



THE CHURCH OF PENTECOST
YOUTH MINISTRY



Syllabus *for* *Teens*

THE CHURCH OF PENTECOST
YOUTH MINISTRY
SYLLABUS FOR TEENS

Copyright © 2016 by The Church of Pentecost, Youth Ministry

All rights reserved. No part of this publication may be reproduced, stored in a retrievable system, or transmitted in any form or by any means--electronic, mechanical, photocopy, recording or otherwise, without the express written consent of the copyright owner.

ISBN: 9988-578-58-4

Printed in India by
Quarterfold Printabilities

FOR COPIES, CONTACT:
The Youth Ministry Directorate,
The Church of Pentecost, Headquarters, Accra
All Area Offices of the Church
National Offices of the Church (Foreign Missions).

Email: penteagle@gmail.com or copyouthinfo@gmail.com

Website: www.penteagle.org

Layout & Cover Design by
Isaac Annor

ACKNOWLEDGEMENTS

We give God all the praise and thanks for granting us the grace to produce this syllabus. This work has involved many people: National Executive Committee members, Youth Pastors and their wives, PENSA Travelling Secretaries and their wives as well as other seasoned ministers of the Church of Pentecost. We say a big “thank you” to all who were involved in writing and editing this material. Pastor Seth Asare Ofei Badu is specially mentioned here for the great sacrifices he made during this journey.

The National Literature Committee of the Church of Pentecost is also thanked for their very useful inputs. We also want to specially acknowledge the thorough editing done by Aps Daniel Komi Noble Atsu (Rtd), former Director of the Youth Ministry. Also, we are grateful to Elder Daniel Nana Sei Mensah, Mrs Sheila Nyaniba Hayfron, as well as Pastor Isaac Annor and his team for their efforts. God richly bless you all.

Finally, we acknowledge the Chairman, Aps Dr. Opoku Onyinah and the Executive Council of the Church of Pentecost for their passion to impact succeeding generations, and their support for youth work in general.

David Nyansah Hayfron (Pastor)

(Youth Director)

2015

FOREWORD

The vision to impact generations is one that seeks to ensure that there is continuity in a healthy relationship between God and succeeding generations, as has existed with the current generation of Christians in the Church of Pentecost. The youth are the ‘immediate next generation’, and hence the passion of leadership is to mentor and impact them adequately to prepare them for the imminent future.

We thank God for helping the leadership of the Youth Ministry to come out with this timely syllabus to guide classes for TEENS in our local assemblies. The content is suitable for building the youth up in the Lord and make them more responsible adults to the Church and the nation.

There are so many issues and voices that are competing with the church for the attention of the youth: occultism, cyber-crimes, same-sex marriages, pornography etc. If you are a leader in these times, you must be abreast with this ever-changing context, and more than that, you must bring solutions where there are challenges, and evolve biblical responses that ensure that your followers remain both relevant and safe.

This material must motivate youth leaders in the Church to study and prepare lesson notes that meet the contemporary needs of the

youth. Make sure you expand what has been given you, taking your specific geographical location into consideration.

I encourage every pastor to ensure that copies are available for use in all your assemblies. Youth leaders must make the most of this material as we together press on to impact succeeding generations. God be with you.

Opoku Onyinah (Aps Dr)

Chairman, the Church of Pentecost Worldwide

2015

INTRODUCTION

Effective youth work in contemporary times requires well balanced, spiritually stimulating, intellectually sound and culturally contextualized teaching and learning materials. This syllabus is designed to help leaders as well as our most treasured TEENS to engage with everyday issues of life, using the scriptures as ‘PATHFINDER’ and hermeneutic; showing the way and giving meaning to our day to day choices and actions. You will find that, unlike the content of a traditional syllabus, some teaching notes have been infused into the material to make it easy for teachers to teach everywhere they may find themselves. This material is not an encyclopedia or one-stop knowledge bank. You are therefore required to pool resources from other sources to enrich your actual delivery based on your geographical location.

Our gallant Area Youth Pastors and PENZA Travelling Secretaries are a rich and formidable resource bank you can always draw from. You may call any of them to seek clarity on any subject should the need arise. Members of the National Executive Committee as well as the Youth Directorate at the Headquarters can always be consulted for any further assistance.

Make sure you apply good methods of engaging your students: discuss, involve, dramatize, use illustrations and so on, to make

the class interesting; devoid of boredom.

We wish you God's best as you build your life on the Solid Rock—Jesus Christ.

David Nyansah Hayfron (Pastor)

Youth Director

2015

TABLE OF CONTENTS

Lesson 1

Assurance Of Salvation.....1

Lesson 2

Engaging In Productive Quiet Time.....5

Lesson 3

Engaging In Effective Bible Study.....11

Lesson 4

Developing A Lifestyle Of Prayer.....15

Lesson 5

The Holy Spirit And You.....19

Lesson 6

The Baptism In The Holy Spirit.....23

Lesson 7

The Gifts Of The Holy Spirit.....27

Lesson 8

The Fruit Of The Holy Spirit.....30

Lesson 9

The Christian Walk- Fellowship.....33

Lesson 10

The Christian Walk- Worship.....36

Lesson 11

The Christian Walk- Witnessing.....40

Lesson 12

Personal Evangelism: An Effective Means Of
Christian Witnessing.....43

Lesson 13	
Evangelism Through Social Media.....	50
Lesson 14	
Christian Growth And Maturity.....	53
Lesson 15	
Temptation And Sin.....	56
Lesson 16	
Overcoming The Devil's Temptations.....	59
Lesson 17	
Boy/Girl Relationship.....	62
Lesson 18	
Adolescent Sexual Development.....	65
Lesson 19	
The Bible And Boy/Girl Relationships.....	68
Lesson 20	
Narcotic Drugs.....	73
Lesson 21	
Abortion.....	77
Topic 22	
Methods of Abortion	82
Lesson 23	
The Effects of Abortion	85
Lesson 24	
Biblical Perspective on Abortion.....	88
Lesson 25	
Acquiring the Skills of Life	93

Lesson 26	
The Christian Adolescent and Peer Pressure.....	103
Lesson 27	
Deviant Sexual Behavior - Incest	107
Lesson 28	
Deviant Sexual Behaviour - Homosexuality and Bestiality....	112
Lesson 29	
Homosexuality - Background Information and Causes.....	115
Lesson 30	
The Youth and Homosexuality- Effects of Homosexuality....	120
Lesson 31	
Homosexuality - Biblical Perspective	124
Lesson 32	
The Christian Youth And Fashion- Current Dress Design....	128
Lesson 33	
Preparing Effectively for Examinations.....	132
Lesson 34	
Career Guidance.....	140
Lesson 35	
Preparing For a Career 1.....	143
Lesson 36	
Preparing For a Career 2.....	145
Lesson 37	
Contemporary Issues Relating to the Young Person - The Predisposing Causes of Premarital Sex	149

Lesson 38

Contemporary Issues Relating to the Young
Person - Effects of Premarital Sex153

Lesson 39

The Biblical View of Premarital Sex.....156

Lesson 40

The Christian Youth and Fashion - Tips for
Decent Dressing159

Lesson 41

Decent Dressing - Practical Workshop for the
Youth Class163

Lesson 42

The Christian Youth and Alcohol.....165

Lesson 43

Effects of Alcohol Intake170

Lesson 44

Biblical Perspective Of Alcohol Consumption - Methods of
Abortion174

Lesson 45

The Youth and Drug Abuse - Tobacco Abuse178

Lesson 46

Developing a Good Self-Esteem.....184

Lesson 47

Causes of Poor Self-Esteem.....187

Lesson 48

Marks of Good and Poor Self-Esteem.....190

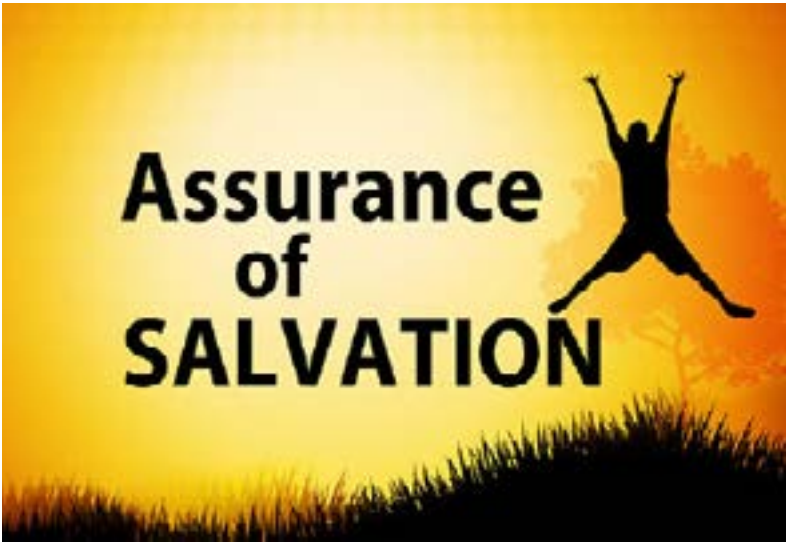
Lesson 49	
Biblical View of Self-Esteem.....	192
Lesson 50	
Building a Healthy Self-Esteem.....	195
Lesson 51	
Peer Pressure -What Causes Peer Pressure?	198
Lesson 52	
The Effects of Peer Pressure.....	202
Lesson 53	
Overcoming Peer Pressure -The Bilical Perspective and Practical Steps	205
Lesson 54	
The Youth and The Occult -What Is Occultism?	208
Lesson 55	
The Youth and The Occult - The Biblical View of Occultism	215
Lesson 56	
The Christian Youth and Contemporary Music -How Does Music Influence The Youth?	220
Lesson 57	
The Christian Youth and Contemporary Music -The Impact Of Music Videos (Video Clips)	224
Lesson 58	
The Christian Youth and Contemporary Music - How The Lifestyles of Musicians Affects Young Listeners	227
Lesson 59	
The Christian Youth and Contemporary Music - Prominent Themes In Contemporary Music	230

Lesson 60

Media Sensibility.....233

Tenets of COP.....237

Youth Anthem.....240



LESSON 1

ASSURANCE OF SALVATION

John 1: 12; 1 John 5:13; 1 John 1:9; Rev. 12:1

OVERVIEW

The study is directed at members who have made a personal commitment to the Lord Jesus Christ, that they may be assured of their Salvation and have their faith grounded in the finished work of Christ. This may be handled in two or three weeks.

OBJECTIVES

By the end of the lesson the young person would be able to:

- Confidently affirm his/her assurance of salvation provided by the death and resurrection of Jesus Christ.
- Say what salvation is not.
- Define salvation.
- Tell the basis of their salvation.
- Enumerate the hindrances to salvation.

EXPOSITION

A. SALVATION AND ASSURANCE

In answer to the question: ‘Are you saved?’, many Christians say: “I think so” or ‘I hope so’ or “We will be sure when we get to heaven”. Others say: “Only God can tell”.

When you ask a question like: “Are you married”? People answer, “yes” “or” “no” and they are sure. (Teacher may ask other questions).

Salvation is a miracle of change, and we ought to know with full assurance whether that change has taken place or not.

B. ASSURANCE OF SALVATION EXPLAINED

What do we mean when we say one has assurance of salvation?

The saved person has absolute confidence that he is saved and that if he died suddenly, he would go to heaven.



C. WHO MUST HAVE ASSURANCE OF SALVATION?

Those who have accepted Jesus Christ as their personal Saviour should have the assurance of salvation. (Read John 1: 12; John 3: 16, John 3:36).

D. BASIS OF ASSURANCE OF SALVATION

Assurance of salvation is not based on feelings or circumstances. God has given us three things upon which to base our assurance: (i) *The witness of the Holy Spirit (Romans 8:16)*. Before we accept the Lord Jesus as Lord and saviour, the Holy Spirit convicts us of sin, righteousness and judgment. After conversion, the Holy Spirit gives an inner peace to the believer and confirms to him that he is a child of God. Read Galatians 4:6.

(ii) *Faith in the Word of God (1 John 5:13)*.

- The Holy Spirit witnesses through the Word of God (1 John 5:13).
- The Apostle John wants those who BELIEVE to KNOW that they are saved, not merely to hope.
- When we become Christians, the devil will come many times to tempt us and make us doubt our salvation.
- Say to Satan, “*The Word of God says that if I believe on Jesus Christ, I have eternal life.*” I have believed on the Lord, so I am saved, and my sins are forgiven. (John 10:27-29; 1 John 5:11-13)
- Build your assurance on the Word of God.

(iii) *The changed life*: Our former friends and those around us will see a change in our lifestyles, and this assures our own hearts that we are truly saved. Read 1 John 3:14; 2 Corinthians 5:17.

E. HINDRANCES TO ASSURANCE OF SALVATION

(i) *Failure to trust the Word of God.*

(ii) *Cares of this world choke the desire for God, His word and prayer (Mark 4: 19).*

(iii) *Temptation and sin*: Our yielding to temptation and sin opens the way for the devil to accuse us and to weaken our confidence that we are saved (Revelation 12: 10).

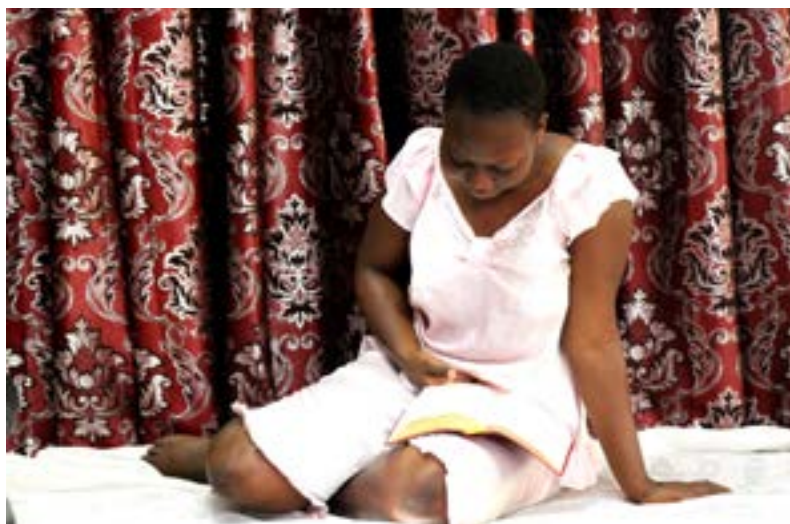
DISCUSSION

- *In what ways have you become a new creation?*
Discuss 2 Corinthians 5:17.
- *Read and discuss John 5:24; Romans 10:13.*

CONCLUSION

Salvation is as intangible as love. One has to accept it by faith and to move with confidence provided in the Scriptures. Once one believes in the finished work of Christ on the cross and accepts its sufficiency to save one from one's sin as well as confesses same, salvation has definitely taken place.





LESSON 2

ENGAGING IN PRODUCTIVE QUIET TIME

Mark 1:35; Psalm 5:3; Psalm 63:1,2

OVERVIEW

Personal Devotion is a spiritual exercise that helps a believer to have a one-to-one interaction with God through prayer, reading of the Word and meditation. This is known sometimes as Quiet Time. Quiet Time practitioners have a systematic walk with God, thus growing steadily in the Lord.

RESOURCE/ MATERIALS NEEDED FOR QUIET TIME

- (i) Your Bible
- (ii) A Bible reading guide, e.g. Streams of Living Water, Daily Bread, Daily Power, Light for our Path, etc., helps you to read the Bible systematically everyday.
- (iii) A notebook to record prayer requests and space to record answers.

OBJECTIVES

- To inculcate into the Youth the practice of personal devotions.
- That the Youth will be able to tell the purpose of Quiet Time.
- That the Youth will be prepared for Daily Devotion.
- That the Youth will be able to tell all requirements for a meaningful Quiet Time.

EXPOSITION

A. DEFINITION

Quiet time is a period of quiet when we come to the Lord in the study of His word and prayer.

B. PURPOSE OF QUIET TIME

- Fellowship with the Lord - Worship & Communion.
- Strength for the day: The Christian life involves a battle against sin, the world and the devil (Isaiah 40:29-31, Eph.6: 12).



- Growth in Grace (2 Peter 3: 18).
- Affords an opportunity for systematic Bible study and prayer.

C. PREPARATION FOR QUIET TIME

1. Go to bed on time.
 2. Get wide awake before reading and praying (If you feel sleepy kneeling, stand; pace up and down - as much as possible. Do not lie down).
 3. In reading the Scriptures, put away distracting things, e.g. letters, pictures, magazines, radios, mobile phones, etc. Put off your T.V. set, or move to a quiet place.
 4. Come before the Lord with a repentant/contrite heart - (Psalm 51:17).
- v. Be willing to obey what you read in the Word.

D. SUITABLE TIME

Ideally, the early morning time is best but if for any good reason this is not possible, any quiet period in the course of the day could be used - (Mark 1: 3-5; Psalm 63: 1,2; Luke 5: 16; 6: 12).

E. SYSTEM OF BIBLE STUDY DURING QUIET TIME

In the Bible Study, choose a plan or guide. We recommend that you own and use a copy of the streams of Living water (COP devotional). In addition to it, we recommend you develop a Passion for reading the books of the Bible as follows:

- You may choose a book, or a chapter.

- After reading the Bible, record the answers to these questions:
 - (i) What new thing have I learned today about the Lord Jesus Christ and the Holy Spirit?
 - (ii) Is there a command for me to obey?
 - (iii) Is there an example for me to follow?
 - (iv) Is there an error for me to avoid?
 - (v) Is there a sin for me to forsake?
 - (vi) Is there a promise for me to claim?
 - (vii) Is there a new thought about God Himself?

Listen meditatively as God speaks to your heart.

F. A PLAN FOR THE QUIET TIME

- Try to have your quiet time daily.
- Quiet time should consist of prayer, reading, meditation and memorisation.
- A suggested order:
 - Brief opening prayer.
 - Bible Reading.
 - Meditation and recording of lessons.
 - Prayer on the study and requests.
 - Thank God and commit yourself to Him for the day.
 - Pray about the topics on your prayer request list. Learn to pray with the Scripture passage you have read.
 - Use the word as a basis for praise and petitioning.



The above suggested order remains only a suggestion. It is subject to the time at one's disposal and other related factors. Be led by the Holy Spirit always.

G. SUGGESTED TIPS FOR WORKSHOP/ACTIVITY

1. Get the class to bring their Bibles, notebooks and pens to the meeting.
2. Choose a portion of Scripture about 6-10 verses long.
3. Disperse the class in the room and let each one have a quiet time for about 10-15 minutes.
4. Get back together and compare notes. Get some of them to read their responses, findings and lessons.
5. Try to correct mistakes, if any.
6. At subsequent classes, randomly ask the class to say what they learnt in their quiet time. Encourage them to have their quiet time every day.

CONCLUSION

Every great and successful christian hero in history had a means of contacting God consistently, and drawing strength from our Rock of Salvation. Let us aspire to grow daily in the Lord by adhering strictly to a daily devotional plan. You are what you consistently eat!





LESSON 3

ENGAGING IN EFFECTIVE BIBLE STUDY

2 Timothy 3: 16-17

Memory Verse: *Colossians. 3:16*

OVERVIEW

For Ezra had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments (Ezra 7:10 KJV). Bible studies is a spiritual exercise that helps the believer to seek or search the Scriptures to discover God's mind and His dealings with believers. When a truth is discovered, the

believer, like Ezra, puts it into practice and teaches others the truth so discovered.

OBJECTIVES

- To encourage the young Christian to cultivate the habit of daily and consistent Bible study for a healthy Christian growth.
- That the young Christian will be able to tell the importance of Bible studies.
- That the young Christian will be able to say how Bible studies are done.

MATERIALS / RESOURCES

The Bible in different versions, Dictionary, Commentaries, etc.

EXPOSITION

INTRODUCTION

Growth is essential to the Christian. He or she is to grow in grace and in the knowledge of our Lord and Saviour Jesus Christ. Daily Bible study helps the growth of the Christian into maturity.

A) THE BIBLE AS THE WORD OF GOD

The Bible is the written Word of God. It is reliable, as stated in the following scripture verses: 2 Timothy 3: 16; 2 Peter 3:2.

B) IMPORTANCE OF BIBLE STUDY

If we are to grow as Christians, we need to engage ourselves in



meaningful Bible study. The Holy Spirit uses the Word of God to enhance growth in the believer.

1. What is the source and purpose of Scripture? 2 Timothy 3:16-17

C) HOW SHOULD WE STUDY THE BIBLE?

- i. Prayerfully
- ii. Daily
- iii. Looking for the central truth
- iv. Meditating on what is read
- v. Systematically
- vi. Using Bible helps (e.g. Dictionary, Commentaries, other versions, etc.)

In the light of the following, here are some helpful questions to ask:

- Is there any command to obey?
- Is there any promise to claim?
- What does the passage teach about God, Jesus Christ and the Holy Spirit?
- Is there any warning to heed?

In every study, you must endeavor to write down whatever you receive from the Lord.

D) SOME APPROACHES TO BIBLE STUDY

- i. Inductive study (reading a passage several times). This involves digging the central truth of the passage and applying it to one's life.
- ii. Topical study. Studying a particular topic from many different passages of the bible.
- iii. Book study (studying a particular book e.g. John; 1 Peter, etc.)
- iv. Character Study (Studying a personality) of the bible e.g. Daniel, Moses, Esther, Ruth, Deborah, etc.).

E) TAKE THE CLASS THROUGH ACTUAL EXAMPLES.

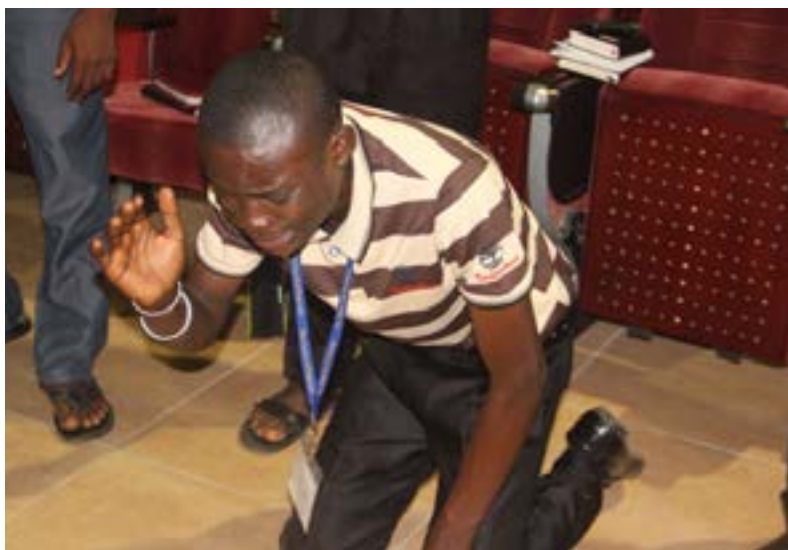
DISCUSSION

Which of the approaches mentioned do you consider to be most effective? Why?

CONCLUSION

The Word of God is the compass of life. Any Christian who loves to study it purchases for himself/herself life and godliness through the mirror of the Word. Let us all do it.





LESSON 4

DEVELOPING A LIFESTYLE OF PRAYER

1 Thessalonians 5:16-18, Ephesians 6:18-20

OVERVIEW

Prayer is communication with God. God expects the believer to communicate with Him as part of our loving relationship with Him. We worship Him, honour Him and also seek to listen to His leadings and directions for our daily living. Prayer is also an opportunity to ask our daily needs from Him. There are, therefore, forms of prayer. In this study we will learn more about prayer and its importance.

OBJECTIVES

- To encourage the young Christian to cultivate the habit of daily and consistent prayer life for a healthy christian growth.
- That the young Christian will be able to define prayer.
- That the young Christian will be able to give reasons for prayer.
- That the young Christian will be able to tell when, where, how to pray and content of prayer.

EXPOSITION

INTRODUCTION

Prayer is very essential to christain growth. It plays a vital role in the Christian life since there can be no victory and meaningful growth without prayer.

A. WHAT IS PRAYER?

Prayer is talking with God our heavenly Father. This means talking to God and listening to Him talk back to us. (Habakkuk 1:12-17; Habakkuk 2:1-2). In the above reading, we see Habakkuk make a complaint to God, and waits patiently expecting God to speak to him. God indeed came and spoke back to him. that is prayer!

B. WHY DO WE NEED TO PRAY?

- i. The Bible enjoins us to do so (1 Thess. 5: 17-18; Eph. 6: 18).
- ii. It builds our relationship with God (Rom. 8: 15-16; Matt. 6:9).
- iii. To present our requests to God (Phil. 4:6).
- iv. It is our weapon to overcome the enemy (Eph. 6: 18-20).
- v. Because God cares for us (1 Pet. 5:7), and will answer us.



DISCUSSION

After reading the following passages, can we find any more reasons why we need to pray? (Matt. 7:7; Jer. 33:3; Heb. 4: 16).

