



THE CHURCH OF PENTECOST
YOUTH MINISTRY



SYLLABUS FOR **YOUNG** **ADULTS**



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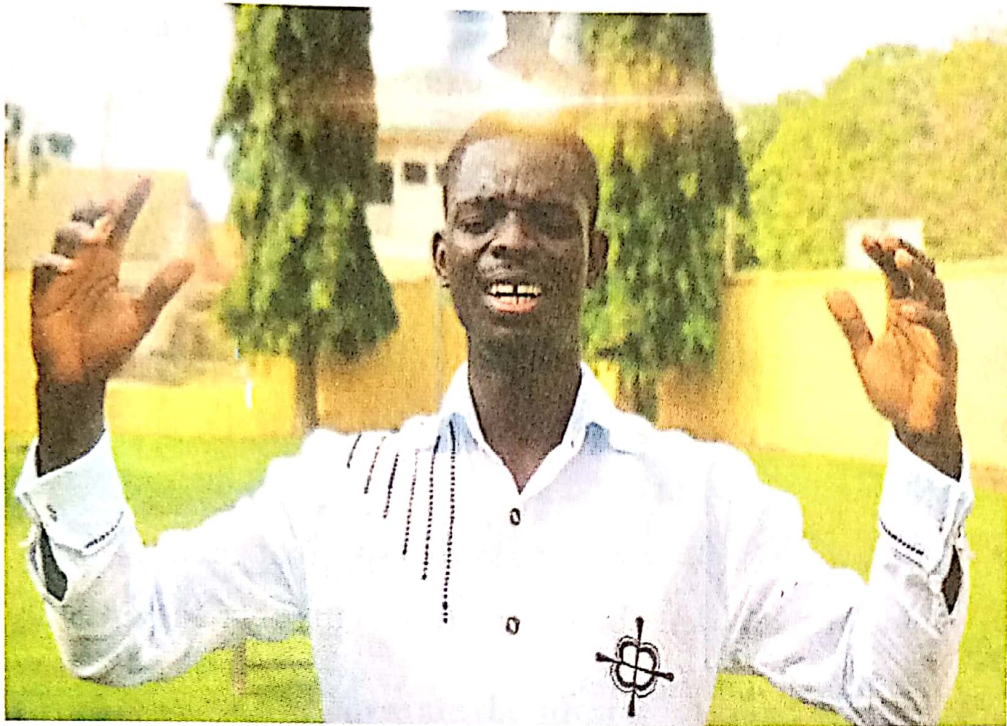
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LESSON 1

SPIRITUAL GIFTS

1 Peter 4:10-11, 1 Corinthians 12:7ff, Romans 12:6-8, Ephesians 4:11

Overview

Spiritual gifts generally refer to all gifts a person receives from God after the born-again experience. These are different from natural talents which we receive from birth. Just as every human being has a natural talent, so does every born-again Christian has spiritual gifts. These spiritual gifts are divided into three categories: gifts from God the Father, gifts from God the Son and

gifts of the Holy Spirit. Every believer therefore has something to offer as we together contribute to building the kingdom of God here on earth.

Lesson Objectives

By the close of this lesson, participants should be able to:

1. Identify the major Bible passages that teach the gifts of the Spirit.
2. Know the various categorizations of spiritual gifts.
3. Point out and describe two or three gifts that they feel are operational in their lives.

Resources/Resource Persons

The Pastor, an Officer or a Mature Member; *"Come Up Higher"* authored by Pastor Nyansah Hayfron, Bible study materials of the Church on the subject.

Content Exposition

Pentecostals usually classify spiritual gifts into three main groups namely: grace gifts, Ascension/Ministry gifts and the gifts of the Spirit.

Grace Gifts: They are gifts given by God the Father for the purpose of service in His house. They are also called charismatic gifts/charismata. These gifts are recorded in the book of Romans 12:6-8. (The class must discuss these gifts and give instances where they have seen it in operation in the church).

