

Sexuality

VIDEO LINK

<http://youtu.be/17-CsnfMe08>

GOAL SUMMARY

The goal of this session is for young people to understand chastity and the importance of setting boundaries.

VIDEO SUMMARY

This video is an interview with Philip Rivers from the San Diego Chargers discussing the values of chastity.

DISCUSSION QUESTIONS

1. What is chastity? In what ways is chastity more than just purity in relationships?
2. Do you have good spiritual friendships? How can you have more of those in your life?
3. What is one boundary that is important for you to keep in a relationship?
4. What is one way to “avoid the temptation” moments?
5. How can you put God into the center of all of your relationships (parents, friends, etc.), but most especially with someone you are dating?

SEND

Chastity is possible. By setting boundaries and putting Christ at the center of our lives and relationships, we are able to overcome our temptations.

Pray together:

Lord, inflame our hearts and our inmost beings with the fire of Your Holy Spirit, that we may serve you with chaste bodies and pure minds. Through Christ our Lord, Amen.