C. HOW SHOULD WE PRAY?

- i. According to God's will (1 John 5:14, 15).
- ii. In the Name of Jesus (John 14:13; 16:23-24).
- iii. In the Spirit (Eph. 6: 18).
- iv. In faith (Mark 11:24).
- v. With the spirit (Ephesians 6:17). The sword of the spirit is the word of God. Praying with the Spirit means praying with our spiritual sword; the word.

D. WHEN SHOULD WE PRAY?

We are to pray always (Luke 18: 1; 1 Thess. 5: 17).

DISCUSSION

Can we find other specific times for prayer from the following scriptures? Acts 3: 1; Psalm 5:3; Luke 6: 12.

E. WHERE SHOULD WE PRAY?

- Alone in your closet - Matt 6:6.
- At gatherings of believers - Acts 1: 13, 14.
- Any place when it becomes necessary - Jonah 2: 1.

F. WHAT SHOULD BE THE CONTENT OF OUR PRAYER?

- A * Adoration - 1 Chronicles 16:8-10.
- C * Confession - 1 John 1:9.
- T * Thanksgiving - 1 Thess. 5: 18.
- S * Supplication (requests, personal, intercessory),
1 Timothy 2:12; Phil. 4:6, 7.

Class Activity:

After reading from Matthew 6:9-13 and Luke 11:1-13, what can we learn in relation to content of our prayers? What can hinder our prayers?

- Unbelief (James 1:6-8)
- Unconfessed sin (Psalm 66: 18; Isaiah 59: 1)
- Wrong motives (James 4:3)
- Not abiding in Christ (John 15:7)
- Unforgiving Spirit (Matthew 6:14-15)

DISCUSSION

Discuss any other hindrances to prayer.

ASSIGNMENT

1. Find out from the following passages how God assures us of answered prayer (2 Chronicles 7:14; Ephesians 3:20; 1 John 5: 14-15).
2. God answers prayers in three ways: Yes, No and Wait. Could you find out Biblical examples of each?

CONCLUSION

“The effectual fervent prayer of the righteous avails much” (James 5:16b), so when we pray, we should believe that God has heard us and that He would surely give us an answer. The answer may be Yes, No or Wait. In all circumstances, we should thank God for the answer because He knows what is best for our lives.





LESSON 5

THE HOLY SPIRIT AND YOU

*John 16:5-11; Matthew 3:16;
John 14:16; Ephesians 4:30*

OVERVIEW

In Joel 2:28 there is the promise of the Holy Spirit coming upon all flesh, including young people. In Acts 2, this promise was fulfilled and ever since the Spirit of God has been leading His church. Those who are led by the Spirit of God are, therefore, the children of God (Rom. 8:14). This shows that the

Holy Spirit is indispensable in our walk with God. In this lesson, the young person who has not had an encounter with the Holy Spirit would encounter the person and the work of the Holy Spirit as well as His attributes

RESOURCE PERSON

A mature Spirit-filled Christian who is prepared to lead young people through Holy Spirit baptism. A minister or elder of the church would be prepared.

OBJECTIVES

- To lead the youth to a better understanding of the person and work of the Holy Spirit and thus enable them to yield their lives to His control.
- That the young Christian will be able to tell who the Holy Spirit is.
- That the young Christian will be able to explain the attributes and works of the Holy Spirit.

EXPOSITION

INTRODUCTION

In spite of the ungodly lifestyle of many young people today, the Christian youth can be strengthened to live a godly life by the indwelling Holy Spirit.

God desires that the young Christian will be filled with the Holy Spirit. This is in view of his promise in Joel 2:28.



When young people are filled with the Holy Spirit's power and glory, they will know God better, speak His Word and live fruitful lives to His glory. There is, therefore, the urgent need for the church to equip the youth with the knowledge of God and help them experience the infilling of the Spirit. A Christian life devoid of the Spirit's power is a potential disaster!

THE HOLY SPIRIT

a. Who is the Holy Spirit? He is the third person of the Godhead. The Holy Spirit is God (Matt. 3:16-17; Acts 5:4; Matt. 28:19; 2 Cor. 13:14).

b. Personal pronouns are used to describe the Holy Spirit in the following scriptures:

1. He can be grieved - Ephesians 4:30.
2. He has a mind - Romans 8:27; 1 Corinthians 2: 16.
3. He speaks - Acts 13:1-2.
4. He directs - Acts 8:29.
5. He restrains - Acts 16:6-7
6. He teaches- John 14:26.
7. He can be lied to and tested - Acts 5:3-9.

c. What is the work of the Holy Spirit?

- i. He was involved in creation - Genesis 1: 1-2.
- ii. He regenerates - John 3:3-6.

(Regeneration means “spiritual re-birth”, leading to the “born-again” experience)

- iii. He baptizes, anoints and empowers- Acts 1:8; 1 Cor. 12:13; Acts 10:38; Isaiah 61:1; Acts 4:31.
- iv. He teaches and guides - John 14:26; 16:13.
- v. He leads- Romans 8:14; Galatians 5:18.
- vi. He convicts - John 16:7-8.
- vii. He intercedes - Romans 8:26-28.
- viii. He seals us - Ephesians 1:13-14; 4:30.
- ix. He sanctifies - 1 Cor. 6: 11.

CONCLUSION

A daily relationship with the Holy Spirit is very essential to a Christian's day-to-day victory and impact. A young Christian should endeavour to earnestly seek His baptism and power. This would help you live a meaningful Christian life.





LESSON 6

THE BAPTISM IN THE HOLY SPIRIT

Acts 1:4-8; 2: 1-4

Memory Verse: *Acts 1:8*

OVERVIEW

The Church of Pentecost believes in the baptism in the Holy Spirit with the initial outward evidence of speaking in tongues. It is, therefore, very important for the young person to seriously seek this baptism in the Holy Spirit and its power if they want to live a meaningful life in Christ. In this lesson, the

young person would learn about the indispensability of seeking and receiving the Holy Spirit baptism, the benefits and some hindrances to the flow of the Holy Spirit.

OBJECTIVES

- To encourage the young person to seek the baptism in, and fullness of the Holy Spirit for a victorious Christian life and service.
- That the young Christian will be able to explain baptism in the Holy Spirit.
- That the young Christian will be able to tell hindrances to receiving baptism in the Holy Spirit.
- That the young Christian will know and will be able to explain the benefits of baptism in the Holy Spirit.

EXPOSITION

A. WHAT DO THE FOLLOWING SCRIPTURES SAY ABOUT THE HOLY SPIRIT?

- i. Joel 2:28
- ii. Luke 24:49; Acts 1:4, 5
- iii. Acts 2:38, 39

B. BAPTISM IN THE HOLY SPIRIT

Baptism: To dip, immerse, completely cover. Baptism in the Holy Spirit is the complete immersion of the believer in the Holy Spirit.



- (i) Who baptizes in the Holy Spirit? Jesus - Matthew. 3: 11; Mark 1:8.
- (ii) Who can receive the baptism of the Holy Spirit?? Believers who ask - Luke 11: 13.
- (iii) What are the steps to receiving baptism in the Holy Spirit?
- Repent - Acts 2:38
 - Believe - John 7:38
 - Desire (thirst) - John 7:31-39
 - Ask - Luke 11:13
- (iv) What is the initial outward evidence that one is baptized in the Holy Spirit? Acts 2:4; 10:44-46; 19:6.
- (v) What are some of the hindrances to receiving the baptism in the Holy Spirit?
- Unbelief - Mark 16: 17
 - Ignorance - Acts 19: 1-2
 - Lack of desire - John 7:38
 - Fear of ridicule - Acts 2: 13
 - Sinful lifestyle

BENEFITS OF THE HOLY SPIRIT BAPTISM

- Power for victorious Christian living
 - Power to evangelize
 - Power for effective Christian service
 - Helps in prayer
 - Enhances personal and church growth
- (Read acts 4:23-31, Romans 8:26, Acts 1:8)

REVIEW QUESTIONS

- Who baptizes in the Holy Spirit?
- Who can receive the baptism of the Holy Spirit?
- What are the steps to receiving baptism in the Holy Spirit?
- What is the initial outward evidence that one is baptized in the Holy Spirit?
- What are some of the hindrances to receiving the baptism in the Holy Spirit?

ACTIVITY: Lead your class members to pray for the baptism in the Holy Spirit and His infilling for a victorious Christian living and service.

CONCLUSION

Those who are led by the Spirit of God are the children of God (Rom.8:14); now that you have received the Spirit of God, you need to allow Him to lead you.





LESSON 7

THE GIFTS OF THE HOLY SPIRIT

1 Corinthians 12:7-11

Memory Verse: *1 Peter 4:10 (NIV)*

OVERVIEW

“**F**or God so loved the church that He gave us the gifts of the Holy Spirit”. These gifts have helped the church and are still helping us in diverse ways. In this lesson, the young person will encounter these gifts of the Holy Spirit, use them and lead others to understand and appreciate the gifts.

OBJECTIVES

- To lead the youth to discover and desire the gifts of the Holy Spirit.
- That the youth will understand the purpose of the gifts of the Holy Spirit.
- Young persons will be encouraged to use Spiritual gifts to serve others.
- That the youth will be able to teach others the gifts of the Holy Spirit.

EXPOSITION

- A. What is the purpose of the gifts of the Spirit?
- i. To serve the church - 1 Peter 4: 10
 - ii. For edification - 1 Cor. 14:4
 - iii. Strengthening - 1 Cor. 14:4
 - iv. Encouragement - Rom 12:8
 - v. Comfort of the soul - 1 Cor. 14:3
- B. What are the gifts of the Holy Spirit? (1 Cor. 12:7-11)
- (i) Vocal gifts: Speaking in different tongues, Interpretation of tongues, Prophecy.
 - (ii) Revelation Gifts: Word of wisdom, Word of knowledge, Discerning of spirits.
 - (iii) Power Gifts: Faith, Working of miracles, Gifts of healing.
- C. Other gifts mentioned in the Bible are:
- (i) Grace Gifts - Rom 12:3-8. (Also known as Charismatic gifts)



(ii) Ministry/ Ascension Gifts - Eph. 4:11-14. (Also known as domestic gifts)

DISCUSSION

- *What is the purpose of the gifts of the Spirit?*
- *What are the gifts of the Holy Spirit?*
- *Which one(s) do you operate in?*
- *How do you identify counterfeit gifts?*

ACTIVITY/PRAYER

Encourage the youth to pray for the gifts of the Holy Spirit and His working in their lives to bless others.

CONCLUSION

God commands us to eagerly desire the spiritual gifts especially those that will strengthen, encourage and comfort His people. The gifts are given not for selfish purposes or for boasting, but for serving the entire church. Amen!



LESSON 8

THE FRUIT OF THE HOLY SPIRIT

Galatians. 5:22, 23; John 15: 1-8

Memory Verse: *John 15:5 (NIV)*

OVERVIEW

The fruit of the Holy Spirit relates more to the character of the believer. Jesus once said: 'you shall know them by their fruit' (Matthew 7:16, 20). It is incumbent on the believer to live out the fruit of the Spirit which then becomes the living epistle to unbelievers to read. We shall discuss the fruit of the Holy Spirit in this lesson.



OBJECTIVES

- To challenge the youth to completely yield their lives to the leading of the Holy Spirit for fruitful Christian living.
- To help the youth to differentiate between the gifts and the fruit of the Holy Spirit.
- To mature the youth in christian character and conduct.

EXPOSITION

A) HOW CAN WE BE FRUITFUL CHRISTIANS?

There must be:

- i. Contact with the Living Water - Psalm 1:3, John 7:37-39
i.e. daily fellowship with the Lord.
- ii. Readiness to learn - Matthew 13:23.
- iii. Dying to self- John 12:24.
- iv. Pruning for more fruitfulness - John 15:2 - submission to God's discipline.

B) WHAT IS THE FRUIT OF THE SPIRIT?

This consists of virtues that are produced in the life of the believer as he or she yields to the Holy Spirit. As listed in Galatians 5:22, 23 these are:

- (i) Love
- (ii) Joy
- (iii) Peace
- (iv) Patience
- (v) Kindness

- (vi) Goodness
- (vii) Faithfulness
- (viii) Gentleness
- (ix) Self-control

NOTE: The fruit of the Holy Spirit is singular and the virtues listed form segments of the whole. Therefore, the Christian should endeavour to bear a total fruit. What this means is that one can develop a wholesome Christian character that can cover all besetting sins and temperamental weaknesses.

DISCUSSION

1. Is the fruit evident in my life?
2. How is the fruit of the Spirit developed?
3. Which of the components of this fruit is most difficult for you to mature in?

Compare: *1 Cor. 13:4-8 and Gal .5:22, 23.*

CONCLUSION

The fruit of the Spirit constitutes the ideal character, which every Christian must aspire to attain.





LESSON 9

THE CHRISTIAN WALK

- Fellowship -

Matthew 18:20; John 17:11, 22; 1 John 1:3-7

Memory Verses: *Acts 2:46; Hebrews 10:25*

OVERVIEW

And Enoch walked with God: and he was not; for God took him (Gen. 5:24). Walking with God entails a lot. This could be defined as a purposeful communion with God in view of uncompromisingly pleasing Him in all one does. In this lesson, we will study the importance, benefits and hindrances of fellowship.

OBJECTIVES

- To encourage young people to regularly meet together in homes, schools, churches, etc. to worship and share their experiences.
- To help young people to understand the importance of fellowship.
- To help the youth discover the benefits and hindrances to fellowship.

EXPOSITION

A. WHAT IS FELLOWSHIP?

John Wesley (Journal of 8th March, 1747) described fellowship as a “company of men seeking the power of godliness; united in order to pray”. Fellowship literally means “having in common” and implies the coming together of people with common belief for sharing and participation.

B. WHAT IS THE BASIS FOR CHRISTIAN FELLOWSHIP?

- (i) One Lord, one faith, one baptism - Ephesians 4:4-6.
- (ii) It is a command - Hebrews 10:25.
- (iii) Common grace of God in Christ-1 Cor. 1:9; Phi. 1:7.
- (iv) Common indwelling of the Spirit - John 20:22; Romans 8:9, 11.
- (v) Strength to overcome a common enemy - Leviticus 26:8
- (vi) Walking in the light -1 John 1:7.



C. WHAT ARE THE BENEFITS OF FELLOWSHIP?

- (j) Mutual edification - Hebrews 3:13; 1 Cor. 14:26.
- (ii) Sharing of the Word of God.
- (iii) Meeting of needs: physical and spiritual.
- (iv) Encouraging of one another - Hebrews 10:25; Proverbs 27:17.
- (v) For blessings and increased anointing- Psalm 133.

D. WHAT ARE HINDRANCES TO FELLOWSHIP?

- (i) Divisiveness - Romans 16:17.
- (ii) False doctrine - Romans 16:17; 2 John 7-11.
- (iii) Not walking in the light - 1 John 1:7 i.e. living in sin and immoral pleasure.
- (iv) Lack of love.
- (ii) Jealousy and envy - 1 Cor. 3:1-3.
- (vi) Suspicion.

DISCUSSION

From 1 Corinthians 14:26, what role do spiritual gifts play in our fellowship?

CONCLUSION

Just as iron sharpens iron so also is fellowship to believers. It is important to meet the brethren as often as possible to earn for ourselves warmth and friendship through our interactions.



LESSON 10

THE CHRISTIAN WALK

- *Worship* -

2 Chronicles 29:25-30; Psalm 150:1-6

Memory Verse: *Psalm 95:6-7*

OVERVIEW

We understand that whatever we do with our lives as Christians form part of our worship of God. However, in this lesson, our focus is “worship as an activity of adoration to God”, whether congregational or personal. Worship should be spontaneous. In worship, we pour our hearts to God and acknowledge how great He is and exalt Him with all that we are.



A call to worship is a call to revere and adore the Lord. Music is a vital part of that worship. The songs, Bible study, and all parts of the service must be to glorify God.

OBJECTIVES

- To help the young person to understand worship as an act of expressing our love for God.
- Help the youth to prepare for worship.
- Help the youth to appreciate the role of music in worship.
- Help the youth know ways in which worship could be expressed.

EXPOSITION

INTRODUCTION

A. PREPARATION FOR WORSHIP

Hezekiah became the king of Israel when he was twenty-five years old. For twenty-nine years he reigned as king. “And he did that which was right in the sight of the Lord” (verse 2). He worshipped God.

According to 2 Chronicles 29:3-11, what preparation did the people make towards worship?

Early the next morning, the King and his officials rose up and went to the temple. They brought animals which the King offered for the sins of the Israelites. The King organized the Levites to sing and to play musical Instruments.

“And the entire congregation worshipped, and the singers sang, and the trumpeters sounded and all this continued until the burnt offering was finished” (verse 28).

DISCUSSION/APPLICATION

As Christians, how do we prepare our temples (bodies) as we approach the Lord in worship?

Below are some suggestions:

- i. We need to search our hearts and confess all known sins.
- ii We need to humble our hearts before the Lord.
- iii We should focus attention on the glory and greatness of God.

B. THE ROLE OF MUSIC IN WORSHIP

According to 2 Chronicles 29:25-28, what role does music play in worship? Music has always played an important part in worship. Whether it was music from a singing voice or a musical instrument, it was acceptable to the Lord. There are many instances in the Old Testament where music was used to praise and worship God. What does 2 Chronicles 7:6 say about musical instruments in worship?

DISCUSSION

What role does music play in our worship services? If I am not a good singer, does that mean I may not be a good worshipper?



C. WHAT WAYS CAN WORSHIP BE EXPRESSED?

The church building is a place of worship. It is not the only place to worship God, but it is a good place. The Psalmist sang: “Praise ye the Lord. I praise the LORD with my whole heart, in the assembly of the upright, and in the congregation (Psalm 111: 1 -KJV). There are at least five ways to worship the Lord:

1. Through the privilege of prayer.
2. Through music: whether it is with the voice or with a musical instrument, God is pleased: “Praise Him with the sound of the trumpet: praise Him with the psaltery and harp” (Psalm 150:3).
3. A third way to worship God is through listening to his word. It is worship to read and meditate upon the Word of God. When the Bible is preached and taught in the house of the Lord, the listener can give adoration to God.
4. The fourth way to worship the Lord is in the offering of our substance.(Psalm 96:8)
5. Another way is to offer our bodies as living sacrifice, holy and acceptable unto God (Romans 12: 1).

CONCLUSION

Worship must be in spirit and in truth: (John 4:23-24).



LESSON 11

THE CHRISTIAN WALK

- *Witnessing* -

Matt. 28:18, 20; 1 John 1:1

Memory Verse: *Matthew. 28: 19*

OVERVIEW

R*escuing the perishing* Is our divine mandate. Christian witnessing is our core business as believers. What Jesus began to do and to teach, has been committed into our care, thus reconciling the world to God through the spread of the gospel (2 Corinthians 5:19-20). In this lesson, the young person shall be exposed to and be encouraged to practice Christian witnessing.



OBJECTIVES

- To inculcate into the young people the need to be true Christian witnesses.
- To equip the young person to be able to be effective witnesses of Christ.

EXPOSITION

A. WHAT IS CHRISTIAN WITNESSING?

All Christians are witnesses of Christ. We share Christ by word and deed. It is part of God's perfect plan to bring sinners to eternal life. In witnessing, therefore, we show our obedience to God in fulfillment of His plan; we also show love and compassion to the lost ones. It also makes us share with others what they are missing in life without Christ.

As we witness, our lives play a vital role, enabling us build confidence and trust. Our first and foremost responsibility as Christians is to tell others about Jesus Christ, and the more we do that, the more we grow in the Lord.

DISCUSSION

- *What is your understanding about Christian witnessing?*
- *What do we learn from the under-mentioned scripture verses on Christian witness: 1 Peter 3:15; Acts 17:6; 2 Cor. 5:19?*

CONCLUSION

Our core mandate as believers is soul winning (Matt.28:18-20). A believer that wins souls for Christ is loved by God and will shine like stars in Heaven. Proverbs 11:30 says that “he who wins souls is wise”.





LESSON 12

PERSONAL EVANGELISM

An Effective Means of Christian Witnessing

Proverbs 11:30; Daniel 12:3; John 4:5-26; 42

OVERVIEW

Personal evangelism or one-on-one evangelism is a form of Christian witnessing. This type of witnessing is said to be the most cost-effective way of winning souls for Christ. It does not call for the use of huge sums of money to get expensive equipments for witnessing. In this lesson, the young person will be taken through effective soul winning through personal evangelism and some hindrances to personal evangelism.

OBJECTIVES

- To encourage the youth to engage in soul-winning on personal basis.
- That the young person will be able to tell the importance of soul winning.
- That the youth will get the pre-requisite for effective soul winning.
- That the youth will be able to state some hindrances to soul winning.

EXPOSITION

INTRODUCTION

- He who wins souls is wise - Proverbs 11:30.
- Soul winning is the effort (by word and deed) to lead an unbeliever to accept the Lord Jesus Christ as Saviour.
- Not all Christians are called to be preachers, pastors, or missionaries, but every born- again Christian is called to be a soul-winner.

A. WHY MUST I BE A SOUL-WINNER?

(i) Soul winning is a command (Matt. 28:20). The human soul is priceless. It is worth more than anything else in the world - Mark 8:35-38.

(ii) If we truly believe a soul without Christ is headed for an eternity in hell, we shall do all in our power to persuade men to turn from sin to Jesus Christ. Knowing the terror of God, we



persuade men not to fall into His judgement.

(iii) The fact that Jesus suffered on the cross for each sinner - John 3: 16.

(iv) The fact of the emptiness, folly and vanity of this world. The word of God and evidence around us all show that this world is passing away- 1 John 2:15-17.

(v) Soul-winning is a source of joy, and also helps to keep our own lives in check. A Christian who always tries to win souls does not backslide easily - Psalm 126:5, 6; 1 Cor. 9:27

(vi) Rewards and crowns are promised to faithful soul-winners (Daniel 12:3).

B. PRE-REQUISITES FOR THE EFFECTIVE SOUL-WINNER

(i) He/She must be a saved person himself/ herself, and be sure of it.

(ii) He/She must live a pure life among the saints and unbelievers alike.

(iii) He/She must work in a spirit of love and perseverance; not arrogant and over-bearing.

(iv) He/She must have a working knowledge of the Bible.

Many Christians do not attempt to win souls because they do not read and study the Bible.

(v) He/She must be prayerful; praying for the souls and relying on the Lord to convert them.

(vi) He/She must lead a Spirit-filled life.

(vii) He/She must have compassion for souls.

Class Discussion: *Discuss the prerequisites of the effective soul winner.*

C. THE ESSENTIALS OF SOUL WINNING (PSALM 126:5-6)

(i) THE “GO” IN SOUL- WINNING - He that goeth forth... The soul-winner must always be on the move, looking for opportunities to introduce somebody to the Lord.

(ii) THE WEEPING HEART IN SOUL-WINNING ...“WEEPETH”. The soul-winner must have a heart full of compassion for sinners - Matt. 9:36, Acts 20: 19, Acts 20:31.

(iii) THE WORD OF GOD - “Bearing the precious seed”. The soul-winner must have the word of God in his heart - 1 Peter 1:23.

(iv) THE CERTAINTY OF RESULTS - The Soul-Winner “shall doubtless come again bringing his sheaves”. You may not win everyone you talk to, but you will win some.

(v) THE SOUL WINNER’S JOY - The soul-winner “shall come again rejoicing. There is personal joy over the conversion of a soul and there is great rejoicing in heaven - Luke 15:7-10.

D. GENERAL GUIDELINES FOR SOUL-WINNING

(i) Seek and pray for opportunities and then use them.

(ii) Lead the person to make a definite decision to accept Christ.

(iii) Deal with your own age group and sex (if possible). However, if the Spirit prompts you to speak to someone else, do not hesitate.



(iv) Be courteous. Don't be overbearing or talkative. Encourage the prospective convert to express his views and even ask questions.

(v) Deal with the person you seek to win without allowing detractors, Acts 13:6-8 (if possible). Avoid unnecessary arguments (2 Timothy 2:23).

(vi) Always keep confidences (James 5:20). Treat confidential matters as such.

(vii) Do not rely on your own ability or experience but depend on the Holy Spirit. If you do not know the answers to questions posed to you, admit it.

(viii) Do not become impatient with people who are slow to make a decision.

(ix) Avoid any "holier-than-thou" attitude.

(x) Never preach church but Christ and Him crucified for our sin.

E. THE SOUL-WINNER'S MESSAGE

The soul winner must know fairly well the central truths of the gospel message and the supporting Bible verses. The unbeliever must be made aware of the following central truths of the gospel.

(i) The fact of sin: It is stated that all men have a common ancestry with Adam. Since Adam sinned, sin passed onto all men like an inherited disease (Romans 3:23; Romans 3: 10-12; Psalm 51:5). You may refer to the story of the fall in Genesis 3

(ii) The penalty of sin: The wages of sin is death - eternal separation from God (Rom. 6:23; Psalm 9:17; Ezekiel 18:4; 2 Thess. 1:7-8).