Ascension or Ministry Gifts: These are given by the ascended Christ. They are also called “domatic gifts” or domata. They are the gifts for specific assignments in the administration of the church. When Jesus ascended to Heaven, He gave gifts to men as recorded in Ephesians 4:8-12 (emphasis on verse 11). These (Apostles, Prophets, Evangelist, Pastors and Teachers) are offices given by the Lord for the perfecting of the Saints. They are not to be regarded as promotion through the ranks but rather added responsibility. The person endowed with these gifts becomes “a gift” to the church.

Gifts of the Spirit: These are the gifts recorded in 1 Corinthians 12: 7-10. They are also called “Pneumatic gifts”/ Pneumatikos. They are nine in number and in three categories: vocal (gifts that ‘say’ something), power (gifts that ‘do’ something) and revelatory (gifts that ‘see’ something).

- Vocal gifts are prophecy, speaking diverse tongues and interpretation of tongues.
- Power gifts are faith, working of miracles and gifts of healing.
- Revelatory gifts are word of wisdom, word of knowledge and discerning of spirits.

Discussion

- Can you now identify any of the gifts you think are operational in your life. How do the gifts work?
- Explain briefly how you operate in any of the gifts.

Conclusion

Every person who comes to Christ can do something for Him. The gifts are for such a purpose. Idleness in the congregation of believers is not an option. Each person must work on improving the use of the gifts that he or she has identified, because the Lord Himself has given the gifts as He sees best for each individual.



LESSON 2

OPERATING SPIRITUAL GIFTS

1 Corinthians 4:1-40, 1 Corinthians 12: 1-31

Overview

Paul the Apostle categorically stated that he did not want the Corinthian church to be ignorant of spiritual gifts. (1 Cor 12:1) Ignorance of the composition and operation of spiritual gifts has cost the church greatly. While some abuse spiritual gifts, many others choose to ignore such gifts. As we discover our spiritual

gifts and learn their right operations we will help advance the kingdom of God.

Lesson Objectives

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

1. Explain how a person stays connected to God in order to operate the gifts.
2. Give examples of Biblical characters who operated in some of the gifts.
3. Explain how these gifts are effectively used.

Resources/Resource Persons

A Pastor, an Officer or a Mature Believer

Content Exposition

Our gifts are effectively used when we develop a daily relationship with God through the following ways:

- Studying and applying the Word of God – the word of God is the basis for all we do. Every prophetic utterance must be word-based.
- Prayer – the key to getting clarity on issues, and placing requests for divine intervention is prayer (1 Thess 5:17, James 5:17-18).
- Faith – without faith, it is impossible to please or receive from God (Heb 11:6, James 4:4).

- Holiness- God is holy and a walk with Him requires holiness in all one 'thinks', 'says' and 'does'. (Heb 12:14-17)

How the Gifts were Used by some People in the Bible

- Peter - Gifts of Healing (Acts 3:1-9, Acts 5:15-16)
 - Word of Knowledge (Acts 5:1-4)
 - Working of Miracles (Acts 9:36-42)
- Paul - Gifts of Healing (Acts 14:8-10, Acts 28:8)
 - Discerning of Spirits (Acts 16:16-18)
 - Working of Miracle (Acts 19:11-12)
- Dorcas – Giving or Generosity (Acts 9:36)
- James – Word of Wisdom (Acts 15:13-20)
- Agabus – Prophecy (Acts 11:28; 21:10,11,33)
- Barnabas – Giving and Encouraging (Acts 4:36-37, Acts 9:27)
- James – Word of Wisdom (Acts 15:13-20)
- Agabus – Prophecy (Acts 11:28; 21:10,11, 33)
- Barnabas – Giving and Encouragement (Acts 4:36, Acts 9:27)

Challenges

Examples from the scriptures reveal that those who operate gifts face many challenges, including the following:

1. People deifying the individual through whom God works (Acts 14:18).
2. You might face an outright death. (Acts 6:8, 9; 7: 59, 60)
3. You might be beaten and imprisoned. (Acts 16:18-24)

