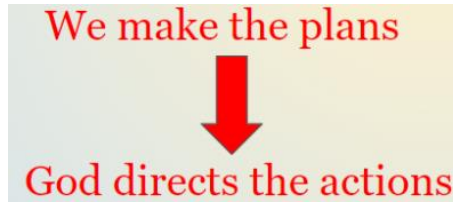
- God created people not robots, He created us in His own image.
"Then God said, Let Us make man in Our image, according to Our likeness" (Genesis.1:26)
- God has given us freedom to think, to choose and to make our own decisions.
- God has given us commandments and precepts that show us His path through Christ. I will know how to live as a true Christian, and how to make decisions, guided by the word of God.

What does "decision making" mean?

G4/5: + It is having choices that we pick from, based on our values and what we believe.

- + If God gave us "freedom of choice", that means that we have to make decisions and choose our own path throughout our lives.

G6: It's the process of identifying and choosing alternatives based on the **VALUES**, preferences and beliefs of the decision-maker.



Why is it important to learn how to make the right decision?

- + Every decision we make has outcomes:
Good decision ----> Solves the problem & Bad decision ----> Puts us in more trouble.
- + Every decision we make **affects** our:
Happiness Health Future The people around us **Our relationship with God**
It shapes our lives and our salvation **It makes us who we are**

What are some aspects that may affect our decisions? (Negative/Positive)

- Peer pressure
- Temptation
- Emotions
- Intuition
- Past experiences

How do we make a good decision?



STOP:

Before any action we take, we STOP and Breathe!

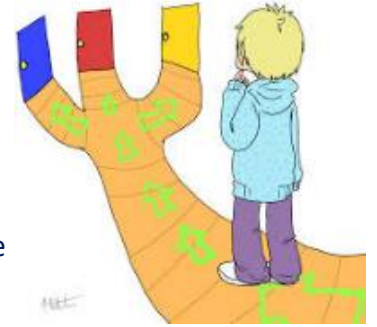
Usually when we are angry or emotional, we make wrong decisions that we regret after.

THINK:

Does my action go along with my values? Do I glorify God with this? Is it safe for me and others?

ACT:

When you are calm and feel you have Self-Control, then you can act according to your Christian Values.



+ **Pray to God with all our hearts** (How close are we to God? Are we friends with Him?)

Do we hear Him?

Remember every time we need to make any decision...Fully Rely On God! **(FROG)**.



If God is actually offering the help, why not take it. Christ is the Way, the Truth, and the Life.



+ **Remember our Faith, our Christian Identity, our Christian values: Self Respect - Self Control, all church and Sunday school teachings.**

+ **The Bible is our Reference:** *“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness” (2Timothy 3:16)*

Always remember the bible teachings.

+ **List your choices;** pros and cons of each option.

+ **Consider all the consequences (positives/negatives).**

+ **Seek wise counsel:** Someone experienced, less emotional, that loves you unconditionally and wishes the best for you.

Who? Parents, father of confession, Sunday school servant...etc.

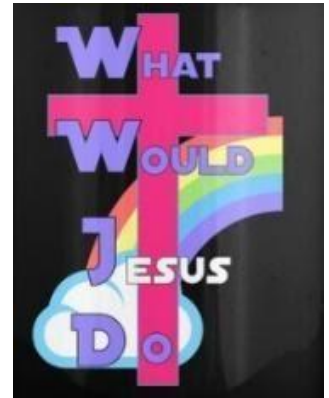
Do we ask a friend? Why?

+ **Think WWJD:** What Would Jesus Do? Will that decision take me away from God's path?

+ **Decide ahead of time:** that way when you are exposed to a challenge or temptation, you know where you stand and act accordingly. So we are not taken off guard.

Do our decisions reflect our true Love for God?

- We then know choosing God's path is the right decision.



Types of Decisions: What are the different types of decisions that we face every day?

- Minor decisions (Less consequences) - Major decisions (High consequences)
- Righteous decisions (Eternal Salvation)

- Choosing the right friend that respects who you are and your Identity with God. ABC: Avoid Bad Company.
- Treating others with care and Respect. **Examples?**
- The way we dress in church and outside church. **Examples?**

Does the way we dress reflect our Lord inside and outside church?

- Online usage: **Examples?** Chat groups YouTube Pictures Types of Games

And many more throughout our lives: Education, life partner, house...etc.