(iii) The penalty must be paid: God's justice demands that the penalty for man's sins be fully paid, that is, through the atonement (Romans 14: 12; Heb. 9:27; Acts 17:3 1).

(iv) The penalty has been paid: The Lord God has provided His only begotten son Jesus Christ as a ransom for our sins (Romans 5:8; Isaiah 53:6; 1 Peter 3:18).

(v) Salvation is a gift freely given: Because Jesus has paid the price, salvation is freely given to those who believe (Romans 6:23; Ephesians 2:8, 9; Titus 3:5).

(vi) The gift must be accepted: To be saved, each one must personally accept this gift of God (Romans 10:9-10; Rev. 5: 1,8,12; 1 John 5:11-13; John 3:18,36; 5:24).

F. HINDRANCES TO SOUL WINNING

(i) Fear of Man: Some Christians are usually afraid of being criticized or mocked by others (what people would say) - 2 Timothy 4:7; 1 John 4:18; Phil. 4:13.

(ii) Timidity: In Romans 1: 16, Paul says: " For I am not ashamed of the Gospel" (2 Tim. 1:7, NIV).

(iii) Impure life: Christians who do not live holy lives do not have the confidence to tell others about Christ-2 Corinthians 3:2.

G. THE ADVANTAGES OF PERSONAL EVANGELISM

(i) Promotes direct contact with the unbeliever.

(ii) Enhances easier follow-up and encourages decision-making.



- (iii) Less expensive
- (iv) Sharpens soul-winner's skills
- (v) Encourages righteous living by the soul-winner
- (vi) More souls are often won through effective personal evangelism than in mass evangelism

ACTIVITY

ROLE PLAY

Let one person play a soul winner and the other an unbeliever, and let the class critique the witnessing effort.

CONCLUSION

The Great Commission cannot be downplayed in our walk with God. Obedience then to this call is an indication of our trust in the second coming of Christ, for the gospel must be preached everywhere before He comes. Personal evangelism is therefore one of the great tools we could use to achieve this great task.



LESSON 13

EVANGELISM THROUGH Social Media

Mark 16:15; Matthew 28:18-20; Daniel 12:4

OVERVIEW

Christians are mandated to go into all the world to preach the good news. The lost are intact in their geographical location, but most of the time, the messengers get lost with the message. We are responsible for finding the lost wherever they are. In contemporary times, the social media platforms are ‘places’ where people ‘meet’. Facebook alone has over 1.6 billion



users, and will qualify to be the largest ‘nation’ in the world. We can evangelise the lost in this ‘nation’. WhatsApp, Twitter, Instagram and others are all viable platforms for evangelism.

OBJECTIVES

By the end of the lesson, the youth must be able to:

- Know the correct use of the various social media platforms
- Package the gospel message in snappy formats for distribution on line.
- Do follow up and basic discipleship online.
- Avoid the wrong usage of such social media Apps.

Resources/ Resource Person: iPhone, ipads, laptop computers, good Internet connection, etc. Projector and screen would be an advantage. A person who has been trained in Digital Missions or is very good at using Social Media should be made to facilitate the lesson.

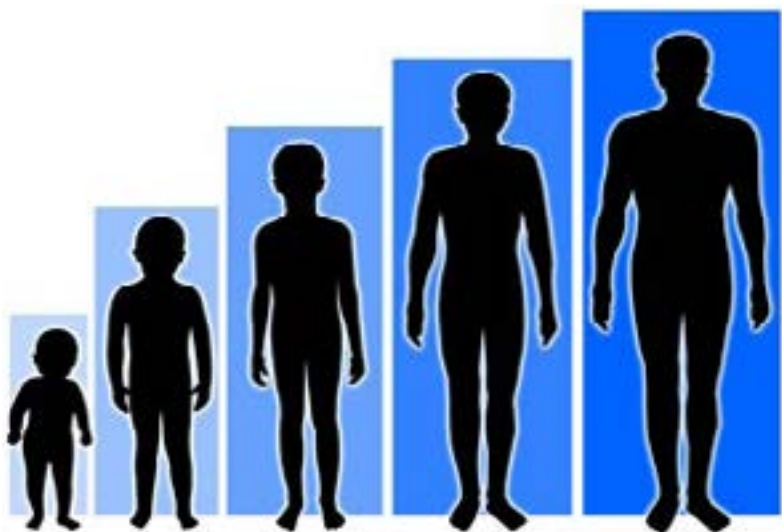
DISCUSSION

- How do I increase the number of my followers or impact on the social media at a minimal cost?
- What kind of ‘gospel content’ will make more impact on people online?

CONCLUSION

Do you not think that Jesus Christ would have had a Facebook account instead of walking along the Sea of Galilee if He had come back to preach in our world? Social Media must be used to advance the Kingdom of God. In Daniel 12:4, the prophet says that in the last days, ‘men shall run to and fro, and knowledge shall increase’. The information super highway has become ‘a road’ on which men ‘run to and fro’. We need to stop them on this “highway”, and cause them to respond to the best message ever given amongst men; the gospel.





LESSON 14

CHRISTIAN GROWTH AND MATURITY

2 Peter 3:17-18; 2 Tim 3:16-17

OVERVIEW

This lesson will generally focus on how we grow as believers and the importance of Christian growth and maturity. The lesson would also discuss the obstacles to Christian growth and maturity. We grow in Christ when we completely trust in God, yielding our lives daily to Him in prayer, studying of the Word, commitment and obedience, and acting as Christ Jesus would have acted if He was here on earth.

OBJECTIVES

By the end of the lesson participants should be able to:

- Identify the factors that facilitate christian growth
- Appreciate the importance of christian growth
- Identify the obstacles to christian growth

RESOURCES/MATERIALS

The following will be required to facilitate the lesson:

- A mature officer or Youth Leader
- Materials: Notebooks, pens and Bibles

EXPOSITION

Christian growth is not a one shot event but a lifestyle that is consciously and intentionally developed with full reliance on the Holy Spirit. The Christian who seeks to grow in Christ must daily depend on the Word of God and the Holy Spirit, develop, a personal relationship of obedience to God's Word fellowship with other believers and engage in soul winning. When we grow in Christ, our relationship with Him is strengthened, we develop hatred for sin and the power to overcome, making us more dedicated and steadfast. To promote our growth in Christ, we must beware of complacency, pride, arrogance and the like.



DISCUSSIONS

- How easy or difficult has the Christian life been for you?
- In what areas have you frequently succeeded or failed as a Christian?
- What is the way forward for a victorious christian life?
- What are the marks of a matured christian?

CONCLUSION

The exhibition of spiritual gifts is not the best sign that you are maturing. A blameless character, springing from the fruit of the Spirit is the surest means of identifying those who are matured.



LESSON 15

TEMPTATION AND SIN

Matthew 4:1-11, James 1:2-5; 12-15, Matthew 6:13

OVERVIEW

Four times in the synoptic gospels, Jesus is quoted as saying: “Watch and pray, so that you do not fall into temptation. The Spirit is willing but the body is weak” (Matt. 26: 41; Mark 14:38; Luke 22; 40; 22:46). This is a call on Christians to beware of temptations.

When we accept Jesus Christ as Lord and Saviour we are born again and become children of God. The seed of righteousness



is planted in us and we are not expected to continue in sin. However, we are prone to slipping off the path if we lose guard.

OBJECTIVES

By the end of the lesson, participants should be able to:

- Define temptation in their own terms.
- Distinguish between trials and temptations.
- Identify the sources of temptation.
- Flee from temptations and overcome them.

RESOURCES/ MATERIALS

- A minister, mature officer or youth leader
- Each participant must have a notebook, pen and a Bible

EXPOSITION

Temptations are allures or seductions to take a wrong path or course due to a seeming advantage attached to it. It could also refer to persecution and troubles that come the way of the Christian, either from the world system, Satan or our evil passions. Satan can play on our own evil desire or use other sinners to entice us. It is often said that trials come to help us grow and mature but temptations stem from our own evil desires which could lead us astray if we are not careful.

DISCUSSIONS

- Does God tempt or He puts us to test?
- How do I differentiate a temptation from a test?
- Can a test constitute a temptation?
- Are there any advantages of temptations?

CONCLUSION

My son, if sinners lure you, do not be willing - Proverbs 1:10
(MKJV)





LESSON 16

OVERCOMING THE DEVIL'S TEMPTATIONS

OVERVIEW

Temptation is not sin, yielding to it is. we always have a choice. It is said that whilst we cannot prevent the birds from flying over our heads, we can stop them from building their nests in our hair. It is only when we yield to temptation that sin is committed.

RESOURCES/MATERIALS

- A group could be put together to put a short sketch on the story of Joseph and Potiphar's wife as recorded in Genesis 39.
- Each participant must have a notebook, pen and Bible.

OBJECTIVES

By the end of the lesson, participants should:

- Be equipped with Christian techniques in overcoming temptations.
- Identify the benefits of overcoming temptations.

EXPOSITION

Since Jesus was tempted in all respects as we get tempted but without sin (Heb. 4: 15), He is able to help us in our temptations (Heb. 2: 18) when we look up to Him in faith. He will provide grace in times of need (Heb. 4: 16) and a way of escape (1 Cor.10: 13b). The following steps can help us overcome temptations in our lives:

- Meditation on the Word of God (Psalm 119:9,11).
- Watchfulness and prayer (Mark 14:38).
- Not giving Satan opportunity or foothold in our lives (Eph.4:27).
- Putting on the whole spiritual armour of God (Eph. 6:11)
- Resisting the devil (James 4:7).
- Applying the Word of God as Jesus did (Matt. 4: 1-11).



When we overcome temptations, we enjoy the following from God:

- The Lord is glorified.
- We grow stronger in that particular area of life.
- We become a source of encouragement to others.
- Our fellowship with God is strengthened
- We become more confident in life.
- Our prayer life is enhanced.

DISCUSSIONS

What practical spiritual lessons about overcoming temptations can we draw from the experience of Joseph in Genesis 39?

CONCLUSION

“Looking to Jesus the Author and Finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and sat down at the right of the throne of God”. (Hebrews 12:2, MKJV).

Therefore submit yourselves to God. Resist the devil, and he will flee from you. (James 4:7, MKJV).

These scriptures must encourage you to be a hero in the fight as a good soldier of Christ.



LESSON 17

BOY/GIRL RELATIONSHIP

1 Thessalonians 4:3-5; 1 Corinthians 6:9-20

OVERVIEW

If a teacher were to ask his/her youth class what is meant by “boy/girl relationship”, the answers would be many and varied. These may range from the casual relationship between some boys and girls to the intense, all-inclusive, or romantic alliance between a particular boy and a particular girl. There are casual



relationships between boys and girls, which is often harmless and is actually good for the healthy emotional development of the adolescent. For many people however boy-girl relationship must have romantic or sexual activities attached to it. What must be our standards for relating with the opposite sex as Christians?

OBJECTIVES

By the end of the lesson, participants should be able to:

- Appreciate the positive side of boy/girl platonic friendships.
- Appreciate the dangers of romantic boy-girl relationships.
- Develop the knowledge and grace to enter Christ-honouring relationships.

RESOURCE PERSONS

Two resource persons will be needed. One resource person should practically share how he/she was involved in a negative boy/girl relationship and the negative consequences thereafter. The other resource person should also share how decent boy/girl relationship affected him/her positively. The import is to bring out good virtues out of practical living for emulation.

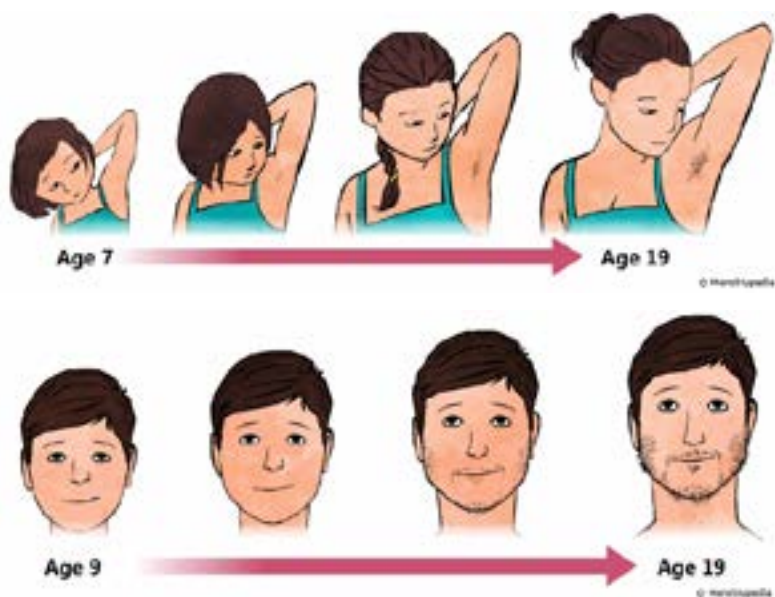
DISCUSSIONS

How is a boy/girl relationship you are presently involved in affecting you positively or negatively? How do you keep boy/girl relationships decent and pure? What environmental or domestic factors lead people into indecent sexual relationships?

CONCLUSION

“Or do you not know that he being joined to a harlot is one body? For He says, The two shall be one flesh. But he being joined to the Lord is one spirit. Flee fornication. Every sin that a man does is outside the body, but he who commits fornication sins against his own body. Or do you not know that your body is the temple of the Holy Spirit in you, whom you have of God? And you are not your own, for you are bought with a price. Therefore glorify God in your body and in your spirit, which are God’s”: (1 Corinthians 6:16-20, MKJV)





LESSON 18

ADOLESCENT SEXUAL DEVELOPMENT

Luke 2:52; Heb 4:15

OVERVIEW

Sexuality is an aspect of human life that cannot be ignored and all people, irrespective of their faith, go through the same sexual developments. There are hormones and other chemicals in the body that bring about a lot of sexual changes and developments. There are many physical changes that occur about our sexuality as we develop as adolescents. A good knowledge of our sexuality and a biblical understanding of it will save us from the problem of pre-marital sex and its associated troubles.

RESOURCES/MATERIALS

- A medical officer or community health nurse
- Notebook, pen and Bible for each participant

OBJECTIVES

By the end of the lesson participants should be able to:

- Appreciate the sexual development of the adolescent.
- Properly control sexual temptations that come with adolescence.
- Identify the dangers in pre-marital sex and be equipped with tools to overcome these dangers.
- Identify the various STIs and their impact on those who contract them, their immediate families and the nation at large.

EXPOSITION

- A health worker (medical officer or nurse) should be invited to take the class through a discussion on adolescent sexual development with its associated sexual challenges.
- A community health worker or medical officer should take the class through an interactive power point presentation or pictorial lessons on the various STIs, their causes, effects and remedies where applicable.



DISCUSSIONS

The class could be put into groups to brainstorm on the negative consequences of pre-marital sex. The class can also discuss people they know who got pregnant or have contracted STIs and the effect they brought on them.

HIGHLIGHTS

“Or do you not know that he being joined to a harlot is one body? For He says, “The two shall be one flesh”. But he being joined to the Lord is one spirit. Flee fornication. Every sin that a man does is outside the body, but he who commits fornication sins against his own body. Or do you not know that your body is the temple of the Holy Spirit in you, whom you have of God? And you are not your own for you are bought with a price. Therefore glorify God in your body and in your spirit, which are God’s”: (1 Corinthians 6:16-20, MKJV)

NOTE: Enough time must be spent on this topic and facilitators must not be forced to rush through. Arrangements could be made with facilitators for lessons to run more than twice.

CONCLUSION

As we grow, our bodies prepare to fully play its biological roles. we need self-control, given by the Holy spirit, to go through this preparatory period without sinning against God and our own bodies. God is faithful; He will not let you be tempted beyond your ability. Stand (Ephesians 6:10-18)



LESSON 19

THE BIBLE AND BOY/GIRL RELATIONSHIPS

1 Timothy 5:2; Colossians 3:5; 1 Peter 2:11

OVERVIEW

In any dilemma, the Christian's reference point is the Bible, so this lesson intends to help the class search and interpret Scriptures that relate to premarital sex, and then understand God's will concerning this issue.



OBJECTIVES

- To discuss with the youth what the Bible says about boy/girl relationship.
- To help the young person identifies lies about boy/girl relationship.
- To assist the young person discovers what the bible says about boy/girl relationship.

EXPOSITION

A. WHAT THE BIBLE SAYS

In 1 Timothy 5:2, Paul admonishes Timothy to treat the Young Christian Ladies as a Sisters With All Purity.

DISCUSSION ONE

What do you understand by treating the sisters with “all purity”? This means as a young Christian boy your attitudes and thoughts concerning the opposite sex should be pure.

DISCUSSION TWO

Colossians 3:5, “mortify (put to death) therefore your members which are upon the earth- fornication, uncleanness, inordinate affection, evil conscience and covetousness which is idolatry”.

What do you understand by putting your members to death? How do you put to death what belongs to your earthly nature? Paul is saying these tendencies are resident in our bodies- our members – but we should, through self-discipline, prayer and God’s word, put them to death.

DISCUSSION THREE

1 Peter 2:11 says: “Dearly beloved, I beseech you as strangers and pilgrims to abstain from fleshly lusts which war against your soul”.

What do you understand by fleshly lusts?

How do they war against your soul?

How do you abstain from them?

Peter, here, is advising that we abstain from fleshly lusts which include pre-marital and any other deviant sexual behaviour, because these evil acts WAR against our eternal salvation. 1 Corinthians 6:18-20: “Flee fornication, every sin that a man doeth is without the body, but he that committeth fornication sinneth against his own body. What, know ye not that your body is the temple of the Holy Ghost which is in you which ye have of God and ye are not your own?” (KJV)

DISCUSSION FOUR

What does the Bible mean by “flee youthful lusts”? How do you flee fornication?

2 Timothy 2:22, “Flee also youthful lusts but follow righteousness, faith, love, peace with them that call on the LORD out of a pure heart.”

In these verses, Paul advises that we “flee” or run away. There are times the temptation to sexual sin is so strong that the only solution is to flee, like Joseph did when he was lured by Potiphar’s wife.



B. HOW CAN I KEEP MYSELF PURE?

The under-listed points are some tried and tested ways by which you can keep your thoughts and actions clean and acceptable before God:

i. Read the Bible regularly: The books of Psalms and Proverbs have a lot of advice for young people. How can a young man keep his way pure? - By living according to your word.

“Thy word have I hid in my heart, that I might not sin against thee (Psalm 119:11.) Thy word is a lamp unto my feet and a light unto my path (Psalm 119:105). Regular reading of the Bible and meditating on its instructions keep our minds pure.” Psalm 119:9

ii. Fasting and Prayer: In prayer, we tell God our weaknesses. If you find yourself thinking lustfully about a sister or a brother, pray seriously about it. Cultivate the habit of prayer because this strengthens your inner man to resist the temptations of the devil. Fasting can also help break the hold of lustful thoughts.

iii. Active Church Life: Engage yourself fully in church activities when at home and in PENSA or Scripture Union when in school. As a young person, you should be an active member of the Youth Ministry, Evangelism Ministry, Prayer Warriors, Sunday School Teachers, etc.

iv. Be a Witness: Tell others about your faith in the Lord Jesus Christ and invite friends to youth classes. When you witness in your neighborhood, it becomes a check on your life.

C. SOME PRACTICAL TIPS

- (a) It is a blatant lie that people who abstain from pre-marital sex will become sick or foolish.
- (b) Determine in your heart to present yourself undefiled to your future spouse. (Psalm 119:1-2).
- (c) Be selective in what you read. Do not read material that excites your sexual desires. Avoid pornographic magazines and X-rated videos or films.
- (d) When your mates make fun of you because of your stand as a Christian, don't worry; secretly, they admire you.
- (e) If the opposite sex makes unhealthy advances at you, rebuke them strongly and firmly. They may not try it again.
- (f) When you are tensed up, go out and play some sports like volleyball, football, table tennis, etc. Nothing beats a cold shower to bringing down those tense moments.
- (g) Learn and play mind-sharpening games like scrabble, crossword puzzles, chess, etc.
- (h) Above all, if you are a student, occupy yourself with your school work into your school work. Try to be the best or among the best.
- (i) Christian youth who excels at their academic work is a great testimony to others in the school.
- (j) Memorize the scriptural references mentioned above.

CONCLUSION

These discussions will contribute to shaping us to live in all purity with all, especially the opposite sex.





LESSON 20

LESSON A

NARCOTIC DRUGS

Titus 2:11-14, James 4:7, 1 Corinthians 6: 19-20

OVERVIEW

Narcotic drugs are addictive drugs that reduce the user's perception of pain and induce euphoria (an exaggerated sense of well-being). Due to their adverse effects on the brain, they are either banned or used under strict regulations. Illegal use of these drugs is, however, common and the Christian youth must be careful not to be lured into it.

LESSON OBJECTIVES

- To help the young person understand the issues relating to adolescent drug abuse.
- To highlight the effects of drug abuse.

NOTE TO THE LEADER

To further educate the youth on the dangers of drug abuse, the Youth Ministry may invite the Narcotics Control Board and its health personnel to stage an exhibition, educational seminar or symposium. At such a forum, the various drugs will be exhibited and video documentaries on the effects of drug abuse shown. These pictorial presentations backed by sound education will create long-lasting impressions on youths who are tempted to experiment with drugs.

A. TYPES OF DRUGS

There are a number of drugs which people abuse today. Some of these are marijuana, cocaine and opium.

I) **Marijuana:** This is a herbaceous plant whose biological name is *Cannabis Sativa*, but is variously referred to as “dope”, “hemp”, “ganja” and “wee”. The plant grows readily in warm tropical climates in Africa and Central America. The active ingredient in the plant is a chemical called THC. This chemical is present in every part of the plant stem, leaves and flowers. The dried leaves or flowers are rolled into tubular shapes like a cigarette and smoked. The smoke is drawn into the lungs and held there for



the drug to take effect. Marijuana makes some people feel “high”, others feel like drunk, yet others may feel calm. Marijuana is addictive, and users cannot live regular lives without the drug. It affects one’s sense of judgment and removes the desire to work.

Most users just idle around in groups doing nothing. If you are a student, it affects your class work. In some cases, marijuana leads to mental illness.

II) **Cocaine:** Cocaine is a whitish powder also variously called ‘coke’ or ‘snow’. It comes from the coca plant which grows mostly in South America. People who use it usually sniff it through their nostrils or inject it into their bodies with hypodermic needles. Cocaine is very dangerous because one easily gets addicted to it and it does great harm to the user. Cocaine stimulates the user, gives a feeling of euphoria, and when the effect of the drug is waning, the user feels uncomfortable. He may sweat, have abdominal pain and feel nauseous. This distressful feeling can only be remedied by another dose of the drug. Prolonged use of cocaine results in a loss of concentration and physical neglect of the body.

III) **Opium:** The drug is obtained from the opium poppy, a plant that grows mostly in Asia. A milky white sap is obtained from its flowers and this is turned into a brown paste. This paste may then be treated in a laboratory to produce a white powder called heroin. People who use heroin may inject it into their veins or they may smoke it. The drug is highly addictive and users cannot

live without more of it. Many young people who use heroin die an early death from the diseases to which the drug may expose them.

B. SOME HELPFUL TIPS

- Avoid the company of drug abusers.
- Avoid parties or places where drugs are used.
- Spend time with friends who do not use drugs.
- In your leisure, learn new hobbies, play games and read good books. You can make a reading plan of one story book or one book of the Bible a week. In other words, keep yourself occupied with clean and healthy pursuits and you will not need drugs to make your day fulfilling.

DISCUSSION

What are the effects of the use of narcotic drugs?

CONCLUSION

The use of narcotic drugs affects the totality of the health of the person (physical, psychological, social, spiritual and economic health). It is very difficult to break free from narcotic drug addiction. The Christian youth, therefore, must not attempt experimenting with narcotic drugs.





LESSON 21

ABORTION

Exodus 20:13, Jeremiah 1:5, Jeremiah 7:6

OVERVIEW

Approximately, a third of all recorded abortions in the US, which is in excess of 1.5 million every year, is performed on teenagers. Planned Parenthood estimates nearly two-thirds of teen pregnancies are never reported. The number is around 70,000 in Canada and 180,000 in the UK.

One out of every 6 women who has had an abortion describes herself as an evangelical Christian. In Ghana, the actual prevalence of abortion is not known. However, studies conducted by Prof. Agyemang Badu Akosa and reported in the Ghana Medical

Journal, September 2004, indicates that autopsy studies reveal that abortion is the leading cause of maternal mortality among adolescents. The 10-24 age group abortion accounted for 34.7% of deaths, the youngest being 14 years.