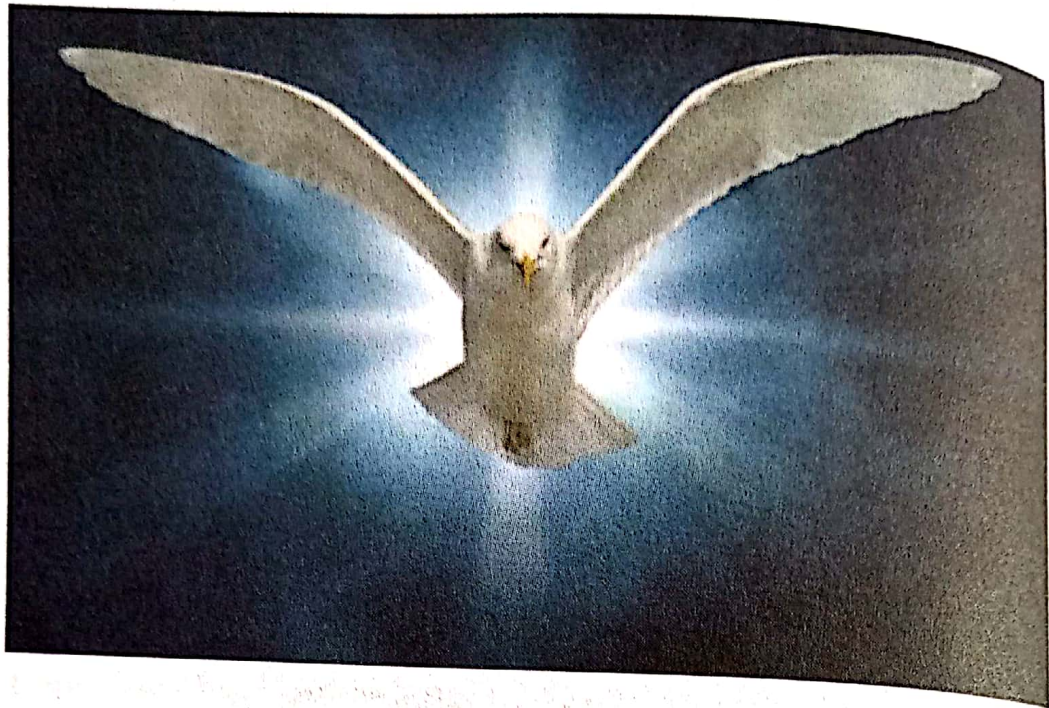
Questions for Discussions

1. Are all who prophesy prophets?
2. Strike the difference between vocal and revelatory gifts.
3. How do we nurture, maintain and sharpen the gifts?
4. What are the major challenges you face in operating in your gifts?

Conclusion

The spiritual gifts are real, and they have been in operation since Bible times. It is by operating in them that the church stands out (in ability) from other human organizations. Those who operate in them will not always be free from challenges and troubles.

These challenges, however, should not scare you from operating in the gifts if they are truly given to you from above.



LESSON 3

USE AND MISUSE OF SPIRITUAL GIFTS

Overview

Understanding the purpose of the spiritual gifts is a key to knowing the usefulness and avoiding the misuse of the gifts. Therefore, in the three key places where the gifts are outlined, purpose is stated or implied. The gifts become useful to the church when both the vessel and the beneficiaries are pointed to Christ. On the other hand, spiritual gifts are misused or abused by pointing the beneficiaries to the vessel and building doctrines and one's Christian life on the gifts.

Lesson Objectives

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

1. Explain the purpose of the spiritual gifts to the church
2. Identify the factors that can lead to the misuse of the spiritual gifts
3. Examine the effects of the misuse of the spiritual gifts to the Church
4. Prescribe solutions to the misuse or abuse of the gifts of the Spirit

Resources/Resource Persons

The Bible and good Christian literature on the spiritual gifts / a seasoned Officer or a mature member with a good understanding of spiritual gifts.

Content Exposition

Paul had different objectives in mind while he was listing the spiritual gifts in Romans 12, 1 Corinthians 12 and Ephesians 4. His objective in Romans 12 was to show that every member of the body of Christ had a role to play according to the gifts or capacities that he or she has, however inconsequential it appeared. In 1 Corinthians, he wanted to show that the gifts are diverse, bestowed at the pleasure of the Holy Spirit and should unite and complement, rather than divide and bring competition. In Ephesians, he showed that the gifts could define a Christian's

“office” in the church, and that the purposes of the offices are for the equipping of the believers and the building of the church.