"All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any" (1 Corinthians 6:12)

Decisions that affect our health negatively:

- Not dressing warm on a cold day...**What can happen?** Can get sick.
- Drinking Alcohol ...**What can happen?** Can destroy the liver.
- Smoking or vaping...**What can happen?** Can destroy the lungs.
- Not washing our hands often ...**What can happen?** Can get a virus.

Decisions that get us closer to God: Ideas?

- Praying with all our hearts.
- Going to church and practicing true ecclesiastical (church) life.
- Following God's Commandments.



- Read the Bible and live accordingly.

Did we make the right decision?

- + The closer we are to God, the easier we will hear His voice. We hear Him through our prayers, through reading the bible or even humming a nice gospel song that we like.
- + Do not forget to Thank God.

“Oh, give thanks to the Lord, for He is good!” (Psalm 107)



Objectives → To understand freewill and the process of decision making.

Section II (15 Min.):

Servants can use this section for an activity/video of choice (Please refer to the group activity section or Videos for each grade section).

Section III (15 Min.):

3C Self Control: (Review)

What is Self-Control?

- ❖ The ability to manage our actions, feelings and emotions.
- ❖ The will-power to fight trials with the grace of God. It can not be done without Christ. *(I can do all things through Christ who strengthens me)(Phil.4:13)*
- ❖ The ability to control our thoughts with Christ.
- ❖ Knowing when to say: “NO” or “Yes”.
- ❖ Self- Control with Christ gives us the strength to fight against sinful thoughts and emotions.

For the servant “Self control with Christ is a spiritual concept that should be embedded in the mind of children”

“If you love me, keep my commandments” John 14:15 “Abstain from every form of evil.” 1 Thessalonians 5:22-23

Remember: **STOP**, **THINK** and **ACT**

Control your senses : Eyes ▪ Tongue ▪ Ears. Protect your thoughts. (Will be discussed more in the Purity lesson).

“Whoever has no rule over his own spirit is like a city broken down, without walls.” Proverbs 25:28

Objectives → To review what self-control is.

3D: Decisions related to our Purity: (Cootie Catchers activity below)

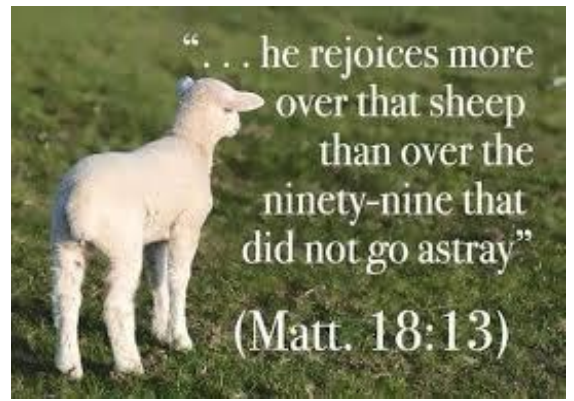
- If a friend encourages you to look online for pictures of people with few or no clothes.
- If a friend shows you a game that has inappropriate popups and bad language.
- If you have certain feelings (crush) towards a boy/girl in your class.
- If a friend decides to show you how smoking, vaping and drinking alcohol is cool.

Objectives → To practice having a decision in advance with practical life situations.

3E: Repentance / Forgiveness...What if we make a mistake?

- Pray for forgiveness. (God is so merciful and forgiving).
- Repent & Confess to Abouna.
- We learn from our mistakes so we do not repeat the same mistakes again.
- Ask God to help us make our next decision in life.

*"I have not come to call the righteous, but sinners, to repentance."
(Luke:32)*



Objectives →to stress the importance of repentance.

Verse of the day:

G4: "Your word is a lamp to my feet. And a light to my path." (Psalm 119:105)

G5: "Put on the whole armor of God, that you may be able to stand against the wiles of the devil."
(Ephesians 6:11)

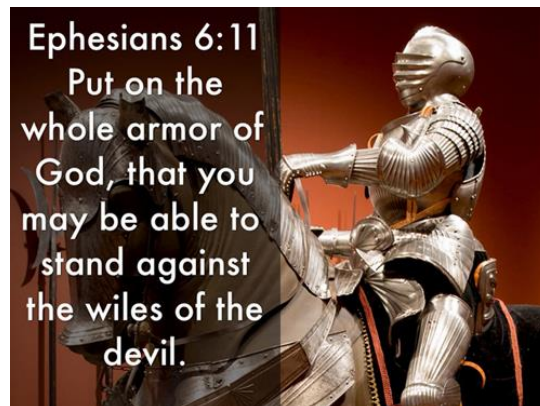
G6: "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." (James 1:5)