LESSON OBJECTIVES

By the end of the lesson, participants must:

- Be able to understand abortion and its effects on the reproductive organs.
- Be able to mention some biblical views on abortion.
- Be able to avoid abortion and its trappings, and also find help if one is already a victim.

RESOURCES/ RESOURCE PERSON

A Christian medical officer, midwife or nurse.

CONTENT EXPOSITION

SOME DEFINITIONS

Conception: Also known as fertilization is the fusion of gametes (sex cells) to form a new organism of the same species. In humans, the process involves a sperm fusing with an ovum which eventually leads to the development of an embryo. This takes place after sexual intercourse.

Embryo: The earliest stages of development of the fertilized ovum until about the end of the 8th week.



Foetus: The developing human in the uterus after the embryonic stage (8th week) until birth. The amnion is a membranous sac which surrounds and protects the growing foetus. It is also referred to as the amniotic sac. The amniotic sac contains a liquid known as the amniotic fluid. The amniotic fluid is the watery liquid surrounding and cushioning a growing foetus.

Abortion: Is the removal or expulsion of an embryo or foetus from the uterus of a pregnant woman.

TYPES OF ABORTION

1. **Spontaneous Abortion or Miscarriage:** It is an abortion due to accidental trauma or natural cause. Most miscarriages are due to incorrect replication of chromosomes or environmental factors.

Induced Abortion is an abortion that is caused by deliberate human action. There are two types of induced abortion: therapeutic and elective.

- Therapeutic abortion is an abortion performed for medical reasons like:
 - 1) Preserving the physical and mental health of the woman.Or
 - 2) Saving the life of the pregnant woman.
- Elective Abortion is an abortion performed on a woman for any other reason.

The human race has become the only species that is deliberately and consistently destroying its young to the extent that in the Western World, human populations are experiencing negative growth. There are many reasons for the increased prevalence of abortion.

I. INCREASED SEX DRIVE AMONG THE YOUTH

Pre-marital sex among unmarried youth continues to increase at phenomenal rates. Unplanned pregnancies and, therefore, abortions are the direct results of the unbridled sexual activity.

2. THE EASY ACCESS TO ABORTION

It has become very easy for the youth to get access to abortion facilities. Abortion has become a multimillion-dollar industry, and the US alone has more than 4,000 abortion clinics. In Western countries, there are organizations committed to making abortion available to every woman at every age. In Ghana, there are many quack doctors and chemists who provide abortion services to the detriment of unsuspecting victims.

SOME REASONS WHY YOUNG PEOPLE OPT FOR ABORTION IN GHANA

The class may be asked to discuss other reasons why young people are opting for abortion in Ghana. Some of the reasons are:



SOCIAL STIGMA

There is some stigma that goes with teenage pregnancy; the young lady is seen as a bad girl by some, and stupid by others. And usually the girl is not a candidate for marriage into respectable families. Some parents will secretly help their daughters to abort the baby to protect the ‘respect’ of the family.

ECONOMIC CONSTRAINTS

Most pregnant teenagers opt for abortion because they do not have the money to care for themselves and the baby they are expecting.

DROPPING OUT OF SCHOOL

Only few girls are given the opportunity to continue schooling when they get pregnant. They therefore abort the babies so that they can stay in school.

DISCUSSION

1. What other factors influence the decision of some young people to commit abortion?
2. Are these reasons valid enough for a Christian to commit abortion?

CONCLUSION

Abortion is murder; the Christian should not commit or aid its occurrence. Apart from a rare medical situation to save the life of the mother, abortion should not be encouraged anywhere.



LESSON 22

METHODS OF ABORTION

Exodus 20:13, Jeremiah 1:5, Jeremiah 7:6

OVERVIEW

In this lesson, the class is introduced to the methods of abortion available and how each method traumatizes the growing foetus. The purpose of this lesson is not to endorse abortion methods or teach people how to do it. The objective is to describe how dangerous it is for any girl or young woman to see abortion as an option. It is also to make a statement that, “abortion is murder”. No one should see it as an option for the child of God.



LESSON OBJECTIVES

- To guide the young person to see the trauma the growing foetus goes through during abortion.
- To discourage young people from considering abortion as a normal procedure.

RESOURCES/ RESOURCE PERSON

A Christian medical officer, midwife or nurse.

CONTENT EXPOSITION

There are so many local methods of abortion. The following are, however, some techniques used to effect abortion in medical centers:

1. **Suction or Vacuum Aspiration:** In this procedure, the cervix is open with instruments known as “dilators”. Then a tube is inserted into the uterus, and by means of an electric vacuum pump, the contents of the uterus, that is, the foetus, placenta and all the associated tissue are sucked out of the womb and deposited into a container.
2. **Dilatation and Curettage (D&C):** In this method, the cervix is also dilated and a loop-shaped steel knife is inserted to scrape the walls of the uterus. The foetus and the placenta are sliced into pieces and scraped through the cervix.
3. **Dilatation and Evacuation (D&E):** This method also involves the dilatation of the cervix. Forceps are inserted into the uterus through the vagina, and used to dissect the foetus into pieces which are then removed one at a time. Lastly, vacuum aspiration may be used to ensure that no foetal tissue remains in the uterus.

4. **Brine Injection (Concentrated salt solution):** This procedure involves the injection of concentrated salt solution through the mother's abdomen into the amniotic sac. The baby swallows this poisonous solution. It convulses violently and finally dies of salt poisoning, dehydration and internal bleeding. The mother goes into labour within a day or two and delivers a dead, burned and shriveled baby. Prostaglandins are hormones that are injected into the amniotic fluid to induce labour. They are normally used with the salt solution to prevent live births.

5. **Hysterectomy:** This procedure is like a caesarean section, and is generally used when chemical methods like salt poisoning and prostaglandins fail to kill and expel the foetus. Incisions are made in the abdomen and the uterus is entered. The baby, placenta and the amniotic sac are removed. Babies are sometimes removed live during the procedure and just left to die.

DISCUSSION

Discuss the types of methods and concoctions used on the local Ghanaian scene to cause abortion.

CONCLUSION

The various methods of abortion look cruel to the fetus. The various instruments of abortion could also damage the uterus and other female reproductive organs. This is not a practice to be encouraged. Taking innocent life is cruel and a sin against God.





LESSON 23

THE EFFECTS OF ABORTION

Exodus 20:13, Deuteronomy 27:25, Proverbs 6:16-17

OVERVIEW

People commit abortion to free themselves of unwanted pregnancy, but do they really become free. It has been found that the ramifications of the abortion procedure are many including spiritual, medical, emotional and societal. This lesson aims at discussing how abortion affects the woman who undergoes the procedure.

LESSON OBJECTIVE

To help the young person to appreciate the spiritual, emotional, physical and societal effects of abortion.

CONTENT EXPOSITION

Abortion affects a person in diverse ways. These include:

SPIRITUAL EFFECTS

No matter how hard pro-abortion activists try to push their agenda, it is obvious to every rational person that abortion is a willful and deliberate destruction of innocent human life through the consent and connivance of the mother. Many women who undergo the procedure, experience both moral guilt and psychological guilt. Guilt resulting from abortion produces deep and long-lasting feelings of regret and self-recrimination. It also harms the person's relationship with God, until the sin is repented of and confessed, and God's forgiveness received.

PHYSICAL EFFECTS

It has been observed that medical complications associated with abortion may occur at the time of abortion (immediate), within 30 days (delayed) or at some later time (late). Physical Effects on women who have had abortion include:

- Higher miscarriage rate (in subsequent pregnancies).
- Higher incidences of labour complications.
- Higher incidences of delivery complications.
- They are more likely to have premature babies.



EMOTIONAL EFFECTS

Some research has shown long term emotional stress resulting from abortion.

Some of the effects are:

- Preoccupation with the aborted child.
- Flashbacks of the abortion experience.
- Nightmares related to abortion.
- Perceived visitations from the aborted child.

DISCUSSION

Share true stories you know about the effects of abortion.

CONCLUSION

The effects of abortion are enormous. Statistics show that one of the major causes of death among adolescent girls today is abortion. Flee sexual immorality!



LESSON 24

BIBLICAL PERSPECTIVE ON ABORTION

Psalm 22:9-10, 119:73, 139:13-16, Jeremiah 1:5, Isaiah 44:2

OVERVIEW

The Bible does not specifically mention abortion. However, it is clear on the fact that the foetus at conception is a living being. This lesson aims at exposing young people to scriptural passages that refer to foetus as a living person.



LESSON OBJECTIVES

- To help the young person appreciate the fact that human life begins with conception, making abortion a willful termination of life.
- To help the young person who have had abortion to experience God's forgiveness.

LESSON EXPOSITION

1. The Bible indicates that life begins at conception and that God himself is actively involved in the event of conception of an individual. Ruth 4:13 says 'The Lord enabled her to conceive, and she gave birth to a son'. In the book of 1 Samuel, Hannah prayed and received a child from the Lord; 'she named him Samuel, saying, "because I asked the Lord for him"'.
2. The Bible indicates that life is a gift from God. Life should be cherished and protected. (Job 10:12, Psalm 100:3)
3. Scripture shows that God knows and relates closely to the individual even during the foetal stages (Job 31:13-15, Psalm 139:13-16, Jeremiah 1:5).
4. God also relates to the unborn foetus and he oversees their development as He prepares them for specific callings (Romans 9:11, Judges 13, 3-5, Jeremiah 1:5 and Galatians 1:15).

5. Abortion kills the unborn child and murder is a sin against God. (Exodus 20:13)

Help To Young Women With Abortion Problems -

The abortion problem has two scenarios:

1. The young woman who has already had an abortion and is dealing with its consequences.
2. The young woman who has discovered she is pregnant and is contemplating abortion.

a. To the young woman who has already aborted her baby:

1. Accept that abortion is a sin and wrong before God.
2. Confess and repent, turn away from your sin and accept God's forgiveness. (1 John 1:9)
3. Deal with psychological guilt and forgive yourself. (Ps. 40:11-12, Ps. 103:12)
4. Avoid friends, behaviour and thought patterns that led to the pregnancy in the first place. Flee sexual immorality. (1 Thess. 4:3-5, 1 Cor. 15:34)

b. To the woman who is pregnant and is contemplating abortion:

1. The Leader or Pastor must communicate unconditional love and concern to the pregnant girl.
2. Patiently and sensitively walk her through the Bible exposing the biblical perspective on abortion.



3. Carefully explain to her all possible effects of the abortion procedure. Show her pictures of the procedure if possible (can be found at www.abort73.com).
4. The young woman should be made aware that, the problem has already happened and though it is serious, with God's help, it can be handled.
5. The young woman can then be guided to consider the alternatives to abortions. For example, giving birth to the baby and then giving it up for adoption.
6. The parents or guardian of the young woman must also be contacted and also counselled so they can accept the unfortunate situation and assist in the best way possible. The teenage girl can continue schooling or pursue other career options.
7. One of the fears of young people in the Church is the fear of suspension. The leader needs to educate the young people on the biblical bases for suspension. They should also be shown care and given some emotional support as they go through the process.
8. Marriage can be an option if the man responsible is available and willing, and the female involved is legally qualified, mentally ready and willing to also marry him.

DISCUSSION

How else can the Church help a young woman who is faced with the option of abortion?

CONCLUSION

The biblical view on abortion is that the life of an individual predates conception and pregnancy. It is therefore not right to terminate the life of a growing innocent baby. The edict, “Thou shall not kill”, applies also to the human being in the womb.





LESSON 25

ACQUIRING THE SKILLS OF LIFE

2 Peter 1:3

INTRODUCTION

We are admonished to live in peace with all as long as it depends on us. This is the highest form of practical Christian living. This lesson aims at leading the young person to acquiring the skill of practical Christian living.

OBJECTIVES

The aim of the lesson is to identify some skills needed by adolescents to effectively utilise the facts and values they have acquired so as to make responsible and beneficial decisions

relating to life generally and particularly sexually.

Resource Person: *A Mature Christian*

BACKGROUND INFORMATION

When an adolescent has all the facts and has received and accepted Christian values as standard for his/her life, it must produce certain attitudinal changes in how he/she relates to him/herself, peers, parents, and society at large. Attitudes like self-esteem and self-confidence are important ingredients for wholesome development. The young person also needs skills in communication, negotiation, decision-making and goal setting to be able to face up to the challenges of adolescence.

A. SELF-ESTEEM - PSYCHOLOGICAL HEALTH

Self-esteem is defined as “an opinion of one’s own character and abilities.” The young person with a high self -esteem is convinced of the correctness of the values that direct his or her life. A healthy self-esteem engenders self-confidence. The young person with a good self-esteem is not unduly affected by the opinion of peers. He is able to express his opinions and views confidently without always deferring to peers and friends; that is, he is assertive.

Self-esteem does not mean being proud or arrogant. Self-esteem does not mean looking down on other people or thinking we are better than them.



DEVELOPING A GOOD SELF ESTEEM

Everybody is created uniquely in the image of God. You are unique and special. There is only one of you in the whole world. Sometimes our upbringing and circumstances in life cause us to believe we are nothing or inferior to others. That is low self-esteem. Young people with low self-esteem will always want to do things to please the crowd. They would drink, smoke, use drugs or chase girls all because they want to feel part of the peer group. To build a healthy self-esteem and self-confidence:

- Arm yourself with the facts of life, inform yourself correctly on issues.
- Build your life on Christian values.
- Do not compare yourself with others. Do not wish you were somebody else – 2 Cor 10:12.
- Recognize your talents and special abilities and utilise them.
- Recognize your shortcomings and things about yourself you will like to improve upon but do not criticize yourself to the point of despair.
- Work at your short-comings. Spend time with people who genuinely care for you, people who demonstrate christian values and boost your self-esteem.
- Avoid friends who put you down and destroy your self-esteem by their behaviour and remarks.
- Take every opportunity to learn new skills like playing the guitar, scrabble, and chess.

- Learn to use the computer. Ability to do new things increases your self-esteem. Join a church or school group in line with your gifts and talents. For example, an evangelism team, choir, writers' club etc..

B. EFFECTIVE COMMUNICATION

To “communicate” means to make one’s ideas, feelings, and views known to others. Adolescents have feelings and views about a variety of issues, but the problem has mostly been how to communicate these ideas to others. Adolescents need to communicate with peers, parents, teachers, counsellors and people they relate with. Communication may be verbal or non-verbal. Verbal communication is the things we say or voice out. Non- verbal communication involves facial expressions, gestures and postures that send a message. Thus, you may communicate without talking. For example, if a man touches your breast and you say, “Oh, I don’t like that”, with smiles, what message are you sending to the man? What should be your facial expression, tone of voice and posture if you really want to communicate your dislike in respect of what the man is doing?

C. NEGOTIATION SKILLS

An aspect of communication is negotiation. Negotiation may be defined as “discussion aimed at reaching an agreement”. In certain situations adolescents will be required to discuss and argue out issues clearly and firmly (i.e. assertively) in order to



reach agreements that are beneficial to themselves and also in consonance with facts and their values.

CLASS ACTIVITY/DISCUSSION

We may use role plays to learn how to communicate our feelings, and negotiate ourselves out of unpleasant situations. Try acting out the following scenarios.

1. Kofi desires to attend a particular senior high school in Cape Coast while his father wants him to attend his former school in Koforidua. Kofi and his parents are currently staying in Takoradi. Kofi should negotiate with his dad in order to get to his dream school.
2. Araba has always wanted to be an actress, but her mother is sceptical about this; entertaining fears that Araba may go wayward. She wants Araba to be a Nurse instead. Araba should mount arguments that will secure her dream job.
3. Abena's class is supposed to put up a show at the next school entertainment session. Some of her friends are suggesting that they rehearse a popular worldly song with a strong sensual theme. Abena should negotiate with her mates to choose a christian music that will minister grace into the lives of their entire school.

Let the class suggest other scenarios and act them out in role plays, in order to sharpen their communication and negotiation skills.

COMMUNICATION WITH PARENTS

Many adolescents find it difficult to communicate with their parents concerning some issues. They may be fearful or embarrassed to ask certain questions especially those concerning reproductive health issues or matters. It is very important for young people to learn to effectively communicate with their parents. This enhances the development of mutual trust and confidence. Young people should be willing to listen to and understand the parents' point of view. They should also learn how to politely communicate their interests and views to their parents.

The under-listed points are suggestions for young people to improve on communication with their parents.

- Choose a good time to talk, when your parents are not too busy, tired, or worried about something else.
- Create an atmosphere of friendliness, not antagonism.
- Before you bring up any difficult topic with your parents, spend time to think about the matter; why you feel the way you do, or why you want to do something? Explain your reasons clearly.
- Share your concerns, worries and goals with them; ask them what they would do in your situation. If during a discussion you get angry or upset, don't be rude, and do not shout. That will make your parents angry, and they may think you do not respect them.



- If after several attempts you cannot get through to your parents, find another adult you can trust to help you get to them.

CLASS ACTIVITY/DISCUSSION

Try out these role plays to improve the ability of young people to communicate with their parents:

1. Akua is 13 years old. She has started noticing changes in her body. Her breasts are developing. She has started growing hair in her private parts. She has heard stories from school about these changes. She wants to ask her mother about them but she feels embarrassed and also worried that her mother might get angry with her for thinking about such things. She asks her mother who patiently explains things to her.
2. Kwame - a 14-year-old boy- has his first “wet dream”. He wants to ask his father about it; yet he is embarrassed. He finally gathers courage to open up and ask his controversial father who makes things difficult initially, but finally answers his questions well for him.

D. SETTING GOALS

A goal is defined as “the target of a person’s effort” or the specific thing or aim a person works toward. Adolescents have been accused of being aimless and living only for today. It is important for young people to set goals. The goals may be things they want

to achieve in the short term, or dreams they have for the future. The goals must be positive and constructive. For example, 'I have to be first in class next term instead of being fourth'. Another example is: 'I will do my best to obtain grade A in all eight subjects in order to obtain admission to read a very good course in the university'. Some young people set negative and destructive goals for themselves. For example, 'I have to sleep with a girl this holiday'; I will learn how to smoke by the age of 15. Set positive goals instead of negative goals.

Goals must be realistic and achievable. The goals must not be things that are almost impossible or highly unlikely to achieve. If you are in school now and set a goal that you will build a house next year, that may be unrealistic. The goals must not put you at risk. The mode of achieving your goal must not be detrimental to your person. It must not affect your health or your well-being. It must not be criminal. Will you, for example, agree to be a courier for cocaine dealers to achieve your goal of building a house in a year?

To achieve your goals, you need to plan towards them, and you can do that by asking yourself four basic questions.

1. WHY: Why am I working towards this particular goal? Be clear in your mind of the reasons why you want to achieve the goal you have set.

2. WHAT: What are the things you need in order to achieve your goal: skills, information, education, etc.



3. WHEN: What is the time frame within which you hope to achieve your goals?

4. HOW: What steps will you have to take to achieve this goal? What will you have to do?

If you identify your goal, plan well and work hard at it and you are very likely to accomplish your goal.

CLASS ACTIVITY/DISCUSSION

- Let each member of the class write out his/her goal for the next one year, based on the guidelines for goal-setting. They should be able to answer the questions Why, What, When and How of goal-setting.

E. DECISION-MAKING

To decide means to consider something and come to a conclusion. When you consider a number of issues, or a number of possible courses of action, and come to a conclusion as to which issue or action to pursue, you have made a decision. Making good decisions can help you achieve your goals. Young people are faced with situations where they have to make decisions. These decisions can have positive or negative effect on their future. In making a decision, we ought to be able to think ahead and try to consider the results of each of the actions we wish to take. This is referred to as “predicting outcomes”. You might ask yourself “What is likely to happen if I take this course of action?”

BELOW ARE SOME STEPS FOR GOOD DECISION- MAKING

- Define the problem, situation or issue about which a decision needs to be made.
- Identify all the possible options or courses of action you have.
- Consider all the possible consequences or outcomes of each course of action.
- Consider your own values - your beliefs about right or wrong and which courses of action are consistent with your values.
- Consider how your decision may affect other people.
- Choose the course of action that is consistent with your knowledge, values, morals, religious upbringing and your goals.
- Re-evaluate your decision to see if you are not breaking any godly principle. Do you have inner peace with your decision.

CONCLUSION

We can sometimes make wrong decisions as young people, but once we identify our mistakes we must seize every opportunity to correct it quickly. In all things, endeavour to do the right thing, doing it rightly and also on time.





LESSON 26

THE CHRISTIAN ADOLESCENT AND PEER PRESURE

Proverbs 4:14-19; 1 Cor 15:33

OVERVIEW

Peers have significant influence on both young and old. Peers influence can be either positive or negative. Among adolescents, peer pressure is a major cause of many negative social vices. It is against this background that this topic is crucial to the adolescent.

OBJECTIVES:

- To educate the youth on the effects of peer group activity on the adolescent.
- To help the young person to identify and relate to good peers.

EXPOSITION

BACKGROUND INFORMATION:

A peer group may be defined as members of the same age bracket whose attitudes and behavioural patterns are the same. Members of the peer group tend to reinforce each other in their set behaviour. In many instances, the adolescent comes to rely heavily on the peer group for support, security and guidance. In this lesson, we will discuss how they can be used to help the adolescent to develop healthy attitudes. Peer pressure is treated in more detail later under Lessons 56 - 59.

A. EFFECTS OF PEER GROUPS:

We have tried to define the peer group as all people who are social equals and have similar characteristics such as age, class (educational level), behaviour and attitudes. Though peer groups exist at various stages of human development, they become very important during adolescence. Actually, it has been said that “the most notable social phenomenon of adolescence is the emergence of peer groups”. The adolescent years are a period of transition in which these young people need solutions to a variety of problems. In most cases, adults do not provide the answers. These young people tend to group together and find



solutions to their problems from the other young people who are going through the same transition. Unfortunately, some of the answers provided by the peer groups are the wrong ones. They influence the adolescent on how to talk (Pidgin English), how to dress, where to go, etc. Some of the negative attitudes that can be attributed to peer influence are cigarette smoking, alcohol, drug abuse and premarital sexual activity.

B. CLASS ACTIVITY

- Read 1 Kings 12, and discuss how Rehoboam's peers influenced his decision.

C. HELPING THE ADOLESCENT AGAINST NEGATIVE PEER INFLUENCE

In training Christian adolescents to become responsible adults, there is the need to equip them with weapons to enable them withstand pressure from their peers to indulge in the above-mentioned and other social vices. Three main factors play important roles in equipping young people against negative peer pressure.

(1) Family Relationships: The adolescent needs strong supportive Christian parents who will teach them Christian values and be available to discuss their concerns and anxieties in an open, honest manner.

(2) Christian Role Models and Mentors: Many adolescents lack supportive families where issues can be discussed, and their questions answered. The presence of a Christian role model who

could be in the person of the youth leader, an elder, pastor or a Christian couple would be helpful. These persons may serve as confidants, resource persons and friends to the adolescent. These persons must be of high moral and ethical standards and very understanding of adolescent and youth issues.

(3) Christian Youth Groups: A dynamic Christian youth group with programmes designed to spiritually equip as well as entertain adolescents becomes a haven for Christian adolescents. In this group, the young people themselves establish their code of behavior and mutually encourage each other in this behavior.

D. CLASS DISCUSSION

- Are you able to discuss intimate problems with your parents?
- Do you have a Christian role model you can confide in?
- In what ways does the programme of the youth class/ Christian fellowship at school influence your life?

CONCLUSION

It is very necessary to find a good Christian role model and identify with him/ her as a young person. This will help you find answers to some pertinent questions of life as you steadily grow in the Lord. The christian youth will be able to avoid the negative effect of peer influence if he/she opens up to good christian parents and/or mentors. It is also important for the young person to choose from friends who are also good christians.





LESSON 27

DEVIAN'T SEXUAL BEHAVIOUR

- *Incest* - INTRODUCTION

Deviant sexual behaviour has to do with any sexual activity that is contrary to normal, scriptural sexual behaviour. Foreign cultures, permissiveness in society, and actual demonic activity tend to drive young people into unnatural sexual activity and these usually have devastating effects on the emotional and spiritual well-being of these youngsters. Some of these deviant behaviours are incestuous relationships, homosexuality, lesbianism, bestiality, paedophilia (sexual relationship with children), etc.

CAUTION

The discussion could lead to the disclosure of highly sensitive information with serious consequences. It is very likely that some of the youth are silently going through this ordeal of incestuous relationships with some close adult relations but are not able to talk about it due to the social stigma associated with this act. There should be confidentiality in handling such cases. If in doubt, consult others more experienced than you.

OBJECTIVE

- To lead the young person to identify and avoid incestuous relationships.

EXPOSITION

Incest is sexual intercourse between close relations. Leviticus 18 and 20 list the category of people one may not have sex with. This list includes one's mother, father's wife, sister, brother, grandparents, half-sister, half-brother, brother-in-law, sleeping with a woman and her daughter, or sleeping with two sisters. In Deuteronomy 27:20-22, God places a curse on such incestuous relationships.