Purpose of the Gifts Stated or Implied:

The spiritual gifts are given to members in the church to help promote the kingdom of God here on earth. God has given every believer a gift to equip us for service in His church (Romans 12: 6-7, 1 Cor. 12:7). The gifts help us to see the reality of God's manifest presence in our meetings. They make our services and the worship of God more dynamic and take away lukewarm attitudes. They help to evangelize the lost and bring them towards salvation. Spiritual gifts also edify the saints and build up the church (Eph 4: 12).

However, when the purpose of the gifts is not properly understood, there could be abuse or misuse of them. Some of these abuses include the following:

1. Pride in those who believe their gifts are not just different, but greater. (see Rom 12:3)
2. Division and breakaways by those who feel their gifts must be given special recognition because of the perceived benefits their gifts bring to the church. (1 Co 12:12-26)
3. Profiteering by those who think godliness is a means to financial gain. (Acts 8:18-20, 1 Tim 6:5)

Discussion

1. Why must we desire to have spiritual gifts in operation in the church?
2. How can young people help in the proper use of the spiritual gifts?
3. Explain how to control and avoid the abuses of the gifts.

Conclusion

Spiritual gifts can be likened to fire: it can be a good servant, serving as an evangelistic tool, 'and for the equipping/edification of the saints' or a bad master, where pride and arrogance characterize the vessel being used. Young people should be bold and confident in the exercise of the gifts but remain humble and obedient to leadership at all levels. All believers should understand that the essence of the gifts in operation is for the growth of the local church and, therefore, must be made to stay within the local church for optimal use of the gifts.

Fruit of the Spirit

Galatians 5:22-23



LESSON 4

FRUIT OF THE SPIRIT

Galatians 5:22-23, John 15:1-17

Overview

Fruit-bearing is a must for every believer because it is the mark of true discipleship (John 15:8,16). In Matthew 7:16, Jesus makes us understand that what comes out of a person is a determinant of what lies within. We identify a tree by the fruit that it produces. Thus, if the Spirit of God dwells in us, we should produce the

fruit of the Spirit. Whereas the gifts of the Spirit are simply bestowed as the Spirit desires, the believer needs to work together with the Holy Spirit to produce fruit or the transformed character that chiefly testifies that Christ lives within.

Lesson Objectives

By the close of this lesson, the participant must be able to:

1. Identify the fruit of the Spirit and how it manifests in the believer.
2. Explain when and how a person can bear the fruit of the Spirit.
3. Outline the rewards of bearing fruit and the danger in not bearing fruit as a Christian.

Resources/Resource Persons

- Bible
- *Streams of Living Water* 2015 Devotional on the topic

Content Exposition

Galatians 5:22-23 highlights the fruit of the Spirit as love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control. These are character traits we develop as we allow the Spirit of God to control our lives. In John 15, Jesus explains that we cannot bear fruit unless we abide in Him and allow His word to abide in us. This means that once a person receives Christ

as his/her Lord and saviour, he/she has the capacity to bear the fruit of the Spirit.

Love: The fruit of love is demonstrated in three ways: love for God, love for others and love for self. Love for God is shown by our obedience to Him (John 15:14). Love for self is seen by our acceptance of who we are in God and appreciating God for who we are irrespective of all the needs we may have (Ps. 139:13-16). This should not be confused with selfishness. God also expects us to show our love for others (1 John 4:11-13).

Joy: It is a God-given inner gladness and delight. Unlike happiness, it does not depend on present happenings but springs out of a life of total obedience to God's word and deep trust in the promises of God (Psalm 16:11).

Peace: It is a quietness of heart, mind and soul that comes as we learn to trust God, keep our thought on Him and submit our worries to Him (Phil. 4:6-7, Isaiah 26:3).

Longsuffering: It is patiently seeking the will of God (James 1:4).

Kindness: It is treating others with respect and love. It is a major language of love (1 Cor 13:4).