(Printable for giveaways):

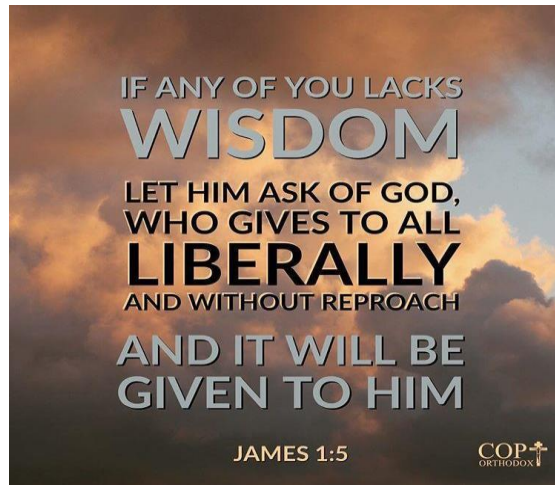
G4:



G5:



G6:



D. Lesson review and what did you learn in the session? (5 Minutes)

Review

- What is the meaning of faith?
- What are some things to consider when making a decision?
- Who to ask?
- What if we make the wrong choice?

Questions:



E. Prayer:

Heavenly Father,

Be strong in the Lord and his mighty power.

Put on the **FULL ARMOR** of GOD
so you can take your stand
against the devil's schemes.



The belt of **TRUTH**

The breastplate of
RIGHTEOUSNESS

The Gospel of **PEACE**

The Shield of **FAITH**
to extinguish the arrows
of the evil one

The Helmet of **SALVATION**

The Sword of the **SPIRIT**
which is the Word of **GOD**

- Ephesians 6:11-17

Be strong in the Lord and his mighty power.

Put on the **FULL ARMOR** of GOD
so you can take your stand
against the devil's schemes.



The belt of **TRUTH**

The breastplate of
RIGHTEOUSNESS

The Gospel of **PEACE**

The Shield of **FAITH**
to extinguish the arrows
of the evil one

The Helmet of **SALVATION**

The Sword of the **SPIRIT**
which is the Word of **GOD**

- Ephesians 6:11-17

Please hear us when we say: Our Father...Amen

5. Practical application of the lesson to SSSs lives

These are only examples:

- Boyfriend / girlfriend. Appropriate touching / holding hand.
- Listening to inappropriate music.
- Watching inappropriate videos or movies.
- Watching nude pictures.

6. Videos – Relevant for each Grade

Servant should introduce the video, ask students to listen carefully and set some expectations for a discussion after watching the video.

G4: YouTube: (Make Good Choices | Blinky's Bible Adventures)(3B)

<https://youtu.be/t-qcmNU9CX8>

YouTube: (Thy word is a lamp unto my feet) (Song for the verse of the day at the end)

<https://www.youtube.com/watch?v=miNYyUd92eE>

G5: YouTube: (What is wisdom? CQ Kids) (3A)

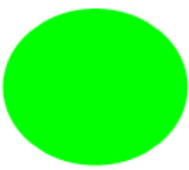
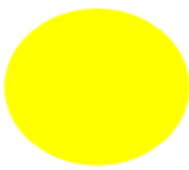


https://www.youtube.com/watch?v=Fvu_601JahI&t=125s

G6: YouTube: (Your every decision counts!) (As fits) (Discuss to make sure that the message is understood)

<https://www.youtube.com/watch?v=e7KQTqZ-PG8>

7. Group Activity


G4: Pair students, boys with boys and girls with girls. Take turns until all questions are covered.

	1	1	
4	If a friend asks you to look online for pictures of people with little or no cloth. What would you do?	If a friend asks you to look online for pictures of people with little or no cloth. What would you do?	2
	If a friend shows you a game with inappropriate popups and bad language. What would you do?	If you have a crush on a boy/girl in your class. What would you do?	
	If a friend shows you a game with inappropriate popups and bad language. What would you do?	If you have a crush on a boy/girl in your class. What would you do?	
4	If a friend decides to show you how smoking / vaping / alcohol is cool. What would you do?	If a friend decides to show you how smoking / vaping / alcohol is cool. What would you do?	2
	3	3	

1. Print and cut round outside of cootie catcher
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures

6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
 7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
 All the pictures should now be at the front with centres touching and you are ready to use your cootie catcher
www.downloadablecootiecatchers.wordpress.com

G5:




Bible Pathway
Adventures
 BIBLE QUIZ

ARMOR OF GOD

Read Ephesians 6: 10-20. Fill in the blanks with the answers on the right.