In 1 Corinthians 5: 1-5, Paul meted out a sanction to a man in the Corinthian church because he was either married to or sleeping with his father's wife. Paul says categorically that the church should have nothing to do with such a man.



How can young people guard against such incestuous advances?

A. SOME OF THE WARNING SIGNS ARE:

- i. When a relative becomes extra nice, buying you gifts, giving you money and insisting that you should not tell your mother or father as the case may be.
- ii. When a relative starts looking at you in an unhealthy manner, making suggestive comments about your beauty, figure, breast, buttocks, etc.
- iii. When a relative starts to touch you deliberately at your breasts or buttocks in the absence of other people.
- iv. When they sometimes barge in on you while you are taking a bath.

A combination of these signs should be sufficient to the young person that the intentions of the relative are not acceptable or healthy and should not be tolerated.

B. WHAT MUST THE YOUNG PERSON DO?

As a Christian young lady, you must know that your body features are changing into those of a young woman. Your newly developed body could be a source of temptation to anyone who lacks self-control. The following rules can help prevent incestuous relationships:

- a. Do not dress or undress before the opposite sex, not even in front of adult siblings or relative.
- b. Do not wear provocative clothing like miniskirts, “leggings” and see-through blouses. Dress and behave like a young Christian lady.

- c. Do not accept gifts from adult relatives especially if they insist you should not tell your parents.
- d. When an adult relative touches you in an intimate manner or makes suggestive comments about your features let him know firmly and clearly that you do not like this behaviour.
- e. Report the matter to your parents, or a matured Christian as may be necessary.
- f. If it is a father, mother, step-father or step-mother, they should be reported to a close and respected family member. If they are church members, report them to the Church leadership, or else to the police.
- g. Under no circumstance should you give in or agree to incest. It is a sin against God and harmful to your own emotional and spiritual well-being.
- h. If you are already involved in such a relationship, put a stop to it now! Seek spiritual help from your church leaders. God is willing to forgive and restore you to a clean and healthy lifestyle.

DISCUSSION

- What are some warning signs that may lead to incest?
- What must you do to avoid the temptation of incest?



CONCLUSION

Incest could be avoided when the discussed precautions are adhered to with all seriousness.



LESSON 28

DEVIANT SEXUAL BEHAVIOUR

- Homosexuality And Bestiality

*Leviticus 18:7; Deut. 27:20-22;
1 Cor. 5: 1-5; Lev. 20: 11, 12, 14, 17, 19, 20, 21;
Leviticus 20: 15, 16.*

OVERVIEW

God intends sexual relationship to be between a man and woman within the boundaries of marriage. Any other sexual relationship is against God's laws. The Bible, however, describes some sexual practices as an abomination to God. These include homosexuality, bestiality and incest.



LESSON OBJECTIVE

By the end of this lesson, participants must:

1. Be able to explain what homosexuality and bestiality are.
2. Appreciate that homosexuality and bestiality are abominable to God.

CONTENT EXPOSITION

Homosexuality is a sexual relationship between people of the same sex. A lesbian is a female homosexual. Homosexuals are commonly referred to as “gays”.

Lesbianism exists in many senior high schools in Ghana as “supi”. Some of these girls later find it difficult to develop and maintain normal sexual relations with men. Male homosexual relationship is also becoming prevalent in senior high schools. The influx of some foreign workers and tourists from the developed countries is posing a serious threat to young men. Some of these foreigners lure young men with cash and other gifts into homosexual activities. In some cases, there are Ghanaian front men who recruit these boys for the foreigners. Young men are warned to be careful when other men start taking a keen interest in them or start giving them gifts.

In Leviticus 18:22, homosexuality is described as an abomination. Paul, in Romans 1:26-27, condemns the practice in both men and women.

A. BESTIALITY

This abnormal sexual behaviour involves sexual intercourse between a human being and an animal. It could be a human male having intercourse with an animal or an animal having intercourse with a human female. Both acts are strongly condemned in the Bible.

Deuteronomy 27:21 says: “Cursed is the man who has sexual relations with any animal. Then all the people shall say Amen”. (NIV)

Leviticus 20: 15-16: “And if a man has sexual relations with an animal, he must be put to death, and you must kill the animal. If a woman approaches an animal to have sexual relations with it, kill both the woman and the animal. They must be put to death, their blood will be on their own heads.” (NIV)

DISCUSSION

1. What lure young people into these abominable sexual behaviours?
2. What are the effects of these sexual behaviours?

CONCLUSION

God’s standards cannot be changed by human laws. The Christian youth should stay away from homosexuality and bestiality.





LESSON 29

HOMOSEXUALITY

- Background Information and Causes -

OVERVIEW

The homosexual agenda seeks to advocate for societal endorsement and normalization of non-heterosexual orientation and relationships. These are being achieved through the LGBT rights activism and recruitment of more heterosexuals into the homosexual lifestyle. The Christian youth must be properly educated on this agenda and be guided to flee from homosexuality.

OBJECTIVES

- To lead the youth to a clear understanding of the homosexual lifestyle, by providing well researched facts and the biblical view of the practice.
- To lead the youth to discover some causes of homosexuality, and to shun the practice at all cost.

RESOURCE/ RESOURCE PERSON

A minister, a matured Christian psychologist or any matured Christian who has knowledge on the topic.

CONTENT EXPOSITION

SOME DEFINITIONS

- Homosexuality is a sexual orientation in which both partners are of the same sex.
- A homosexual is a person who has a sexual preference for members of their own sex.
- A female homosexual is referred to as a lesbian.
- Male homosexuals are referred to as “gays” but the word is used in the media especially to refer to homosexuality in general.
- Other terms for homosexuals include: queer, faggot (fag), fairy.
- A heterosexual, also referred to as “straight”, is one who has a sexual preference for members of the opposite sex.



- A bisexual person is one who is sexually attracted to both sexes and would have sexual intercourse with either males or females.
- Transgenders are people who have OPTED to express a gender opposite to their biological and physiological sex class at birth. A person born male may decide to express the female gender, and follow it up with medicines or surgery that enhances his female outlook and vice versa.
- Intersexuality is a term used to describe persons whose sex chromosomes, genitalia and secondary sexual characteristics are neither exclusively male nor female. An intersex person may have biological characteristics of both the male and female sexes.

BACKGROUND INFORMATION

In recent years, homosexuals have become very vocal and aggressive in their demand for recognition and acceptance in society. Lesbians, Gays, Bisexuals and Transgender (LGBT) groups have been organized in countries, cities and university campuses around the world. The main LGBT group in Africa operates from South Africa and they have branches all over the continent and is known as “Behind the mask”. They describe themselves as a non-profit making media organization publishing a news website intended for gay and lesbian affairs in Africa. Their mission statement: “-Behind the mask through journalistic activism strives to mainstream lesbian, gay, bisexual, transgender

and intersex activities and to change negative attitudes towards homosexuality and same sex traditions in Africa”.

The main LGBT organization in Ghana is the Gay and Lesbian Association of Ghana (GALAG). As of September 2006, the president of GALAG claimed they had several offices throughout Ghana and well over 500 registered members. These organizations and similar ones are aggressively pushing the homosexual agenda and lobbying African governments to enact laws that are favorable to their way of life. With support and funding from umbrella organizations, LGBTI groups are recruiting young people into their fold. Today, homosexual groups can be found on tertiary and secondary school campuses in Ghana.

Many nations of the world have removed the criminalization of homosexuality from their legal books. A growing number of nations have gone ahead to legalise gay marriages; most significant of them being the United States of America Supreme Court ruling on Friday, 26th June, 2015 permitting homosexual marriage in all States in the USA. There has been a lot of agitation the world over about such dangerous trends, but the fact still remains that the LGBT community, the world over, has succeeded in pushing their agenda very far. The churches in these nations stand the risk of being compelled to perform such abominable marriages in the house of God.



Factors that Lead People into Homosexuality

- a) Early Sexual Abuse and Seduction: Early sexual abuse or homosexual experience with an older person has been cited as one of the most important factors in the development of homosexuality.
- b) Supi System: In boarding houses/hostels in Ghana, adult homosexual tutors and seniors entice or lure young girls into homosexual activities.
- c) Economic Constraints: Some young people are lured into homosexuality because of economic or financial reasons.
- d) Rebellion: Some young people adopt a homosexual lifestyle to rebel against the status quo, the church, parents or even against God.
- e) Dysfunctional Families: Absentee fathers, domineering mothers or parental divorce have all been cited as factors that may set the stage for homosexual behaviour in young people.

DISCUSSION

What other causes of homosexuality are you aware of?

CONCLUSION

The homosexual community has made great strides in affecting society's perception on homosexuality and recruiting young people into their fold. The Christian youth must be as wise as a serpent so as not to be lured into the practice.



LESSON 30

THE YOUTH AND HOMOSEXUALITY

- *Effects of Homosexuality* -

1 Corinthians 6:18-20, Romans 1:26-27

OVERVIEW

Homosexuality has been shown to have serious health, spiritual, social and economic dangers. A clear understanding of these dangers can serve as a motivation for the youth to resist any enticement into the practice.



OBJECTIVE

- To lead the youth to discover the effects of homosexuality.

EXPOSITION

HEALTH

- Homosexuality is essentially an unhealthy lifestyle. Homosexuals practice anal and oral sex. In addition, some insert tongues and fingers into the anus. They are therefore prone to many bowel infections as a result of faecal matter in the bowel. Gay bowel syndrome was a medical term used to describe a heterogeneous group of diseases affecting gay men. The clinical diagnoses included condyloma acuminata, hemorrhoids, nonspecific proctitis, anal fistula, perirectal abscess, anal fissure, amoebiasis, benign polyps, viral hepatitis, gonorrhea, syphilis, anorectal trauma and foreign bodies, shigellosis, rectal ulcers and lymphogranuloma venereum. Due to the activities of gay activists, this term has been withdrawn from current medical books.
- Homosexuals are at higher risk of contracting STDs and HIV/AIDS due to higher rate of promiscuity among them. The average male homosexual had had over fifty sex partners in his life time.
- Hepatitis, a potentially fatal liver disease that increases the risk of liver cancer, has been found to be common in homosexuals.
- Destruction of the anal sphincter: the rectum is significantly different from the vagina with regard to suitability for penetration

by a penis. The vagina is composed of an elastic mucus membrane with a multi-layer epithelium that allows it to easily expand and contract, and endure friction without damage. The rectum, however, is made up of a single layered tissue that is prone to tearing. With repeated trauma, friction and stretching, the anal sphincter loses its tone and its ability to maintain a tight seal. Consequently, anal intercourse leads to leakage of faecal material which may require the use of diapers.

- Life expectancy has been found to be lower in homosexuals compared to heterosexuals.

SOCIAL

The homosexual lifestyle is a threat to building a healthy society. Homosexual relations cannot procreate and ensure continuity of society. Homosexuals tend to adopt children and such children develop in an unhealthy family of same sex parents.

ECONOMIC

The above mentioned health problems of homosexuals have economic implications as well. Much financial resources are needed to maintain their health.

SPIRITUAL

The spiritual consequences are discussed in the next lesson.



DISCUSSION

Discuss other effects of homosexuality.

CONCLUSION

Homosexuality has no reasonable benefit for its practitioners.
The Christian youth must flee from it.



LESSON 31

HOMOSEXUALITY

- Biblical Perspective -

Leviticus 18:22, Deuteronomy 27:20-22, Romans 1:18-27

OVERVIEW

Homosexuality is first mentioned in the Bible in Genesis 19 among the people of Sodom and Gomorrah. Thus, homosexuality is also called sodomy. These two cities were totally destroyed by God with fire. It was again mentioned among the Benjaminites, a tribe in Israel in Judges 19:22. This was a time in Israel's history that they did not have a king and everybody did whatever he liked. Here too, God endorsed a civil war that killed almost all the men of Benjamin. The Bible specifically addresses the issue



of homosexuality and how God sees it.

This lesson aims at walking the class through the Bible to discover the biblical stance on the homosexual lifestyle.

OBJECTIVES

- To lead the youth to discover what the Bible says about homosexuality.
- To expose the homosexual youth to God's love and freedom from homosexuality.

CONTENT EXPOSITION

For us Christians, the Bible is our rule; the standard by which we measure right and wrong. From the Bible:

1. God intends sex to be between a male and a female within the boundaries of marriage (Mark 10: 6-8). Sex is intended to bind a man and his wife together to be one flesh (1Cor.6:16) and to result in procreation (Gen.1:27-28). Homosexual sex defies God's natural order. It is an abomination.
2. The Bible unequivocally condemns the homosexual lifestyle. God describes the sin of homosexuality as abominable or detestable and places it under sins that carry capital punishment like murder, sorcery and idolatry (Lev. 18:22, 20:13).
3. Homosexuality is a sexual impurity that degrades one's body. (Romans 1: 18-27)

4. The Bible classifies homosexuality as wickedness and such offenders are banned from God's eternal kingdom. Unless they repent and receive God's forgiveness, no homosexual will enter heaven, whether they are ordained bishops, priests or ordinary gays on the street. (1 Cor. 6:9-10)
5. Homosexuals can be forgiven and set free from the bondage of this abominable sin. Homosexual activists would like society to believe that it is not possible for the homosexual to change. The truth is homosexuality is reversible. The power in the blood of Jesus is available for the willing and the repentant soul, to deliver him/her from the grips of homosexuality.

The young person struggling with homosexual behaviour must understand that:

- God unequivocally forbids the homosexual lifestyle; God considers homosexuality as sin and wickedness, and its practitioner deserving of capital punishment. Homosexuality is not an alternative lifestyle but a sin that must be confessed and forsaken.
- Despite God's abhorrence of sin, He still loves the sinner (John 3:16). God hates homosexuality but loves the homosexual person. The homosexual must come to God in repentance and confession of his sins, ask for His forgiveness and accept his cleansing. In Isaiah 1:18, God invites all who are willing to accept His forgiveness.



- He must turn away from the practice of homosexuality through the enabling power God.
- He must flee the temptation to return to the homosexual activities by breaking all past association with gays. He must avoid any person of the same sex who makes sexual advances at him. He must also avoid places and circumstances that predispose him to gay activity. Spend more time with friends who are straight.
- Temptation is bound to come, so he must pray more and meditate on God's word. That will give him inner strength to perpetually say no to the homosexual lifestyle (Ps.119:9-11).
- He must pray for the Holy Spirit to bear in you the fruit of self-control which will empower you to resist any temptation.

DISCUSSION

What should be the Christian youth's attitude towards a homosexual?

Discuss how we can effectively balance carefulness and godly love in handling homosexuals.

CONCLUSION

The Bible gives clear instructions concerning homosexuality. It is an abomination, and God will destroy all who engage in it. However, through the blood of Jesus Christ, the homosexual can receive forgiveness and redemption if he/she repents.



LESSON 32

THE CHRISTIAN YOUTH AND FASHION

- Current Dress Design

1 Timothy 2:9-10, 1 Peter 3:3

OVERVIEW

The word “fashion” may be loosely defined as the latest trends or prevailing taste in the lifestyles of a society. The types of dress styles, hair styles and other accessories like jewelry, perfumes and cosmetics which are popular at a certain time are said to be in vogue or fashionable. Trends in fashion are always changing; therefore, what is fashionable today may become archaic or out



of fashion tomorrow. For our purposes, the word ‘fashion’ will refer specifically to clothing; that is, dress styles that are currently in vogue.

It is important for the Christian youth to be wary of the fashion craze and not be taken in by any type of fashion. Persons who wish to live their lives by the teachings of the Bible must be discerning in their choice of clothing.

LESSON OBJECTIVES

At the end of this lesson, participants should be:

- Informed and educated about the philosophy behind current fashion design vis-à-vis Christian ethics.
- Encouraged to dress modestly and decently.

CONTENT EXPOSITION

THE PRINCIPLE BEHIND MODERN DRESS DESIGN

One designer was asked how he determines the kind of dress to design for a client. In reply, he said that the modern designer generally looks for the ‘assets’ of the client. By “assets” he meant portions of the client’s anatomy that were attractive. He then proceeds to design a dress that would accentuate and expose those assets. The philosophy of modern dress design, therefore, is “if you have it, flaunt it”. A skirt is cut short to show-off legs, the neckline of the blouse is cut low to expose breasts (cleavage) or blouse is cut short to expose the midriff. Skirts are made

tight to accentuate the buttocks. In line with this philosophy of flaunting the woman's figure, fabrics are either see-through or cling to the skin, hugging the body and emphasizing the woman's figure. By and large, the intention of the designer is to make the dress as sexy as possible. The dress is crafted with the intention to arouse sexual interest or desire. It is obvious, therefore, that modern dress is not intended only to cover nakedness, but rather to draw a maximum attention to the body, especially to arouse sexual desire. Fashion has become a powerful weapon in the arsenal of the enemy to entice, especially the youth, into sexual immorality. Incidentally, immodest dress is not a new thing: Clement of Alexandria (150- 200AD), one of the early Church Fathers, remarked about the dress of the Roman ladies of his day, "Luxurious clothing that cannot conceal the shape of the body is no clothing at all. Such clothing clings close to the body, takes the body's shape and adheres to the flesh. It outlines the woman's figure, so that the whole shape of her body is visible to spectators. Such clothing is meant for looking; not for covering."

PRINCIPLES OF CHRISTIAN DRESSING

Peter writes in 1 Peter 3:3: "Your beauty should not come from outward adornment, such as braided hair and the wearing of gold, jewelry and fine clothes". Apostle Paul also instructs in 1 Timothy 2: 9-10: "I also want women to dress modestly with decency and propriety not with gold or pearls or expensive clothes but with good deeds, appropriate for women who profess



to worship God.” From the above, it can be seen that the Bible emphasizes the principles of simple, modest dressing but does not legislate or prescribe any particular type of dress. The specific application of those principles is left to the individual Christian under the leadership of the Holy Spirit in him/her.

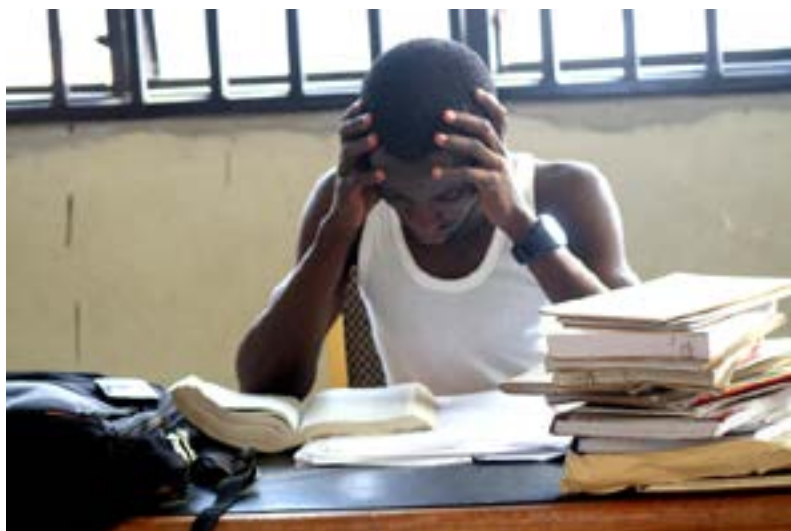
DISCUSSION

What are the marks decency and modesty in dressing?

What are some of the trending fashion styles that you think are not acceptable for Christians?

CONCLUSION

Modesty and decency are the catchwords for the Christian dress



LESSON 33

PREPARING EFFECTIVELY FOR EXAMINATIONS

*Proverbs 22:29, 23:12, 12:24
James 1: 5, Proverbs 6:6*

OVERVIEW

Examinations are employed means by which teachers evaluate the performance of students either weekly, termly or annually. It is either internally or externally administered. The end result of an examination is basically grading, promotion and placement.



OBJECTIVES

- To help the young person to discover techniques of preparing for examination.
- To help the young person to trust in God for success during examinations.

A. THE RATIONALE (REASONS) FOR EXAMINATIONS

The principal reason for exams is evaluating learning; exams are a necessary part of the learning process. They provide the feedback for both the learner and the teacher through which the educational system or the learning situation makes the necessary adjustments in order to perform its function. Examination, therefore, can do the following:

1. They provide feed-back and facilitate the correction of weakness.
2. They provide information for continuous monitoring or progress.
3. They can also be used for placement and promotion in the school system.
4. They help grade and certify students at the completion of relevant courses, etc.

The Bible encourages Christian pupils/students to fully trust God for everything, including wisdom and excellence in their academic pursuit. However, they ought to play their part by studying the lessons taught and leave the rest to God. They should study as if everything depended on them and pray as if everything depended on God. This is very, very important.

B. THE ROLE OF THE STUDENT

The under-listed are the roles the student personally has to painstakingly play in order to thoroughly prepare for his/her exams.

i) Time-Table: Apart from the school time-table, there is the need for all pupils/students to have their personal time-table, preferably 4 to 6 months before the exams begins. This will afford them the opportunity to systematically plan, follow, control and monitor their own learning and preparations towards the exams. They will have to allocate longer learning periods to areas needing more attention but not at the total expense of other subjects. For example, if you are weak at mathematics, then it should be reflected in the time-table; you should study mathematics almost every day.

Never delay your preparations until 2 or 3 months to exams, before you set up yourself to prepare. Read through each topic at least twice or more in a week. Avoid the saying: *“more time for the grasshopper.”*

ii) Research: For a thorough grasp of difficult topics, some research will have to be done in those areas. This will help expand your knowledge on the subject. The libraries could provide relevant text-books for this purpose.

iii) Solving Past Question Papers: Past question papers could be helpful to pupils/students preparing for exams. A range of 3-5 years set of past papers could help the pupils/students better



acquaint themselves with areas of emphasis and instructions governing particular subject areas. The Pupils/students are advised to attempt answering some of the past questions and submit them to subject teachers for marking. Never depend on past papers only! Never specialize in any topics as a “sure banker” but cover everything. Do your best to understand every topic taught to minimize “chew and pour” which mostly leads to total deviation or misapplication of questions attempted.

iv) Study Groups: Join a good and lively study group if need be, to learn from one another about topics you have challenges with. Some of these groups only gossip, talk about sports, telenovelas, etc. Never join one of such groups. Do your best to avoid study groups that have more than 5 members. Such groups are usually not effective in purpose and make slow progress in studies. Ideally, a study group must have between 3 – 5 members. Besides all these, do well to study well yourself before joining a study group, otherwise you may get confused and lost.

v) Rest: Have enough rest before and during the exams; you need sufficient sleep as well as good diet, and body exercise to ward off ill-health and fatigue. Also drink a lot of water. Sleep enough especially on the eve of the exams. Don't sit up late nor study too much on exams day. Be in a relaxed but confident mood.

vi) Set your final preparations as soon as you receive the detailed exams Time Table. You may then discard your own time-table.

Never use any “special” pen or handkerchief, thinking it may help you write well at the expense of your personal study effort.

vii) In the Exams Room: Always go into the exams room well ahead of time, preferably 30 minutes before the start time. Avoid panicking and getting too anxious. Be steady, sure and firm, but not rude. As soon as you sit, pray and avoid talking with friends.

viii) Examination instructions: Adhere strictly to the instructions given on each section of the particular exams paper. Please don't ignore any instruction as this could be disastrous for compulsory questions. Read through all the questions to select those you think you can answer satisfactorily. Try to understand what the questions demand of you. It is always helpful to quickly jot down some points on selected questions to ascertain those that you can conveniently answer first, second, etc. Never write down the whole question but only its number against your answer.

C. SOME KEY EXAM WORDS

i) Essay-questions are usually introduced by key words or tense such as “discuss critically,” “examine,” “assess”, “how far”, “compare”, “evaluate” or “describe”, etc. This means that you should write as far as you can to treat the subject, with relevant reference.

ii) Others such as “explain”, “differentiate”, “define”, “what is”. “Illustrate with a diagram” are quite different from the above.



You ought to understand what the examiner demands of you from such questions before you answer them. Logical and persuasive arguments or thorough presentation of facts and ideas are required. So clarity of thought, timing and legible writing are important.

iii) Above all, watch your English construction. Credit will be given for good expressions, orderly presentation and accuracy or detail.

D. USE OF DRUGS

Never involve yourself in the use of drugs as stimulants to assist you in preparing for exams. Instead, use good diet, body exercise and enough rest. Never use such drugs as “wee”, perplex, cocaine, coffee and others. Not even kola. They would never help you but worsen your state of preparedness and could even spell your doom.

E. USE OF “JUJU”, “HOLY” HANDKERCHIEFS, ETC.

Never be deceived into thinking that the use of charms, amulets, potions, special pens, “holy” handkerchiefs, etc. can help you pass your exams. On the contrary, the use of these items could cause you to incur the displeasure and wrath of God. There can be no better aid to an exam candidate than diligence in study and total dependence on God. Do not forget that all these are occultic practises that may initiate you into dangerous spiritual bonds. God’s wrath is revealed against all those who team up with the devil in his rebellion.