Goodness: as a fruit of the Spirit, refers to the quality of character that can be described as excellent, virtuous, perfect or righteous. It is the opposite of badness. According to *Easton's Illustrated*

Dictionary, goodness in man is not a mere passive quality, but the deliberate preference of right to wrong, the firm and persistent resistance of all moral evil, and the choosing and following of all moral good (Ephesians 4:23-24, Ephesians 5:9).

Faithfulness: It is the attitude of being loyal and steadfast in the faith irrespective of temptations and hardships. Faithfulness is also needed in handling the grace and the gifts of God. The faithful Christian would not take the glory for the demonstration of God's power in his life but would learn to reflect all the glory back to God (1 Corinthians 15:58).

Gentleness: It is sometimes misunderstood as passivity or some learnt actions or way of public presentation. Gentleness begins with genuine humility and respect for God and others. Gentleness/meekness towards God is to be teachable and yielding to God's word and plans for our lives. It means placing our strength under God's guidance. Meekness towards others involves appreciating the worth of each individual and treating them with dignity (Eph. 4:1-3).

Self-control: It is a personal discipline which enables the believer to live a balanced life instead of being controlled by personal hungers, moods or emotions, such as anger, lust, etc. The Holy Spirit strengthens the spirit of the believer so that he/she can bring his thoughts, will and emotions under the control of the Spirit instead of being controlled by them (1 Cor. 9:27).

REWARDS OF BEARING FRUIT (John 15:2, 7)

Once a person begins to bear fruit, the father prunes him so he can bear much fruit. He is loved by God and whatever he asks is granted.

THE DANGER OF NOT BEARING FRUIT (JOHN 15:6)

The believer who refuses to bear the fruit of the Spirit will face eternal destruction.

Discussion

- Can a person be a Christian and not bear the fruit of the Spirit?
- Can a person bear the fruit of the Spirit if he has not received Holy Spirit baptism?
- Can a person lose his/her fruit?

Conclusion:

The quality of our fruit is a measure of our discipleship. We should, therefore, yield more and more to the Spirit of God so we can bear much fruit.



LESSON 5

SPIRITUAL FUNDAMENTALS - BIBLE STUDY

2 Timothy 3:10-17, Psalm 119:1-11, Psalm 19:7-11

Overview

The Bible describes our crossing over from sinful living to the life in Christ as a New Birth experience. That makes every new-born believer, however old, a new born babe in the Lord. Every Christian is personally responsible for his or her growth and development in Christ. However, unlike a natural babe, who is so helpless that unless the mother takes care of its every need, it

can perish, the spiritually new-born babe, though may need the help of mature saints, is capable of accessing the essentials that will make him or her survive and grow. Chief among these essentials is the Word of God.

The word of God is also important for maturing Christians. It contains solid food for sustaining the spiritual growth of maturing Christians.

Lesson Objectives

By the close of the lesson participants must;

1. Appreciate that the Christian cannot survive spiritually without the Word of God.
2. Appreciate the Bible contains the reliable word of God.
3. Appreciate the need to study (not just read) the Bible in order to understand and apply it to his/her life.
4. Know the benefits of and hindrances to the study of the word of God.

Resources/Resource Persons

A mature teacher of the Bible, a minister or officer

Content Exposition

One can feed daily on the Word of God through hearing others preach it, but that is not sufficient for quality growth just as hearing a lecture without subjecting it to further studies and research would not prepare a person to excel in an examination.

The Word of God must not only be read or heard through others but must be systematically studied.

The Christian has to study the Bible for the following reasons:

1. It will help him/her to grow in the grace and the knowledge of Jesus (1 Peter 2:2, 2 Peter 3:18).
2. It will also help him/her to avoid all forms of doctrinal errors that can endanger his/her spiritual life. (Matt. 22:29). Note that there are so many errors in doctrines being paraded these days.
3. Experience and grow in the power of God (Matt. 22:29; Heb. 4:12-13).
4. Know the will and mind of God (1 Cor. 2:16; 2 Tim. 3:16-17)
5. It will equip him/her thoroughly for every good work (2 Tim. 3:16-17). Because the Holy scriptures is given by the inspiration (breath) of God, it is able to build and equip both new and old converts to maturity.
6. It will again make him/her wise unto salvation in Christ (2 Tim. 3:15 / Psalm 19:7.
7. Obeying the teachings of the Bible will make a person a true disciple of Jesus Christ (John 8:30-32).

