

Lesson 1: THE TRUTH ABOUT SEX

Favorites:

MUSIC	SHOWS	MOVIES

What messages are you getting about sex through media?

1. It is always Magical
2. It is no Big Deal
3. It doesn't have any Consequences
4. Everyone is Doing It

75% media content references sex
14% of that content talks about consequences

The TRUTH is:

1. Sex is NOT always magical and great.
2. Sex is a very BIG deal.
3. Sexual activity includes consequences EVERY SINGLE TIME
4. Everyone is NOT doing it.

78% young adults/teens would rather be in a serious romantic relationship w/ NO SEX over having sex without a relationship.

What is God's design for sex?

1. God designed sex as a Good Gift

Genesis 1:7-8, Genesis 1:27-28, Genesis 1:31, and Genesis 2:23-25

2. God designed sex with Meaning and Purpose

1. For Pleasure and Enjoyment

Proverbs 5:18-19

2. To Make Babies

Genesis 1:28

3. To Bond for Life

Matthew 19:4-6

1. Sexual Activity Begins in your Brain

OXYTOCIN is the Bonding hormone

VASOPRESSIN is the Commitment hormone

DOPAMINE is the Happy chemical

Teens that are sexually active are more likely to struggle with depression.

3. God designed us to be with ONE partner for LIFE

2CO 5:17

TAKE IT HOME:

1. Ask a parent, guardian, or an adult you trust, to share about a time they experienced a broken heart. Write down some of the emotions they experienced.

2. Ask the same person to explain 2 reasons why they would agree sex is more than just a physical experience.