F. USEFUL HINTS FOR WRITING EXAMS

A lot of these might have been said already. However, note the following carefully:

1. Supply the required information in the spaces provided on the answer booklet e.g. index number, full name, subject, etc.,
2. Don't go inside the room with "apor" i.e. foreign material, hidden anywhere on you. It can lead to the cancellation of your results.
3. Good and legible handwriting facilitates the marking of exam scripts.
4. For objective papers, guard against shading one number for the other.
5. Time yourself to answer the questions and leave enough time to read over and correct petty mistakes e.g. grammatical errors, spelling mistakes, etc.
6. Be at the exams centre at least 30 minutes to the start of each paper. Never arrive there late.
7. Never seek any form of help from fellow candidate(s) or the invigilators.
8. Raise up your hand to attract the invigilator's attention when you are in need of any assistance other than that which has to do with the answering of the question(s).
9. Be composed and never let anything disturb you. Never discuss previous papers, whether good or bad, with anyone after you have written them. Go ahead and prepare for the rest of the papers.



CONCLUSION

A good study habit and paying attention to instructions are relevant practices to passing examinations. The Christian must trust in God in passing their exams rather than cheating. Trusting in God does not take away their responsibility of studying.



LESSON 34

CAREER GUIDANCE

Proverbs 11:14

Memory Verse: *Proverbs 15:22*

OVERVIEW

Many young people have hazy and unrealistic ideas about what they want to be in future. This usually happens because of parental preferences, admiration for certain professions, social status of people in a particular profession, or pressure from peers and relatives. The aim of this lesson is to help the young person to appreciate the fact that everyone is born with a talent as an innate ability. It is designed to help them identify their talents and interests, and thus guide them into careers most suited to their interests.



OBJECTIVES

- To lead the young person to a deeper understanding of what a career is.
- To help the young person acknowledge the need to be guided in their choice of a career.

NOTE TO TEACHERS

i) Ask the young person what career they want to pursue in future and why.

ii) *Explain the word “career”.*

Career maybe defined as work (trade, skill, job) that earns one a living, one that offers opportunities for progress.

iii) *Explain “talent”.*

Talent: A natural ability of the mind or body, entrusted to somebody by God for use. Once you have a talent, you have to work to develop and improve on it.

iv) *Explain “Interest”.*

A liking or an inclination to something. It should be emphasized that identified talents and interests should be prayerfully submitted to God’s will, for direction in order to produce optimal output for life (Proverbs 1:7, 3:5-6).

THE NEED FOR GUIDANCE

We live in a dynamic world in which the way things are done keep changing. One needs to be guided in matching talents, interest and giftings with realistic issues on the job market today. Career

guidance will offer a young person an array of options that are tailored to his or her personality and existing opportunities.

STUDY QUESTIONS

1. How sure am I about my feelings and choices for a future career?
2. How employable will I be if I choose a particular career track.
3. What do I do with my life if I do not get my dream career now?
4. How do I obtain career guidance in the Church of Pentecost?

CASE STUDY OF SOME BIBLE CHARACTERS

(Matthew 25:14-30; Exodus 31:2ff)

The parable of the talents teaches that God has given different gifts and abilities to everyone on earth to accomplish the purpose of God. The Bible shows the contrast between those who make use of their God- given talents and those who do not. God requires us to be faithful in the use of abilities given us so we can give a good account to our master Jesus when He reappears. Faithfulness is shown when people use their talents in line with God's will. Bezaleel and Oholiab were skilled craftsmen before they were called and anointed with the Holy Spirit for the prescribed task ahead of them.

CONCLUSION

Knowing our talents and matching it with the right career will help us to be both efficient and effective in life. It will also enable us to serve God better in our generation.





LESSON 35

PREPARING FOR A CAREER 1

Luke 2:40, 47, 52

OVERVIEW

After young people have been helped to identify their talents, there is the need for those talents to be developed through training. Talent development may take the form of formal schooling, trade learning, apprenticeship, etc.

OBJECTIVES

To impress on the young person, the importance of schooling or training as a basis for a fruitful career.

A. FOR THE TEACHER

The teacher should be conversant with modern, well-paying careers, and the training profile or qualifications needed for those careers. Some of such competitive areas are: ICT (which is becoming a basic tool for business and industry), Accounting, Marketing, Purchasing and Supply, Fashion Designing, Health, Environment, Agro Forestry and Social Works-(NGOs). Many NGOs need trained personnel in these areas: International languages for translations, bilingual secretaries and careers in the Foreign Service (French, Spanish, German, etc.)

CAREER PROVIDES A SENSE OF PURPOSE IN LIFE

Many young people are not aware of the many varied career choices that are available to them and are, therefore, restricted in their choices. Most young people only know about the traditional careers such as Medicine, Law, Accounting, etc. However, modern society offers a very wide array of professions that could be well paying as well as fulfilling for individuals with such talents. It may be necessary to invite adult Christians in the various careers to speak to the youth on their professions since these studies are meant to whet their appetite and eventually help them have meaning in life.

CONCLUSION

Knowing our talents is good but these talents must be developed through training to enhance productivity.





LESSON 36

PREPARING FOR A CAREER 2

Proverbs 18:16; Proverbs 22:29

OVERVIEW

Ppsychologists have identified certain character traits and the type of professions that normally go with such traits. The aim of this lesson is to introduce the youth to various temperamental traits and the areas of study that normally go with these traits. It must be stressed that these are just general trends.

OBJECTIVES

To help the youth identify their potential for various professional disciplines.

CONTENT EXPOSITION

A. SCIENCE

The person who has an inclination to be a scientist and go into Pure or Applied sciences will generally be:

- i) Analytical in thinking, have sound mathematics background.
- ii) Self-disciplined, and not money-conscious.
- iii) A follower of set principles.
- iv) Must be prepared to spend long hours in the laboratory or in any other research environment.
- v. Patient with people and sensitive to the needs of others.

B. ARTS/LAW

Generally:

- i) Must love reading.
- ii) Must have sound knowledge of the English Language and other languages as well.
- iii) Must be independent-minded and must reason logically.
- iv) May be eloquent and must be able to communicate easily.
- v) Must be approachable and able to approach others easily.

C. SOCIAL SCIENCE / SOCIAL WORK

This area of study has become increasingly important in recent years due to the multiplicity of social problems confronting human populations in both rural and urban areas. Most Non-



Governmental Organizations (NGOs) employ social workers. A good social scientist should have:

- i) Good communication skills/language proficiency in English and the vernacular of the area of work.
- ii) The ability to easily identify problems and devise solutions.
- iii) Good human relationship and must be caring and patient.
- iv) The endurance to withstand long distance travel, and the ability to adapt to various living conditions and climates.
- v) Good report-writing skills and presentation.
- vi) Computer literacy, which is highly desirable.

D. BUSINESS (PRIVATE ENTREPRENEURSHIP)

The business-minded person normally:

- i) Is profit-oriented.
- ii) Is frugal in spending and, therefore, can save.
- iii) Has vision for grand material achievements.
- iv) Is persuasive and bold; ready to take financial risks and invest without fear.
- v) Is good at accountability to self and good supervision of others.
- vi) Has good bargaining skills.
- vii) Endures long-distance travel.

E. TECHNICAL/ VOCATIONAL

- i) Day-dreams about invention and fascinated by technological equipment.
- ii) Must have the ability and the concentration to dismantle and to assemble simple electronic equipment, engines or their parts.
- iii) Must have the flair to use the hands to manufacture things or generally work with the hands.
- iv) Must be prepared to work with safety working outfits.

These broad characteristics can help the youth identify their potentials and fit them into the relevant careers. However, engaging the services of your youth pastor or professional counselor will deepen your understanding and sharpen your power of choice.

CONCLUSION

Character traits have professions that normally go with them. It's important for every young person to have an idea about their traits and seek guidance in matching professions that will make them happy in life.





LESSON 37

CONTEMPORARY ISSUES RELATING TO THE YOUNG PERSON

- *The Predisposing causes of Premarital Sex* -

1 Corinthians 6:9-20

OVERVIEW

Many young people are getting involved in sexual activity before marriage. Research has shown that this trend is also found among the church's young people. The young Christian is increasingly becoming sexually active before they enter into the marital state. Josh McDowell has identified certain sexual activities that young people indulge in, and which culminate in

intercourse. Such activities include holding hands, embracing or hugging, “kissing”, fondling of breasts and genitals. All these activities form the totality of premarital sexual activities; not only actual penetration. Sex must be understood as a process made up of intimate touches, kisses, fondling, petting and finally penetration.

OBJECTIVES

- To help the young person appreciate the problem of premarital sex and its prevalence.
- To discuss the causes of premarital sex, and the biblical view on the issue.

CONTENT EXPOSITION

CAUSES OF PREMARITAL SEX

The causes of premarital sex among young people are many but there are things that are identified as among the leading causes.

For each of the under listed causes, the teacher may ask the class how they can be regarded as a cause of pre-marital sex.

1) Message from Society and Educational Programmes: Society as a whole has become very permissive; the messages thrown at young people in the media, the entertainment industry and popular cultures tend to promote free sex. The philosophy is “if it feels good, then do it”. Educational programmes in the



classroom and by Social workers emphasize on condom use rather than abstinence.

2) Low Level of Religious Commitment: There is a strong correlation between religious commitment and sexual attitudes. More frequent attendance at religious services lead to more restrictive attitudes concerning premarital sex and less sexual experience. Young people who are exposed to frequent church activities where the true gospel is preached are less likely to indulge in premarital sex.

3) Dysfunctional family structure caused by divorce or separation of parents increases a young person's vulnerability to sexual activity. Most single-parent families and step families do not provide the environment for wholesome development of children. Children growing within intact families are better able to withstand the pressures to sexual involvement.

4) Poor Sex Education at Home. The youth need to be equipped with facts about their sexuality. Parents also need to discuss their sex-related values and beliefs with their teens. Youth who don't find answers to questions at home will find them elsewhere or through painful personal experiences. The teacher may discuss with the class how issues like relational needs of the young person, early dating, peer pressure, alcohol and drug abuse can be causes of premarital sex among young people.

CONCLUSION

Sex is good only within the context of marriage. The right time to lose one's virginity is the night of your marriage and with the person who has committed to love and cherish you for the rest of your life. Abstinence from sex until the right time (marriage) is the best thing to do in life. It brings dignity to people and honours God. However, for those who lost this opportunity, you must demonstrate the authenticity of your new birth experience by making right choices henceforth. God's standard is 'abstinence before marriage' and 'fidelity within monogamous marriages'.





LESSON 38

CONTEMPORARY ISSUES RELATING TO THE YOUNG PERSON

-Effects Of Premarital Sex -

1 Cor 6:18; 1 Thessalonians 4:3-5

OVERVIEW

This study will discuss the social, psychological and medical effects of premarital sex on the young person.

OBJECTIVES

- To assist the young person to understand the effects and consequences of premarital sex.

CONTENT EXPOSITION

Participants in class should be encouraged to give examples of the adverse effects of premarital sex, either personal or examples of friends and peers. This should be done before discussing the issues outlined below: Premarital sex affects young people in many ways, both physically and psychologically. Some of the physical effects of sex before marriage include:

- 1) Loss of virginity
- 2) Unwanted pregnancies
- 3) Illegitimate children
- 4) Forced marriages
- 5) Abortion
- 6) Sexually Transmitted Diseases including HIV/AIDS.

The psychological effects include:

- 1) Guilt: Premarital sexual activity among young people results in guilt, because it is sin and a disobedience of God's commands.
- 2) Emotional Distress: Sexual immorality among young people does not generate love and trust, but rather breeds suspicion, resentment, disappointment, sadness and emptiness. This is especially so for the young girls, when the relationship breaks



down after the sexual experience. Premarital sex usually causes a break in the relationship. Other consequences of non - marital sex among young people include self-hatred, sexual addiction and spiritual bondage (Discuss thoroughly).

CONCLUSION

The problems that come with premarital sex are grave. Young people must do all they can to avoid this stigma in order to have a life full of energy.



LESSON 39

THE BIBLICAL VIEW OF PREMARITAL SEX

1 Corinthians 6:12-20; 1 Thess 4:3-5; Revelations 22:14-16

OVERVIEW

The Bible is the pathfinder that charts the course of the life of the christian. It is our primary standard with which we evaluate our choices and actions.

In this leson, our focus shall be what the position of the bible on pre-marital sex is.



- Young people should be made to feel good about their gender: male or female, and to see their sexuality as a special gift from God (Gen 1: 27).
- God created the human male and female bodies with the genitals and sex drives that are inside them and God described them as “very good” (Gen 1:31).
- Human sexuality is nothing to be ashamed of (Gen 2:25).
- We need to respect God’s confines for expressing our sexual desires.

OBJECTIVE

In this lesson, the teacher will seek to expose the class to what the Bible teaches about sex and sexuality and help the class to form sex-related values and beliefs that are Bible-based and healthy for wholesome development of the young people.

EXPOSITION

The Bible teaches 3 basic things about sex:

- 1) God is not against sex. God likes sex; he created it and wants people to enjoy it to the fullest.
- 2) The purpose of sex is:
 - a. Procreation for making babies and creating families (Gen 1:28).
 - b. Bonding and identification: Sexual intercourse serves the

purpose of developing a strong bond and oneness between husband and wife (Gen 2:24).

c. Pleasure: God also created sex for the purpose of enjoyment and pleasure between husband and wife. The genitals of both male and female are crafted to bring pleasure to the couple (Proverbs 5:18-19).

3) The third biblical view on sex is that God designed sex to be enjoyed only within the context of marriage. In Genesis 1:28, God blessed the couple in the garden (i.e. joined them together as husband and wife before enjoining them to be “fruitful and multiply”).

DISCUSSION

- What is God’s purpose for creating sex?
- When does having sexual intercourse become a sin?
- Class members are to list all bible verses that talk about pre-marital sex/extra-marital sex.

CONCLUSION

It is very important to note that, sex is good and that is why God designed it. It is however meant only for the married and not for the unmarried. We are, therefore, encouraged as singles to flee from sexual immorality because our bodies are the temple of God. As singles, we should glorify God with our bodies and have the patience to wait so that in due time when we are married, we would enjoy sex to the fullest.





LESSON 40

THE CHRISTIAN YOUTH AND FASHION

- Tips For Decent Dressing -

1 Timothy 2:9-10, 1 Peter 3:3

OVERVIEW

The Christian lady should know that there are parts of her anatomy that are the exclusive preserve of her husband. These parts, when exposed or accentuated in a dress, excite and arouse sexual desire in the opposite sex. Decency in dressing is not only for women but men as well. Christian men and women must dress to reflect the image of Christ in them.

LESSON OBJECTIVES

- To help participants appreciate modest and decent dressing.
- To provide practical tips for decent and modest dressing.

CONTENT EXPOSITION

The watchwords for Christian dressing are:

A. MODESTY

- Modest dressing denotes clothing that is free from ostentation, free from showy extravagance.
- Properly covering everything that should be covered.
- Immodest dressing may excite impure desires in others, and it is as wrong as the immoral desires it provokes. No activity or condition justifies the wearing of provocative attire that would expose the body in such a way as to stimulate lust in another person.

B. DECENCY

Other versions of the Bible use words like “sensibly” or “with propriety”. Decent attire connotes that which gives due regard to what is becoming and proper. Decency also means showing good taste in dressing.

In the light of all these, what are the things that the Christian lady should look out for in choosing or sewing a dress?



SKIRTS

- The skirts must be appropriately long (at least, below the knees), mini-skirts should not be part of the Christian lady's wardrobe.
- The skirts must not be too tight so as to emphasize the woman's buttocks.
- Wrap-around skirts must be properly held together to avoid exposing legs with every step taken. Slits in skirts must not be too high.

BLOUSES AND SHIRTS

The neckline should not be cut so low as to expose the woman's breasts or cleavage. Short blouses that expose the navel and midriff are inappropriate for a Christian woman. Tube-like tops, that leave the woman's back and chest bare, are not decent. It is also important to choose fabrics that are not transparent or see-through or fabrics that cling to the body. The Christian young man should keep their shirts button up and not excessively expose his chest.

TROUSERS AND SHORTS

The same principles apply in wearing these kinds of clothing. Jeggings, leggings and hot pants that emphasize the woman's figure are not decent. The Christian gentleman must not also pull down his trousers or shorts to expose his briefs or boxer briefs.

Above all, as a Christian lady or gentleman who is dressed and ready to go out, stand before the mirror, look at yourself and let the Holy Spirit talk to you. Get His approval before you venture out.

Much as the Christian lady should not be obsessed by every trend in fashion, she must not also be old-fashioned, dowdy and unconcerned about her appearance. Shabby and dowdy dressing is indecent. You can be decent in your dressing and yet be fashionable.

CONCLUSION

With some heavenly imagination and common sense, the Christian can be fashionable without being immodest or indecent. Neatness and good grooming are essential to wholesome Christian womanhood and manhood.





LESSON 41

DECENT DRESSING

- Practical Workshop For The Youth Class -

1 Timothy 2:9-10, 1 Peter 3:3

OVERVIEW

Many a time, young people find it difficult to conclusively settle on modesty and decency issues without practical demonstrations. Young people need to have practical sessions where they are presented with various fashion styles for discussion.

OBJECTIVE

At the end of this lesson, participants will be able to distinguish between decent and indecent clothing.

CONTENT EXPOSITION

The teacher may bring cuttings of models wearing different types of dresses. Cuttings may be from fashion magazines, newspapers, etc. Let the class (both males and females) discuss the various types of outfits. Let them determine which aspects of the dresses are decent or indecent. How can each dress be improved to make it acceptable by Christian standards?

DISCUSSION

- Why do some women dress provocatively? (for both males and females)
- What effect does provocative dressing have on you? (males)
- Can we describe some male outfits as also provocative? (females)

CONCLUSION

The Bible is not against looking good. The Bible is against dressing provocatively. Even in our eating and drinking, the Bible says that we should do all to glorify God (1 Cor 10:31). Our dressing should also glorify God.





LESSON 42

THE CHRISTIAN YOUTH AND ALCOHOL

Proverbs 23:29-35, Proverbs 20:1, Ephesians 5:18

OVERVIEW

The media promotes alcoholic beverages in very attractive manner especially to the youth. As a result, many young people are getting addicted to alcohol. This lesson is intended to help the young person to identify the dangers of alcohol intake.

OBJECTIVES

- To inform the youth about alcohol and its abuse.
- To empower the young person to resist any enticement to take in alcohol.

CONTENT EXPOSITION

CLASS PARTICIPATION

We may begin by asking questions such as:

1. What is alcohol?
2. What types of alcoholic drinks do you know?
3. Who has tasted some alcoholic drink before?
4. How did it make you feel?

SOME FACTS ABOUT ALCOHOL

Alcohol is a clear colourless liquid with a sour taste. It is formed through a biochemical process known as fermentation. Fermentation involves the slow decomposition of sugar contained in starchy foods such as millet, corn, rice and fruits such as grapes and apples. The sugar is broken down into alcohol and carbon dioxide and the process is made possible by the addition of yeast.

Sugar + Yeast = Alcohol + Carbon Dioxide

There are different types of alcohol. Some are poisonous and harmful when consumed. The type found in alcoholic drinks is known as ETHANOL.



A. TYPES OF ALCOHOLIC DRINKS

There are three main types of alcoholic drinks: beers, wines and spirits. They are so named according to the raw material used, mode of production and also the amount of alcohol the drink contains.

- Beer is a very popular drink in most countries. It is made from malted cereal especially barley. Malted means the cereal is allowed to germinate for a while. The germination process changes the starch in the cereal to sugar, which is then fermented. The process of making beer is known as brewing and it is done at a brewery. The alcoholic content of beer ranges between 5% and 6%.
- Wine: Wines are made by crushing out the sweet juice from grapes and fermenting the sugary juice in large barrels. Wines contain between 10% and 12% alcohol. They may be either red or white.
- Spirits: Drinks like gin, whisky, brandy and rum all fall under the term 'spirits' or strong drinks. Spirits are produced by the process of distillation. The alcohol in the fermented liquid has a lower boiling point than the water. So the fermented liquid is boiled and alcohol escapes from the liquid. This is done over and over again until the resulting liquid has very high alcohol content. Spirits have an alcohol content of between 40% and 50%.

Some local alcoholic drinks are “palm wine”, “Pitoo” and “akpeteshie”.

IMMEDIATE EFFECTS OF ALCOHOL INTAKE

When alcohol is consumed, a large portion of it is absorbed into the bloodstream through the stomach wall. It is then circulated through the bloodstream and reaches the brain within a few minutes, and then the effect of the alcohol begins to be felt by the consumer.

The action of alcohol is to depress the central nervous system. It suspends certain controls in behaviour and also interferes with physical co-ordination. Some of the immediate effects of alcohol intake are as follows:

- Feeling of light-headedness (euphoria) and acting like a happy person.
- Laughing and saying things which one normally will not say. One may dare to do something that he/she normally feels shy to do.
- Inability to judge distances correctly because one's vision is blurred.
- One's physical co-ordination and balance is affected.
- Decreased reactions time. It may take a bit of time to react to something that somebody says or does. For example, if somebody throws something at you.
- Some people become violent and aggressive after taking alcohol, and therefore, commit crimes. Some also become sad and depressed.



WHY DO PEOPLE DRINK?

People give several reasons for taking alcohol. To some, it makes them feel good, happy and relaxed. Some reserved youth have been lured into drinking alcohol because they believe it will help them get along with people. Though this is partly true, in reality, they rather lose their sense of judgement. Any feeling induced by alcohol is deceptive and only temporary.

Sometimes, when people are under stress for some reason, they drink. Alcohol makes them forget the things that are bothering them but this is only temporary. The worries come back in full force after the effect of the alcohol has cleared away.

Many young people start drinking because of pressure from friends.

CLASS DISCUSSION

1. Let the class bring out other reasons why young people drink alcohol.
2. Let the class discuss alternative ways of solving problems apart from the use of alcohol.

CONCLUSION

Alcohol intake has no significant benefit to a person. It rather causes you to lose your sense of judgment. Eventually you do things which you regret when the effect of the alcohol is gone. Hosea 4:11 says “wine has robbed my people of their understanding”.



LESSON 43

EFFECTS OF ALCOHOL INTAKE

Proverbs 23:20-21, 29-35, Hosea 4:11

OVERVIEW

Alcohol is addictive. Consistent consumption has many serious health, economic and social implications.

OBJECTIVES

By the end of the lesson, the participants would be able to:

- Appreciate that some vital organs in the human body can be damaged by excessive use of alcohol.
- Appreciate some social and economic effects of drinking alcohol.



CONTENT EXPOSITION

A. ALCOHOL AND THE LIVER

The liver is a large, dark-brown organ lying over the upper part of the stomach. All substances absorbed into the blood from the small intestines pass through the liver where it is purified. If too much alcohol is drunk over a long period, the liver can be badly damaged, eventually impairing the functioning of the liver. This may result in a serious liver disease known as CIRRHOSIS. Many heavy drinkers die from this disease.

B. ALCOHOL AND THE DIGESTIVE TRACTS

Alcohol affects absorption of nutrients, especially vitamin B from the digestive tract, leading to malnutrition and anaemia. Too much intake of alcohol irritates the lining of the stomach walls. This can lead to sores or ulcers which cause bleeding in the stomach, a very serious condition. Excessive drinkers do not eat well and, therefore, suffer from malnutrition.

C. ALCOHOL AND THE BRAIN

Alcohol is a depressant. It slows down the brain's function and induces sleep. Some people therefore take in alcohol to deal with stress. However, over time, the alcohol interferes with the neurotransmitters in the brain that are needed for a good mental health. This may lead to depression and anxiety, and make stress harder to deal with. Continuous intake can lead to mental health problems.

Excessive intake of alcohol can damage the brain and impair the memory, making the victim forgetful and defective in speech. Alcohol also disrupts the efficient co-ordination of the nerves.

D. ALCOHOL AND PREGNANCY

Pregnant women who drink may harm the foetus. Since the developing baby receives its nutrients from the mother's blood, alcohol in the blood is passed into the baby's bloodstream too. This may result in babies with malformed heads and slower growth rates.

The health effects of alcohol are not limited to the above. Body cells are highly permeable to alcohol, so it is readily distributed throughout the body. Frequent intake of alcohol therefore affects almost all organs and systems in the body: the circulatory system, digestive system, excretory system, immune system, skeletal and muscular systems, reproductive system, etc.

SOCIAL EFFECTS

Alcohol breaks down one's moral inhibitions. Under the influence of alcohol people find it easier to engage in loose talk, pre-marital or extra-marital sexual relationships, with their resultant consequences of unwanted pregnancy, STDs and HIV/AIDs, and crimes. Alcohol consumption has resulted in a number of accidents (road, industrial and domestic), leading to loss of lives and properties.