To have maximum benefit in our bible study:

1. Determine in advance what you want to study (have a focus).
For example, biblical perspective on a subject or study a book of the Bible.
2. Study with the desire to know God more. Do not study with just the focus of teaching or preaching to others.
3. Choose a conducive place and time.
4. Set some goals for yourself. That is to say have a daily or weekly goal and plan. Say, two chapters a day.
5. Share what you learn what you learn with someone. Sharing reinforces learning.

Discussion

1. What price should a Christian pay to enjoy the blessings of the study of the scriptures?
2. What are the hindrances to the studying of the bible?

Conclusion

The word of God is spiritual food for the growth of the Christian. It has the power to convert the soul by causing the will, emotions and desires of the believer to be conformed to that of Christ.



LESSON 6

SPIRITUAL FUNDAMENTALS: PRAYER AND FASTING

1 Thessalonians 5:16-18; Luke 11:1-12, Col. 4:2

Overview

Prayer and time spent away from food would keep the believer on his/her toes. The believer should be reminded that as a spiritual being, he or she lives also by the power of the Holy Spirit ignited through prayer and fasting.

Lesson Objectives

By the end of this lesson, participants should:

1. Understand the need for prayer and fasting as a spiritual activity.
2. Desire to wait upon God in prayer and fasting.
3. Cultivate a habit of prayer and fasting.

Resources and Resource Persons

- Officer of the Church especially someone who has personal track record of consistent fasting and prayer life.

Content Exposition

Just like the word of God, prayer is very important in the life of a Christian. The New Birth establishes a parent-child relationship between God and the believer, and God wants to keep this relationship active and growing through regular conversation with Him. Therefore, although He is able to supply our needs without us asking Him, He insists we ask Him to supply our needs whenever we find any. (Matt. 7:7)

In asking, we must ask in the right way. What is the right way? Our prayers must be patterned after God's word. When we ask anything according to his will, God answers. (1 Jn. 5:14-15) The will of God is His word. What it means is that when our lives

are ordered by God's word our prayers will be answered. The opposite is also true, in Prov. 28:9, the Bible emphasizes that if anyone does not obey God, his prayers are abomination to Him.

Prayer also helps the believer to recognize the doings of the Lord in his or her life. If indeed, he asked God and God did it, it gives him/her a testimony and helps him to put his trust fully in God.

The importance of fasting to spiritual growth lies in the fact that it creates the space and time for the believer to wait on God to be filled with good things without interruptions. When we deny ourselves of food and other pleasures of the body, we are able to concentrate better on God. We get the opportunity to assess our past and gain a clearer perspective for the future. Because of the physically weakening effect it imposes, fasting may require that we stay away from the regular demands on our time and devote much attention to God alone. Where it is not possible to totally abstain from work you will need to make a conscious effort to make time within the fasting period for prayer and the study of the Word.

Fasting, however, does not stop the devil from appealing to our desires (Matt. 4:8). As we fast, its important to be sensitive to God and His word which is able to build us. (Acts 20:32)

Discussion

- God's Word assures us that He knows our needs before we ask. Identify key reasons why He still wants us to pray regularly.
- How do you think God will feel when his children are not confident to approach Him for help in times of need but consult others to pray on their behalf?
- Would you say that fasting imposes difficulties on us or it relieves us of difficulties?

Conclusion

Our faith needs prayer and fasting for development and growth. Every believer must therefore cultivate a habit of prayer and fasting to build himself / herself up.



LESSON 7

CHRISTIAN PURITY AND BODILY FIRES

Galatians 5:17; Romans 7:4-6; 8:1; Rom. 12:1-2

Overview

The desires of the flesh seem to pose strong adversity to the spiritual person. The Spirit of God puts us in control of our fleshly desires. In Christ, they no longer control us. We control them.

Lesson Objectives

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

1. Explain what bodily fires are.
2. Appreciate why we should tame bodily fires.
3. Explain how to control bodily fires.

Resources/Resource Persons

The following would be required to make the lesson effective:

- A Minister, officer or Youth Ministry leader who has studied the subject well, and has a good moral track-record.
- Each participant should have a Bible, a notebook and a pen.