QUESTIONS	ANSWERS
___ Have your feet fitted with the gospel of ___ .	1. perseverance
___ Put on the breastplate of ___.	2. The apostle Paul
___ Stand therefore, having the belt of ___ buckled around your waist.	3. truth
___ We do not wrestle against ___ and blood.	4. faith
___ Put on the whole ___ of God.	5. armor
___ Shoes for your ___.	6. strong
___ Take the ___ of salvation.	7. helmet
___ Keep alert with all ___.	8. peace
___ Finally, be ___ in God, and in the strength of His might.	9. feet
___ The ___ of the Spirit, which is the word of God.	10. sword
___ In all circumstances take up the shield of ___.	11. flesh
___ Which apostle wrote the book of Ephesians?	12. righteousness



FOR MORE FREE BIBLE RESOURCES AND TEACHER PACKS INCLUDING COLORING PAGES, WORKSHEETS, QUIZZES AND MORE VISIT OUR WEBSITE AT: WWW.BIBLEPATHWAYADVENTURES.COM

G6: “Meh” or “Yeah”:

Answer “Yeah” to a decision you would love to do and “Meh” to a decision you do not care to do.

The instructor can come up with situations related to Decision making. (Goofy, embarrassing, serious)

Ex: Your friend dares you to jump on the table and scream during the lesson”.

If online class: students can type “Meh” or “Yeah” in the chat box.



8. Home Activity with mom/dad

G4:

ARMOR OF GOD WORD SEARCH



Answers VHS
KINGDOM
CHRONICLES



Copyright © 2012 Answers in Genesis, Limited. Name to copy

G5: "To touch or Not to touch"

Please place the following words in the correct side of the chart below:

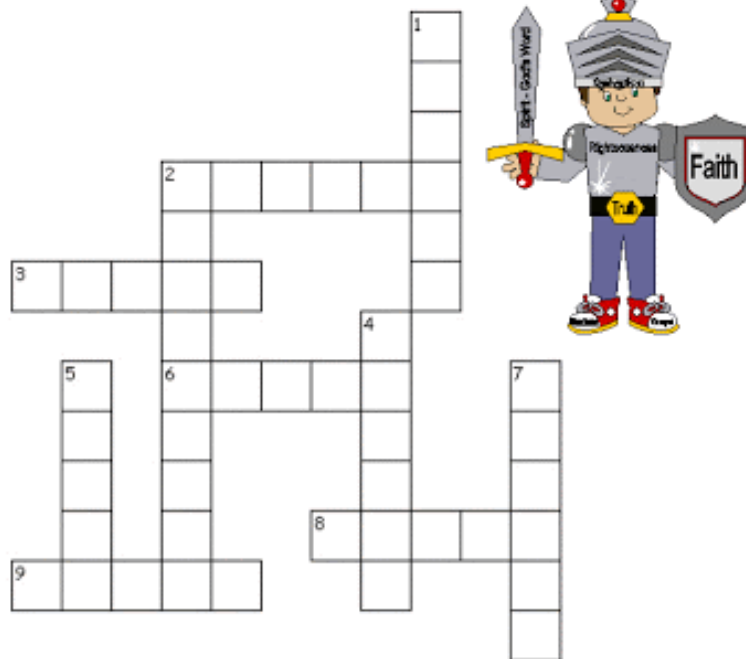
- Hugs and cuddles from friends.
- Gentle pat on the shoulder.
- Kick / Push.
- Unwanted touch that starts as fun.
- Back rub by a friend.
- Someone dares you to touch someone.
- Biting.
- High Fiving.
- Pinching.
- Touching private body parts.
- Hugging parents.
- Doctor examination with parents around.

(Discuss with mom and dad if not sure)

 <p>Ok</p>	 <p>Not Ok</p>

G6:

Armor of God Crossword



Across

2. With the sword of the ____ we have a special part of God work in us.
3. It is important to fill our minds with the words of this book.
6. This is invisible to others but each piece will protect us in a special way.
8. Sandals of ____ help us ask for forgiveness and get along with others.
9. With the armor we can ____ strong and know we are protected from evil.

Down

1. There is a constant ____ between good and evil and we should be ready.
2. The helmet of ____ protects our minds so we make good decisions.
4. This holds all the armor together and makes it work.
5. We win the ____ when we wear the armor of God.
7. This piece of armor we hold and it protects us against temptations and doubt.

+++++