ECONOMIC EFFECTS

Alcohol consumption affects a person's productivity at work. Hangovers results in work absenteeism. Drinking is a habit which affects the drinker's finances. Some drunkards are known to spend most of their pay on alcohol, while their wives and children starve and lack basic necessities. Domestic violence is also common with alcohol consumption.

CONCLUSION

The young person should keep his/her body which is the temple of the Holy Spirit pure and clean from alcohol in order to make him/her strong, fit and healthy for the LORD.



LESSON 44

BIBLICAL PERSPECTIVE OF ALCOHOL CONSUMPTION

-Methods Of Abortion -

Proverbs 23:29 – 35

Proverbs 23:29-35, Proverbs 20:1, Ephesians 5:18

OVERVIEW

Opinions are divided over the issue of alcohol use by Christians. However, from Bible records, we see that a number of people who were dedicated to the service of God were instructed by God to abstain completely from alcohol. This study discusses some biblical perspectives on alcohol intake.



OBJECTIVES

By the end of the lesson, participants would be able to:

- Confidently affirm the right usage of alcohol.
- Know the view of the Bible on drinking alcohol.

CONTENT EXPOSITION

- Many people argue that the Bible does not forbid taking of alcohol but rather drunkenness. However, it can be noted that God forbade people who were dedicated to His service from taking alcohol. In the Old Testament, the prerequisite to being in the presence of God or having the Holy Spirit was abstinence from wine or any fermented drink. The following people or groups of people were warned to refrain from alcohol:
 - a) Old Testament Priests (Leviticus 10:9)
 - b) Nazirites (Numbers 6:3)
(Nazirites are people who have taken a vow to be separated unto God for a period of time. Example is Samson)
 - c) Kings (Proverbs 31:4)
 - d) The Rechabites (Jeremiah 35:6)
 - e) John The Baptist (Luke 1:15)
- The Bible is full of warnings against drinking and drunkenness.
 - (i) Proverbs 20:1
 - (ii) Proverbs 23:20

(iii) Proverbs 23:29-30

(iv) Isaiah 5:11

(v) Habakkuk 2:15

- Paul, who is said to have advised Timothy to drink (1 Timothy 5:23), writes the following verses to the churches on drinking alcohol:

(i) Romans 13:13

(ii) 1 Corinthians 6: 10

(iii) Ephesians 5:18

It should be noted that the Greek word for wine refers to both fermented and unfermented wine.

From the above scriptures, it can be concluded that the New Testament Christian who is a royal priest (1 Peter 2:9) and is expected to be in the presence of God always is to totally abstain from alcohol and rather be filled with the Holy Spirit. (Eph. 5:18) God's will for any serious-minded Christian is total ABSTINENCE from alcohol.

People have used 1 Timothy 5:23 as an excuse for drinking, but it must be stressed that in that verse, Paul was advising Timothy to use little wine for medicinal purposes. It is a known fact that some drugs like cough mixtures have alcohol in them. One should, therefore, not confuse the medicinal use of alcohol with drinking.



DISCUSSION

- Why were those mentioned above supposed to abstain from alcohol?
- What warnings does the Bible give on drinking in the following verses: Proverbs 20:1; 23:20, 29:30; Isaiah 5:11 and Habakkuk 2:15?
- What is Paul's advice regarding drinking from the following verses: Romans 13: 13; 1 Corinthians 6:10; Ephesians 5:18?
- From the following verses what are the effects of drinking? Proverbs 23:29-30; Habakkuk 2:15

CONCLUSION

In the light of the knowledge of the effects of alcohol on our health, the social and economic effects, and warnings from scripture, the Christian youth should totally abstain from it.



LESSON 45

THE YOUTH AND DRUG ABUSE

- Tobacco Abuse -

1 Corinthians 6:19

OVERVIEW

Tobacco is a herbaceous plant that grows readily in warm climates. It is believed to have originated from America where it was used by the indigenous Red Indians.

Despite the WHO warnings on cigarette packages, many people both young and old are involved in tobacco smoking. The active chemical ingredient in tobacco is known as nicotine. It is a poisonous substance which can cause death if swallowed.



The leaves are dried, processed and smoked in the form of cigarettes and cigars, or snuffed by some people (snuff is powdered tobacco which is taken through the nostrils by sniffing).

When one smokes tobacco, the nicotine in the smoke goes into the lungs and then absorbed into the bloodstream, leading to serious health hazards..

OBJECTIVE

- To draw the attention of the youth to the dangers of tobacco abuse.

CONTENT EXPOSITION

A. TOBACCO AND YOUR HEALTH

The active chemical ingredient in tobacco is known as nicotine. It is a poisonous substance which can cause death if swallowed.

The leaves are dried, processed and smoked in the form of cigarettes and cigars, or snuffed by some people (snuff is powdered tobacco which is taken through the nostrils by sniffing).

When one smokes tobacco, the nicotine in the smoke goes into the lungs and then absorbed into the bloodstream, leading to serious health hazards.

According WHO Fact sheet N°339, updated July 2015:

- “Tobacco kills up to half of its users.
- Tobacco kills around 6 million people each year.
- More than 5 million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-

smokers being exposed to second-hand smoke.

- Nearly 80% of the world's 1 billion smokers live in low- and middle-income countries.”
- There are about 4000 known chemicals in tobacco smoke; at least 250 of them are known to be harmful and more than 50 are known to cause cancer in humans.
- Nicotine causes blood vessels to become narrower – a condition called atherosclerosis, thus decreasing the amount of blood circulating to some vital organs particularly the brain.
- It has a direct effect on the heart, causing the rate of heart-beat to increase called “heart palpitations”. Tobacco smoke contains some harmful substances known as “tar” and also a poisonous gas called carbon monoxide. When tobacco smoke is inhaled in the lungs, carbon monoxide is absorbed into the blood where it combines with the hemoglobin. (Hemoglobin is the pigment in the red blood cell responsible for carrying oxygen from the lungs to the other tissues and organs of the body). Because in the smoker's blood, carbon monoxide combines with the hemoglobin, the pigment becomes deoxygenated and is unable to supply enough oxygen to other parts of the body. Such parts may also experience numbness. Numbness is when a part of the body loses its sensitivity because of lack of oxygen supply. A smoker's blood, therefore, has less oxygen than the blood of a non-smoker and this adversely affects the body tissues



especially the brain and the heart.

- The tar in tobacco smoke is also very harmful. They irritate the nose, throat, and lungs. Exposure to this tar has been shown to cause cancer such as throat and lung cancer.
- Smokers are more prone to respiratory diseases in general, because of the inability of their system to fight common infections such as colds and influenza. Heavy smokers are almost always coughing, often throwing up very thick and yellowish-brown mucus, which is a sure sign of respiratory infections.
- Tobacco is associated with other health hazards such as strokes (bleeding in the brain), ulcers and various medically unidentified diseases of the blood vessels.
- Tobacco damages the heart. People who are heavy smokers are most likely to suffer from fatal heart diseases than non-smokers.
- Passive smokers (those who inhale fumes from smokers) stand even a higher risk of contracting the above-mentioned diseases if they enjoy the company of smokers. The reason is: fumes from a smoker contain the same chemicals the smoker is inhaling.

B. SOME SOCIAL AND ECONOMIC EFFECTS OF SMOKING

- i) The use of tobacco affects the family budget, because the smoking habit takes away money meant for more important needs. The same money is also spent in treating the tobacco-related ailments.

ii) Smokers affect non-smokers with their habit. It has already been shown that a person inhaling smoke from somebody else's cigarettes can develop the same respiratory diseases as a full time smoker.

iii) A number of household and bush fires are caused by smokers who carelessly throw their cigarette stubs into the bush or fall asleep while smoking, especially during the harmattan season. Many lives and properties have been lost this way.

C. WHY DO PEOPLE SMOKE?

1. Most people start smoking in their teens, due to peer influence. Note that though nicotine has the potency of improving alertness and memory, once you start, you will always need it for proper brain functioning.
2. Nicotine in tobacco is highly addictive. In fact, tobacco addiction is classified as one of the most difficult to break. Most people continue to smoke despite the knowledge of serious health hazards because they are addicted.
3. Some adults smoke just by way of “compensation” (those who have low self-image need something to boost their image, and some choose smoking)

DISCUSSION

- What are some of the social effects and costs of smoking?
- What are some views expressed by smokers of tobacco on why they smoke?



CONCLUSION

The manufacturers of tobacco products are large multi-national companies that spend millions of dollars each year in advertising to entice young people into the smoking habit, so that they can make profits and keep themselves in business. Christians are advised to beware of these enticements. In view of the health implications of inhaling fumes from smokers the Christian should stay away from smoking areas.



LESSON 46

DEVELOPING A GOOD SELF-ESTEEM

Psalm 139:13-16

OVERVIEW

This lesson seeks to help the youth to understand the factors that affect self-esteem. The lesson also intends to take the class through practices that enhance a good self-esteem, for a holistic personal development.

OBJECTIVE

To lead the youth to develop good self-esteem, towards the achievement of God's purpose for their lives.



CONTENT EXPOSITION

WHAT IS SELF-ESTEEM?

SELF-ESTEEM is the total evaluation of oneself; it may also be referred to as self-worth or self-image. It is an opinion of one's own character and abilities. Adolescents evaluate themselves in three main areas of their lives.

- Appearance
- Performance
- Status

This self-evaluation is based on past experiences and influences, and also, messages communicated by significant persons in an individual's life such as parents, teachers and friends.

A. APPEARANCE

Most young people are unduly anxious about their appearance. They worry about their hair, complexion, weight and even their clothes. Any perceived imperfection or departure from the “accepted” look or any negative comments about their appearance go a long way to determine the adolescent's self-image.

B. PERFORMANCE

The adolescent's opinion or estimation of themselves is formed by how well they are developing in certain abilities, skills and intelligence, especially in their classwork, sports and other skills like driving, music, etc. If the young person is not performing well in some of these areas their conclusion may be: “I am not good at anything” and this can contribute to a poor self-image.

C. STATUS

Young people are affected by the social structure within which they live and function. Considerations like their circle of friends, the kinds of material possession they have; cars, bikes, iphones, ipads, etc. and the occupation of parents. To an adult, these issues are not a big deal, but they can be very important in the teen's estimation of his/her own importance and value.

DISCUSSION

Ask class members to share the things that increase or decrease their sense of self-worth. Give about 5-10 people the opportunity to share.

CONCLUSION

We are all created in the image of God and are all unique before Him. Love God and yourself.





LESSON 47

CAUSES OF POOR SELF-ESTEEM

OVERVIEW

The factors that contribute to a person's self-worth are many and varied. However, social scientists have clearly identified certain contributing factors to unhealthy self-esteem. Some of them are: child abuse, parental rejection, faulty thinking, physical disability, low social status, family stigma etc. We shall discuss the first three.

OBJECTIVES

- To lead the youth to discover causes of self-esteem.
- To equip the youth to find a way of escape; and live confident lives.

EXPOSITION

I. CHILD ABUSE

A number of studies have shown a direct link between child abuse and negative self-esteem. Sexual, physical and verbal abuse all affect the self-esteem of young people. It has been shown that emotional mistreatment at school such as “name calling”, ridicule or sarcasm and actions meant to embarrass children in front of peers, can all destroy their self-esteem.

II. PARENTAL REJECTION

When teens feel rejected by their parents, the result is usually depression and low self-esteem. Parental rejection may come in the form of neglect, excessive criticism, belittling and shaming. These factors all contribute to a negative self-worth among teens.

III. FAULTY THINKING

Authors Bruce Narramore and Robert McGee have cited “faulty thinking” as another reason for poor self-image among teens. Some of the wrong assumptions displayed in the faulty thinking include:

“I must meet certain standards in order to feel good about myself”. Such standards may be set by parents, teachers or friends. Teens may become slaves to perfection, driving themselves incessantly towards achieving those goals and basing their self-worth in achieving those goals. If they don’t, they may despair of life believing they can never achieve anything. This affects self-esteem.



“I must have approval of others to feel good about myself”. This kind of faulty thinking leads young people to bow to peer pressure in an effort to gain approval. They may join certain clubs, drink alcohol and engage in sex all in an effort to be accepted by the significant others in their lives.

Another wrong assumption is: “Those who fail are unworthy of love and deserve to be punished”.

“I am what I am”, “I cannot change”, “I am hopeless”. When past failures, dissatisfaction with personal appearance or bad habits become very prominent they affect the thinking of the adolescent, and become the basis of their self-image. Such young people despair and do not even attempt to do anything about the negative aspects of their personality.

DISCUSSION

What are the causes of poor self-esteem?

CONCLUSION

We must mention that for most teenagers, issues of self-esteem are solved as they grow older. However, self-esteem is such a crucial element to physical, spiritual and mental health that every parent, youth leader, pastor or teacher should endeavour to help their teens mature in this area.



LESSON 48

MARKS OF GOOD AND POOR SELF-ESTEEM

OBJECTIVE

That the youth will be able to find out the existence of good and poor self-esteem from exhibited behavioural patterns.

EXPOSITION

1. POSITIVE INDICATORS AS A RESULT OF A GOOD SELF-ESTEEM

- Gives others directives and instructions; without being abusive or controlling.
- Uses voice quality appropriate for situations.
- Expresses opinions where necessary.
- Sits with others during social activities; does not exclude himself from social gatherings.
- Works cooperatively in a group.



- Faces others when speaking or being spoken to.
- Maintains eye contact during conversation.
- Initiates friendly contact with others.
- Maintains comfortable space between self and others.
- Speak confidently.

2. NEGATIVE INDICATORS THAT DEPICT POOR SELF-ESTEEM

- Puts others down by teasing, name-calling or gossiping.
- Very conscious of appearance and status (may lie to peers to impress them).
- Brags excessively about achievements, skills and appearance.
- A sense of masculinity or femininity felt only through sexual conquests.
- Verbally puts self down (self-deprecation) or puts others down.
- A tendency to follow the crowd, and avoid independent behavior.
- Striving to become something or somebody instead of relaxing and enjoying who they are.
- A tendency to develop clinging relationships.
- Habit of letting others “walk” on them.

CONCLUSION

Identifying a combination of the above-listed traits; either positive or negative, must cause you to work on your self-concept. There are counselors, pastors and youth leaders available to offer help to young people. As you saturate your mind with God’s word and promises for you, talk to a matured christian about your struggles when you find the need to. God will supply grace for you to fully manifest His image in your life and daily dealings.



LESSON 49

BIBLICAL VIEW OF SELF-ESTEEM

*Rom 12:3, 1 Corinthians 6:20,
1 Peter 1:18-18*

OVERVIEW

Many young people going through identity crisis commit a lot of blunders. The Word of God is replete with information and revelation of who a Christian is and the worth of every child of God. Young people should be able to know who they are and form healthy opinions about themselves from what God says about them.



OBJECTIVE

At the end of this lesson, young people should appreciate what the bible says about self esteem.

EXPOSITION

The fact that we should be humble as christians does not mean we should be timid. When Apostle Paul says in Romans 12:3 - “Do not think of yourself more highly than you ought to”, what Paul meant was that an over-bloated opinion of oneself adding to pride and arrogance, looking down on others or pepping on them, is not proper.

Paul is teaching that we should form a healthy opinion of ourselves based on a realistic appraisal of ourselves. Christians who believe they are not worthy and put themselves down fail to recognize the fact that humankind has great worth in the eyes of God. Our worth is not of ourselves but from what God has done for us through Jesus Christ. We are God’s workmanship created in Christ. If sin destroyed our self-worth, we have been redeemed, bought with a price, and the price is the sinless blood of Jesus (1 Cor 6:20, 1 Pet. 1:13-18). The value God placed on us is Jesus’ blood. Paul writes in Ephesians 1: 18: “I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of His glorious inheritance in the saints.” Paul wants us, as believers, to have a healthy and confident opinion of ourselves as the redeemed of

the Lord, while at the same time remaining humble. Counting all our successes as result of the grace of God. (Galatians 4: 1-7)

DISCUSSION

Class should list and discuss as many bible passages they know that talk about self-esteem, giving examples of people who had low, good or bloated self-esteem.?

CONCLUSION

You are valuable in the sight of God. You may not like your stature, status or background, but you are worth the blood of Jesus. Appreciate how God has made, and remain humble in His arms always.





LESSON 50

BUILDING A HEALTHY SELF-ESTEEM

1 Peter 1:13-18; Romans 12:3

OVERVIEW

Self-esteem can be developed and built through conscious efforts. The youth need to know some of the practical steps they can take to build a healthy self-esteem.

OBJECTIVE

At the end of this lesson, young people will know some important things to do in developing a healthy self-esteem.

CONTENT EXPOSITION

Tim Hansel suggests the following steps to a healthy self-esteem:

- Accept yourself.
- Know yourself.
- Be yourself.
- Love yourself.

To add to these, the class teacher shall explain the following steps to the class:

i) Forget yourself: Concentrate and meditate on God's grace, love and acceptance and not on criticisms from other people. Associate with friends who are positive, who delight in you and enjoy life.

ii) Start helping others by accepting them, loving them and encouraging them.

iii) Learn to laugh; look for the humor in life and enjoy it.

iv) Do what is right and pleasing in the eyes of God. When our lives reflect God's character, we are a lot happier; obedience to God makes us feel good about ourselves.

v) Most importantly, meditate and memorize God's word daily, and build your life on God's opinion of you as spelt out in 'the ancient words' of God.



DISCUSSION

What other things do you think are helpful for building a healthy self-esteem?

CONCLUSION

No matter what you lack or feel inadequate about, focus on God and what he says about you and take advantage of every opportunity to improve yourself.



LESSON 51

PEER PRESSURE

-What predisposes a young person to Peer Pressure? -

Exodus 23:2, 3 John 1:11, 1 Thessalonians 5:21

OVERVIEW

In lesson 26, we defined what a peer group is and how they affect the lifestyle and choices of all people in general and adolescents in particular. In this lesson, we shall discuss thoroughly the predisposing factors of the phenomenon of peer pressure and how it can hijack the dreams of many adolescents.

OBJECTIVES

- To lead the class through the causes of peer pressure.
- To thoroughly explain the issues or factors that predispose young people to negative peer pressure.



CONTENT EXPOSITION

Peer pressure can be both positive and negative. Positive peer pressure is exerted where members of the group are being pressured to achieve some desirable goals, for example, church youth groups, Christian friends and older siblings can exert positive peer pressure. They can pressure a person to be more compassionate and altruistic. They can pressure a young person to attend Christian programmes or even consider the claims of the gospel of Jesus Christ, with the aim of deepening understanding. This lesson focus on negative peer pressure.

Negative peer pressure is dreaded by many parents and is the cause of the downfall of countless youngsters. It should be the concern of every parent, youth worker, school teacher, pastor and indeed every well-meaning adult.

The predisposing factors of peer pressure are both external and internal.

EXTERNAL CAUSES

1) THE MEDIA - Young people are learning a lot from the media, especially TV and the internet, and they imitate what they see. Young people are pressured to wear certain types of clothing, listen to certain types of music, and even experiment with certain kinds of activities because the media has introduced them to it, and seen to endorse it.

2) **CHANGE IN THE FAMILY STRUCTURE** - While young people are being confronted and bombarded with messages from the environment, families are no longer strong enough to counteract these messages. Families no longer talk, work or play together. Some young people have their mobile phones and TVs in their own rooms and are exposed to every kind of information on the net. Technology is isolating teens in their own homes.

3) **DYSFUNCTIONAL FAMILIES** - In families where there is no unity, the young are vulnerable to peer pressure. When teens are not understood or are not appreciated at home or the parents fight all the time, or their siblings or parents mistreat them, such teens will tend to fill their need for acceptance and approval from their friends, no matter the cost. Worst of dysfunctional families are where there has been a divorce or separation of couples.

INTERNAL CAUSES

1. Naturally, as part of the growth process, adolescents tend to be more susceptible to the opinions and attitudes of their peers. This is a natural process, and a kind of transition between childhood dependency and adult independency.

2. Another factor that predisposes young people to peer pressure is low self-esteem. Teens who see themselves as unintelligent, unpopular, and unattractive are more vulnerable to peer pressure because their hunger for approval or acceptance is realized through conformity to peer norms.



DISCUSSION

What are the commonest causes of young people succumbing to peer pressure?

CONCLUSION

Whatever the reason may be, it is not wise to tow a certain line of action simply because your peers are doing it. Wrong is wrong no matter the number or kind of persons doing it.



LESSON 52

THE EFFECTS OF PEER PRESSURE

Exodus 23:2, 3 John 1:11; 1 Thessalonians 5:21, Romans 12:2

OVERVIEW

People give a thousand and one reasons for taking certain wrong actions but they can undoubtedly not escape the effects and consequences of such actions.

OBJECTIVE

At the end of this lesson, young people will know the effects of peer pressure and the consequences of giving in to peer pressure, so that they will avoid it.



CONTENT EXPOSITION

Below are some of the effects of peer pressure:

1) Experimentation: Peer pressure usually prompts a teen to try out or experiment with new habits, attitudes and behavior that he or she may not otherwise have indulged in. For a lot of young people, the first attempt at smoking, drinking or the first exposure to pornography was prompted by peer pressure.

2. Fear and frustration: Teens don't like being found out after doing wrong things. There is the constant fear of being discovered by parents, school authorities or even being apprehended by the police. In spite of this, teens may do things that peers urge them to do for acceptance. They are usually frustrated because they do not like the things they do, yet they do them anyway.

3. Confusion: A brilliant teenager was the pet of his class teacher because he had good grades, but this earned him taunts and ridicule from his classmates. In order to be accepted by his peers, he intentionally started doing badly in his class work so he will be accepted by his peers. Some good girls may give in to sexual advances from boys who make fun of them for being “green”.

Young people should be confronted with the consequence of the choice they make. For example, if you choose to start smoking because of your friends, you may get the acceptance you crave but you also choose to cut short your life, cough, have bad breath, yellow teeth, a greater risk of lung and throat cancer. If you choose pre-marital sex, you also choose unplanned pregnancies, abortions, STDs, HIV/AIDS, guilt, etc. If, because of your peers, you choose crime, you actually choose disrespect, a possible prison term, and a possible early death.

DISCUSSION

What are some of actions young people take as a result of peer pressure?

CONCLUSION

If you give in to peer pressure, the peers who pressured you may be nowhere near when you are faced with the consequences of your actions.





LESSON 53

OVERCOMING PEER PRESSURE

-The Biblical Perspective and practical steps -

Exodus 23:2, 3 John 1:11, 1 Thessalonians 5:21, Romans 12:2

OVERVIEW

Does the Bible have much to say about overcoming peer pressure? Yes it does! Young people should be exposed to God's perspective of peer pressure and how to overcome it.

OBJECTIVE

At the end of this lesson, young people will know what the Bible has to say about how we should deal with, and also learn some practical steps for staying out of trouble.

A. BIBLICAL PERSPECTIVE

The Bible speaks clearly against conformity to the standards of the world around us. God in his wisdom knows that the social pressures of this world could keep us from doing what is right. So he warns us against it. Romans 12:2 says: “Be not conformed to this world”. Exodus 23:2 says: “Do not follow the multitude to do evil”. 1 John 3:13: “My brothers, do not be surprised if the world hates you”. The Lord knows that if you do not conform, the world will hate you. He expects you to stand for what is right. Refuse to be drawn into wrong lifestyles. Don’t let anything keep you from living the Christian life in a manner that pleases God.

DISCUSSION

- Class should discuss other bible verses that show us how to overcome negative peer pressure.
- Why is it so difficult for young people to stand out among their peers?

SOME PRACTICAL TIPS TO HELP AVOID NEGATIVE PEER PRESSURE

The following are a few strategies for overcoming peer pressure:

- Ask Questions - asking questions puts the other person on the defensive. For example, if a friend pressures you to smoke, ask him why he smokes, how long he has been smoking and if he minds contracting lung cancer or bad breath.



- Say “No” like you mean it: make eye-contact, and say “no” forcefully. The more certain you are in your refusal, the less people will trouble you. Back up your “No” with a positive statement.
- Be repetitive: state your position again and again. Practice saying “No” first in safe environments.
- Get away from pressure zone: leave the scene, make your exit.
- Avoid places and situations that will put you under pressure. In parties or functions where there is alcohol, smoking, free sex, avoid being alone with the opposite sex.
- Make good friends: Find a friend who shares your values and back each other up.
- Confront the leader of the pack: The best way to handle a peer-pressure bully is to confront when the two of you are alone.
- Consider the result of giving in: Think about the consequences of giving in. Look for positive role models.

CONCLUSION

God’s word can cause you to generate enough inner strength to say “no” to negative peer pressure. We must also wisely avoid the temptation of joining bad company.



LESSON 54

THE YOUTH AND THE OCCULT

-What Is Occultism? -

Deuteronomy 18:10-12; Acts 19:19

OVERVIEW

There appears to be an increase in occultic practices among young people today. Youth leaders must be on the look-out for any emerging trends of occultism, and have the capacity to combat such trends. This study prepares both the youth leader and the youth to combat occultism and its effects in our generation.

OBJECTIVES

At the end of this lesson, young people should:

- Be exposed to the issue of occultism.



- Be educated on different occult practices.
- Be made aware of the deceit and danger of the occult.
- Have an in-depth knowledge of the Biblical view of occultism.
- Be able to snatch others from the dangerous paws of occultism.

Note to the Teacher: The occult is a highly dangerous subject to handle for both the teacher (especially the immature or inexperienced) and the class. The subject must be handled by mature youth workers. Care must be taken not to glamorize the occult to the young people. The dangers and the deceit of occult must be treated and well exposed. The teacher is advised to read around the subject very well.

Resources/Materials: Two good books on the subject are *Spiritual Warfare* by Aps. Dr. Opoku Onyinah and *The Occult And Young People* by Roger Ellis.

CONTENT EXPOSITION

The word ‘occult’ is generally associated with secret knowledge and practices dealing with the supernatural or ‘psychic phenomena’, often for the purpose of obtaining personal power, fulfilment and adventure. Occult practices usually depend on demonic spirits to achieve their goals. Occultism is rapidly increasing throughout the world. There are thousands of books, magazines and websites that promote occultism. In Ghana, occultism is spreading like a wild fire especially on secondary and tertiary school campuses. Eastern religions, ‘secret societies’ and lodges, pseudo- Christian ‘spiritual’ churches and traditional African religious shrines have all become havens for different types of occult practices ensnaring the unsuspecting. Occultism involves

a long and varied list of practices, each of which is a gate through which innocent victims can be lured into the trap of occultism.

A few of the practices are listed below:

(The spectrum of occult practices are many, going under different names)

- Astrology and Horoscopes
- Astral Travel
- Divination
- Eckankar
- Freemasonry
- Magic
- Palmistry
- Satanism
- Sooth-saying
- Sakawa
- Sorcery
- Casting spells
- Fetishism
- Voodoo
- Witchcraft
- Calling the dead
- Demon worship and consultation
- Fortune telling
- “Penpal boys”

In this lesson, we will look at a few occultic practices and what is involved in these practices. It must be stressed that every occult involvement is purported to give the practitioner some personal power, personal fulfilment and a sense of adventure. What usually begins as a harmless fun and excitement draws its victims into a life of horror, fear and destruction. The teacher may ask the class about those who have had an experience before, or invite mature Christians who have been delivered from some occult bondage to share their experience.



1. Amulets and talismans: Objects that are worn on the wrist, around the waist or as rings on the finger as a symbol of protection. These items may be made of peculiar items, adorned with idols or occult symbols or inscribed with words or have spells cast on them to achieve particular aims.

2. Astral projection/Soul Travel: A temporary experience of leaving one's body and traveling to other places. This is achieved by some through meditation techniques, yoga experience. Practitioners claim they can visit distant planets, and meet with other beings.

3. Astrology: Divination by presentation of the signs of the zodiac (stars). Using the times, places and dates of birth, astrologers create a chart which is used to:

- Predict future events
- Analyze people's character
- Plan people's future (The youth must be warned not to read stars in magazines or consult horoscopes)

4. Blood Pact: A pact or covenant with the devil in your own blood is to serve evil in exchange for power. It sometimes also involve young partners performing rituals involving licking each other's blood as a sign of faithfulness to each other. Any blood pact whether spoken or written is powerful and can lead to terrible bondage at the hands of the powers of darkness (avoid any kind of blood covenant in your relationships).

5. Chain Letters: A letter sent with a request to copy it and send to others. It is intended to spread wide as a new recipient sends it to other friends. Prosperity and good luck are offered as a reward for cooperation, and a curse or ill-fortune is threatened if you fail to take part. (If you receive such a letter or message on the internet, pray in the name of Jesus and denounce it, and destroy or delete or simply ignore it. Do not send it to others. Do not take part, it is evil and occultic).

6. Fortune Telling/ Foretelling the future: Do not allow anybody to tell your future. As Christians, our future is in the hands of God and all things will work together for our good. the devil may predict your future, but he cannot create or amend your future. God has the final say.

7. Freemasonry (Lodges): A secret society based on symbolic occult-type activity. It pretends to be a social group and has some Christian practices but it is really anti-Christian and occultic.

CONTINUE NUMBERING

Lifting up persons or objects from the ground by totally nonphysical means. It is achieved through the exertion of psychic powers.

MAGIC

Exercising occult power by attempting to manipulate evil spirits to do one's bidding. The intention is to manipulate or dominate people or situations for your own purposes by spirit power. Black



magic is supposed to be for selfish and destructive purposes while white magic is thought to be for “benevolent” purposes. In reality, both Black and White magic are evil and dangerous and are occult.

MEDIUM

A medium is a person who is used by occult powers to convey messages from these powers to others. It may be messages from dead people through the medium, to living people.

NECROMANCY

This is the consultation of the dead. In 1 Samuel 28: 3-25, King Saul consulted the dead. It is said that he wanted to consult Samuel who had died. Indeed, a spirit came up like Samuel, but was it Samuel?

SATANISM

Worship and service to the devil (Satan). It is often a ritualistic form of worship. Satanists delight in turning things morally and physically the wrong way around. They twist biblical teachings and practices in their worship.

TELEPATHY

The ability to transfer one’s thoughts to another person’s mind without physical means.

VOODOO

A form of magic and divination originating from Africa (Benin) carried to the Caribbeans especially Haiti by slaves. Voodoo, among other things, involves the use of effigies (models of people which can be cursed or harmed). Producing demonic influence or harassment.

The practices listed above are only a few of the many occult forms available and are ensnaring many young people. Young people should be cautioned to beware of any secret groups on campuses and even those which look like christian especially when adherents are warned not to tell others about their existence, but keep it a secret.

DISCUSSION

What are some of the prevalent occultic practices class members know of?

CONCLUSION

Many young people and even Christians are lured into such practices mostly because of their desire for pleasure and independence. Occult practices are demonic and practitioners are thereby infested with demons. The christian youth needs to be careful not to be lured into such practises.





LESSON 55

THE YOUTH AND THE OCCULT

- *The Biblical View Of Occultism* -

Deuteronomy 18:10-12, Acts 19:19

OVERVIEW

Many people think that occultism is a recent development that surfaced with post-modernity. Occultism dates as far back as the Bible days and so the Bible has a lot to say about occult practices. Young people need to know what God thinks and says about occultism.

OBJECTIVES

At the end of the lesson, young people should be able to:

- Know exactly what the Bible says about occultism.
- Appreciate the grave consequences of dabbling in the occult from the biblical perspective.

Resources/Materials: Two good books on the subject are *Spiritual Warfare* by Aps. Dr. Opoku Onyinah and *The Occult And Young People* by Roger Ellis.

EXPOSITION

The Bible is replete with information about occultic practices and God's abhorrence of such practices. The following are some other Scriptures apart from those read earlier that address occult practices:

1. All forms of the occult - divination, necromancy, astrology, hypnotism, fortune-telling, magic, etc. – are forbidden by God.
 - i. Leviticus 19:26-28, 31; 20:6, 2
 - ii. Deuteronomy 18:9-14
 - iii. 2 Kings 23:24
 - iv. Jeremiah 10:2
 - v. Interest in the occult is not a recent development
2. Witchcraft was openly and widely practiced in Old Testament times.
 - i. Isaiah 8:19, 19:3, 29:4



- ii. Ezekiel 21:21
- iii. Hosea 4:12
- iv. Micah 3:6-7; 5:12

3. It was still rampant in the early church.

- i. Simon the magician (Acts 8:9-11).
- ii. Elymas the sorcerer (Acts 13:6, 8)
- iii. The girl at Philippi (Acts 16:16).
- iv. The city of Ephesus (Acts 19:19).

4. The Word of God testifies that there will be an increased curiosity in the occult in the latter days (1 Tim 4: 1).

What force or power is at work in the supernatural manifestations of the occult?

A. The teachings of these mediums are doctrines of demons!
1 Timothy 4:1

B. Not all miracles are of God. Satan can also perform lying signs and wonders.

- i. Exodus 7:9-12; 8:7, 17-19
- ii. Deuteronomy 13: 1- 5
- iii. Matthew 24:24
- iv. Mark 13:22
- v. 2 Thessalonians 2:9
- vi. Revelation 13:13-14, 16:14; 19:20

C. Occult involvement may lead to demon possession- Acts 13:8, 10 (Paul called the magician “child of the devil”!) Acts 16:16-18.

D. Scripture says that they “sold their souls” to the devil by their occult practices (2 Kings 17:17)

E. The Bible clearly states that it is in the realm of deception that these workers of iniquity operate:

i. Jeremiah 14:14; 27:9-10; 29:8-9

ii. Zechariah 10:2

iii. 2 Corinthians 11:13-15

iv. 2 Thessalonians 2:7-12

v. Revelation 18:2b

F. It is true that fortune-tellers can reveal much (see Exodus 7:9-18; Daniel 1:20); but their power is limited (Exodus 8:17-19; Daniel 2:2- 10; 27:4-7; 5:7-8, 15), and is of the devil.

G. God challenged the people to see if the power of their astrologers was greater than that of God’s (Isaiah 47:12-14).

H. What are the consequences of involvement in the occult?

i. Under the Law (Old Testament), the punishment of sorcery was death by stoning.

i. Exodus 22:18

ii. Leviticus 20:27

iii. Deuteronomy 13:5



ii. Saul died because he participated in a séance (1 Samuel chapter 28), and the kingdom was taken from him (1 Chronicles 10:13-14).

iii. Those guilty of practicing witchcraft shall have no peace (2 Kings 9:22, Isaiah 57:20-21), and they shall not escape judgment (Malachi 3:5).

iv. Their souls shall be rejected by God.

i. Leviticus 20:62

ii. 2 Kings 17:17

iii. Isaiah 2:6

v. They shall be refused entrance into the kingdom (Galatians 5:19- 21), and their end shall be in the lake of fire (Revelation 21:8; 22: 14-15).

DISCUSSION

- Are some of the above-mentioned practices creeping into present-day churches? Do we have some Church of Pentecost members dabbling in these?
- What must be done to a church member who is found to be a practitioner of the occult?

CONCLUSION

God hates occultism and warns us to desist from such practices. Occultists who do not repent will be tormented in this life and then cast into the lake of Fire. Christians must stay away from occultism of all forms.



LESSON 56

THE CHRISTIAN YOUTH AND CONTEMPORARY MUSIC

-How Does Music Influence The Youth? -

Psalm 66:2, Colossians 3:16, Ephesians 5:19

OVERVIEW

Young people love music of all types. The life of the teenager is saturated with music. Music lulls them to sleep, helps them to study, motivates them to perform tasks and inspires them to good or wrong behaviour.

There are different genres of music available to young people; some are Pop, R&B (Rhythm and Blues), Rap, Country, Reggae, Heavy Metal, Rock, etc. In Ghana, there are the Hi-Life, Hip-



Life and various blends of Rap, and also the “Gospel” Music. Today, cassettes, CDs, personal stereos. (Walkmans, Discman) car stereos, home theatre systems, popular music stations (radio), twenty four hour music television stations, concert tours and the internet, and lot of other music outlets have made contemporary music an ever-present companion of the youth and a powerful source of instruction on a variety of issues. Many people have such songs on pendrives, ipads, phones etc. and they can listen to them anytime, anywhere, anyday.

The role of music in a post-modern world cannot be over emphasized. It is important that young people are taught the right and wrong influences of music on their lives and be encouraged to listen to Bible-based music.

OBJECTIVES

At the end of the lesson, young people would:

- Be made aware of the effects of music on their lives
- Appreciate the impact of lyrics on their outlook on life
- Choose to listen to only music with christian content.

CONTENT EXPOSITION

Walt Mueller, in his book “Understanding Today’s Youth Culture”, has identified 4 factors in music that serve to influence and affect young people and these are: 1) lyrics, 2) music video 3) the lifestyle of performers and 4) the live concert tours.

THE IMPACT OF LYRICS (WORD) OF SONGS

Many young people know the words of their favourite songs, and they sing along when they hear those songs. They even attempt to imitate singing and dancing moves of their favourite performers. Adolescents, with open and impressionable minds, soak up the messages and philosophies of these songs without question. Singers and songwriters have their own worldviews and philosophies of life and they express these in their music, expressing their desires through their songs. Young people may pick up themes like sex, violence and rebellion from the kind of music they listen to. The christian youth however, must feed his/her soul with positive soul food.

CLASS ACTIVITY/DISCUSSION

The teacher may bring to class a number of secular music CDs as well as gospel ones or songs on a pendrive (some popular ones on the local and foreign scene), divide the class into groups of six each. Let them play the wordly songs. Let them discuss among themselves the themes or ideas being promoted or taught in the song. Let them listen carefully to the lyrics of the songs and write



them down. Regroup and have them discuss issues together. The teacher may ask the class to suggest other songs and discuss the lyrics. Discuss contents of lyrics vis-à-vis Christian values and let the class decide whether the music is helpful to them or not. After that, let them play the Gospel or Christian CDs of Local and Foreign artistes they enjoy listening to, and go through the same evaluation.

NOTE: The listening to of worldly songs must not be repeated several times as these songs can be very addictive. Profane songs and those with obscene language must be totally avoided.

CONCLUSION

Lyrics are not just for fun. They impress upon the soul certain thought patterns and philosophies. Young Christians must be selective with the kind of music they listen to.



LESSON 57

THE CHRISTIAN YOUTH AND CONTEMPORARY MUSIC *-The Impact Of Music Videos(Video Clips) -*

Psalm 66:2, Colossians 3:16, Ephesians 5:19

OVERVIEW

Visuals are powerful tools for transforming any society. There is a Chinese proverb that says: “A picture is worth a thousand words”. Visuals are very powerful. Young Christians are bombarded with several music videos on various media. It is important for the youth to understand the lasting nature of visuals on the mind.



OBJECTIVES

At the end of the lesson, young people should fully come to understand the impact of negative music videos on their lives.

CONTENT EXPOSITION

Music videos have now become an integral part of the popular music culture. The music is not only heard, but music lovers can now watch the music, choreographed in dance or told in a story. Researchers have found that the marriage between television and music is a powerful influence. In the music video, the young person is bombarded with what he hears and what he sees, and this serves many purposes. Whilst in some cases, the video clarifies the meaning of the song, some other video clips use technology to produce abstract and dream-like images that rather serve to confuse the meaning of the song. In their book “It’s Not Only Rock and Roll”, Peter Christenson and Donald Roberts have identified some of the impact music videos have on young viewers.

- Videos containing violent images made viewers more antagonistic towards women and more likely to condone violence against themselves and others. Antisocial video increased acceptance of antisocial behaviours among viewers.
- Sexually charged videos caused young people to be more accepting of premarital sex.

CLASS WORK

- Let the class bring a number of videos to class and play on the video player or projector.
- Discuss the images vis-à-vis Christian values. What values are the clips teaching? Are they negative or positive? Read Philippians 4:8.

NOTE: Avoid pornographic materials (whether 'soft' or 'hard') as well as extremely harmful videos as far as our spirituality is concerned.

- let them also play some christian music videos and evaluate the effect on the class.

DISCUSSION

Have you had some music videos affecting you negatively or positively?

CONCLUSION

Someone once said, 'you become what you continually watch'.
How true that is!





LESSON 58

THE CHRISTIAN YOUTH AND CONTEMPORARY MUSIC

*- How The Lifestyles Of Musicians
Affects Young Listeners -*

Psalm. 66:2, Colossians 3:16, Ephissians 5:19

OVERVIEW

Most music celebrities are idolized in our societies, and their lifestyles and preferences considered acceptable. Young people should know that the lifestyle of a music performer shapes and moulds the lifestyle of the listeners, especially the young ones.

OBJECTIVES

At the end of this lesson, young people should be able to:

- Discuss the lifestyles of music stars as far as they know (both positive and negative)
- Find out the impact of the lifestyles of music performers on young listeners.

CONTENT EXPOSITION

Popular musicians' lifestyles, their relationships, who they are 'going out' with, how much they are worth, type of vehicle they are driving, where they live, etc., all become public information via tabloid newspapers, talkshows, the internet, etc. These performers become role models for thousands of young people including Christian young people. Young people wear clothing emblazoned with images of Madonna, the Spice Girls, Celine Dion, Elton John, etc. On the Ghanaian scene, Mzbel, Abrewa Nana, Asamoah Gyan, Sarkodie, Kwabena Kwabena, Praye and other individuals and groups, have a huge influence on the youth. If their lifestyle is Christian, it will positively affect others. If it is negative, then the reverse will occur.

Some young people carry tattoos of these stars on their bodies. Teens are strongly influenced by the values and attitudes of their heroes and heroines, and want to emulate them. Some of the attitudes picked up from music artistes are scanty and revealing clothing, endorsement and involvement in pre-marital sex, multiple sexual partners, substance and alcohol abuse.



CLASS WORK/DISCUSSION

- *Ask the class to look for newspaper or magazine cuttings of stories about popular music stars (both foreign and local), bring these cuttings to class and let them read the stories aloud.*
- *Discuss issues in the stories vis-à-vis Christian values.*
- *Some issues that are likely to come up: substance abuse, multiple sexual partners, homosexuality, sexual and physical assault, divorce, having babies out of wedlock, etc.*

CONCLUSION

If the lifestyle of an artiste is inconsistent with biblical values, young people should not patronize their music no matter how pleasant it sounds in their ears.



LESSON 59

THE CHRISTIAN YOUTH AND CONTEMPORARY MUSIC

- Prominent Themes in Contemporary Music -

Psalm 66:2, Colossians 3:16, Ephesians 5:19.

OVERVIEW

Music is a lucrative business in our generation. Music performers know that Love and Sex themes sell quicker than any other theme. We must guide our teens to choose their music with wisdom and discernment.

OBJECTIVE

At the end of the lesson, young people should be able to identify prominent themes in contemporary music, and choose christian themes all the time.



CONTENT EXPOSITION

Some of the themes that are echoed and re-echoed in today's popular music are listed below. Christian young people must be educated enough to identify the prominent themes being promoted by a performer, so they can learn to avoid certain types of performers and their works. Some of the themes are:

- Sexual Promiscuity
- Sexual Perversion
- Physical Violence
- Sexual Violence
- Substance Abuse
- The Occult
- Rebellion
- Materialism
- Hopelessness
- Non-Christian Spirituality

NOTE TO TEACHER: Young people in your class must be educated enough to be discerning in the kind of music they patronize. They can recognize the theme that a singer seeks to promote by listening to the lyrics, looking at the lifestyle of the performer, the crowd behaviour during their concerts and even the art work on the cover of their albums.

DISCUSSION

- Give examples of contemporary songs and find out the themes.
- Discuss what practical ways the young christian can avoid sinful themes in music selection.
- When other friends are interested in wordly themes, how can a young christian convince them to avoid such themes so that he/she is not lured into the practice but win friends into a godly path.

CONCLUSION

Be very selective of the songs you listen to and watch because music has a subtle power to transform the thinking and lifestyle of individuals.





LESSON 60

MEDIA SENSIBILITY

Ecclesiastes 3:1; 1 John 2:15-16; psalm 119:1-11

OVERVIEW

The delivery of information has existed since time immemorial. Nehemiah received information about the broken walls in Jerusalem, God had to write the Ten Commandments on a tablet through Moses to the Israelites; Paul, in his quest to give to the churches what he had received, wrote to them in the form of letters.

LESSON OBJECTIVES

At the end of the lesson, participants would be able to:

- Identify the positives and negatives of the media
- Explain how to derive benefits from the use of the media

Resources/Resource Persons: Invite someone who is a media-friendly person to share and help you with this topic.

Youth leaders should learn to use the internet and other branches of the media and assist the youth to understand the topic.

CONTENT/EXPOSITION/ACTIVITY

The media here consist of electronic and print. The electronic are the radio, TV and the internet, which has all social platforms that comes along with it, e.g., Facebook, WhatsApp, Twitter, etc.

HOW USEFUL IS THE MEDIA IN OUR TIME?

- Aids in academic research and studies.
- Aids in communication and socialization. For example, people discuss relevant issues on their group pages on the WhatsApp platform
- Social media platforms can be used in the spreading of the gospel message. It offers every Christian on the platform the opportunity to spread the gospel

HOW DANGEROUS IS THE MEDIA?

- Proliferation of pornographic materials on both the electronic and print media.



- Engaging in unworthy conversation on social media platforms
- Spending too much time on social media

HOW DO WE GUARD OURSELVES?

- Be watchful of websites that invite you for promotions.
- Don't let your curiosity drive you too much in the use of the internet
- Be guarded by your Christian principles not to visit any pornographic site since it can lead to addiction.
- Always try to control yourself and not be tempted when you are using the media. Be careful with what you post on the social media. Remember that the whole world have access to that information and what you post speaks volumes about who you are

DISCUSSION

- *The benefit anyone has derived from using the media*
- *How sensible were you in the use of media?*
- *What benefits and negatives have you identified in using the media?*

CONCLUSION

Now that you have had a better understanding of the media, it is our belief that whenever you use the internet you would be able to derive the positives from it. Do your best not to allow

the media to control your life and by spending too much time especially on social networks to the detriment of your education or job. It is important to develop a habit of ‘no Bible, no media’. It is not everything you see on the media that is true in real life situations, so do your best not to copy everything as it appears. Let the Spirit of God lead you.



TENETS OF THE CHURCH OF PENTECOST

The Bible: We believe in the divine inspiration and authority of the Holy Scriptures. We believe that it is infallible in its declaration, final in its authority, all-sufficient in its provisions and comprehensive in its sufficiency (2Timothy 3:16; 2 Peter 1:21).

The One True God: We believe in the existence of the One True God, Elohim, maker of the whole universe; indefinable, but revealed as Triune Godhead— Father, Son and Holy Spirit— Omniscient and Omnipresent (Genesis 1:1; Matthew 3:16-17; 28:19; 2 Corinthians 13:14).

Man's Depraved Nature: We believe that “all men have sinned and come short of the glory of God” and are subject to eternal punishment; and need repentance and regeneration (Genesis 3:1-19); Isaiah 53:6).

The Saviour: We believe that man's need of a Saviour has been met in the person of Jesus Christ, because of His deity, virgin birth, sinless life, atoning death, resurrection and ascension; His abiding and second coming (Matthew 1:2; John 4:42; Philippians 2:6-11).

Repentance, Justification, Sanctification: We believe that all men have to repent of and confess their sins before God, and believe in the vicarious death of Jesus Christ to be justified before God. We believe in the sanctification of the believer through the working of the Holy Spirit and in God's gift of eternal life to the

believer (Luke 15:7; Acts 2: 38; Romans 4:25; 5:16; 1 Corinthians 1:30; 1 Thessalonians 4: 3).

The Sacraments of Baptism and the Lord's Supper: We believe in the Sacrament of Baptism by immersion as a testimony of a convert who has attained a responsible age of about 15 years. (Infants and children are not baptized but are dedicated to the Lord). We believe in the participation in the Sacrament by members who are in full fellowship (Matthew 28:19-2-; Mark. 16:16; Luke 22:19-20).

Baptism, Gifts and Fruit of the Holy Spirit: We believe in the baptism of the Holy Spirit for believers with signs following; also in the operation of the gifts and the fruit of the Holy Spirit in the lives of believers (Mark 16:17; Acts 2:4; 1 Corinthians 12:8-11; Galatians 5:23).

Next Life: We believe in the resurrection of both the saved and the unsaved - they that are saved to the resurrection of life and the unsaved to the resurrection of damnation (Mark 13: 26; Daniel 12:2; John 5: 29; Acts 1:11 10:42; Romans 2:7-11; 6:23).

Tithes and Offering: We believe in tithing and in the giving of free-will offerings towards the cause of carrying forward the Kingdom of God. We believe that God blesses a cheerful giver (Genesis 14:18-20; 10-22; Malachi 3:6-10; Matthew 23:23; Acts 20:35; 1 Corinthians 16:1-3; 2 Corinthians 9:1-9).



Divine Healing: We believe that the healing of sickness and disease is provided for God's people in the atonement. The Church is, however, not opposed to soliciting the help of qualified medical practitioners (2 Kings 20:20-22; Matthew 9:12; Luke 10:34; Colossians 4:14).

YOUTH ANTHEM

ARISE AND SHINE

1ST STANZA:

You've been called to reflect
HIS beauty and humility
Living for HIM
Resembling HIS nature

Chorus:

Arise and shine
Your light has come
Lift high your lamps
Let your lights shine abroad
To draw all men to CHRIST!

2ND STANZA:

You've been called to proclaim
HIS love and peace and saving grace
To enlarge HIS kingdom
To make HIM known

Repeat Chorus