Content Exposition

The Bodily Fires

We are sexual beings – our sexual feelings are hormone – generated and we cannot deny or reject it in any way. We are created in the image of God; both males and females. The single person's sexuality is expressed in learning to accept and control his or her sexual feelings. These sexual feelings represent what has been termed as “bodily fires” in this lesson. One Donald Goergen has noted that “feelings are meant to be felt, and sexual feelings are no exception”. When we try to deny these feelings, we cut ourselves off from our humanity. To accept these feelings however does not mean you must act upon them - sexual feelings are not to control

us; we are to control them. It is, therefore, an illusion to think that sexual feelings or passions are uncontrollable (2 Timothy 1:7; Titus 2:6, 12; 1 Peter 4:7; 2 Peter 1:6). Warm, satisfying, non-sexual friendships are legitimate ways single persons can express their sexuality and at the same time, keep their feelings under control.

The language of self-control often has sexual overtones. Paul instructs Christians to “abstain from sexual immorality; that each one of you know how to control his own body in holiness and honour, not in the passion of lust” (1 Thessalonians 4:3–5).

Chastity - You can wait : Lessons from Songs of Solomon 4:12,16.

Though the presence of these bodily fires are real, they must, however, be kept under control until the right time; that is, until the union of marriage is secured.

The scene being described in the above text is a **wedding scene**: the man describes his bride-to-be as a locked garden, a sealed fountain. She had said no to capricious sex; she had kept her “garden” locked. But then, it comes to the wedding night, when the woman calls out: “Awake, O north wind, and come, O south wind! Blow upon my garden; let its fragrance be wafted abroad. Let my beloved come to his garden, and eat its choicest fruits.” Waiting for the right time to engage in sex is rewarding in every respect.

Controlling these Bodily Fires

- I. Avoid watching pornographic movies; they will arouse your desire for sex. By New Testament standards, looking on the nudity of people in desire is the same as the sexual act itself.
- II. Avoid participating in discussions which are based on sex (intercourse). You might be tempted to laugh over suggestive jokes. When you are alone, you can be sure that somehow, those jokes would cross your mind; while reflecting over them, your sexual feelings could be aroused and you might be tempted to experiment it yourself.
- III. Do not deceive yourself that just one trial won't cost you anything. It can break the hedge around your garden's and change the course of your life.
- IV. Do not awaken these fires; that will only leave you frustrated if you do not have sex. Know yourself and what turns you on. In effect, get your boundaries right and stay within them always.
- V. Regular devotions – this creates a positive environment where the Holy Spirit is abundantly evident in the life of the individual.
- VI. Preaching the word of God - This helps to check your own lifestyle; doing your best to live what you preach.

Why do we need to control these bodily fires?

- I. God tells us so (1 Cor. 6:18).
- II. We will be spiritually healthier. As we seek to gratify the desires of the flesh and live to please ourselves, we grow spiritually weak and our relationship with God gradually gets destroyed.
- III. We will be physically healthier – protected from the risk of STDs.
- IV. We will be emotionally healthier. This has got to do with “baggage”. Memories from the past, emotional scars and unwanted mental images can defile our thoughts and make the marriage bed less pure. Certainly, God can forgive the past, but that doesn’t mean we are free from the baggage that can linger on in our minds.
- V. Waiting is a test of true love (1 Cor 13:4,5).
- VI. We will keep our Christian testimony intact (1 Tim 4:12; Matt 5:13).

Discussion

- I. What are the consequences of one’s inability to control one’s sexual feelings?
- II. What is the place of masturbation in expressing our sexual feelings?

Conclusion

Sexual feelings are real. Accepting this reality is the first step of staying pure for God. It is by this acceptance that the necessary boundaries can be built to keep this hormonal reality under control. When we allow evil thoughts or feed on mental sexual intercourse (masturbation) it is just as if we have had real sex and the consequences are the same. Bodily fire must be kept under control so that our Christian purity could be maintained.



LESSON 8

SINGLENES WITH CONTENTMENT

1 Thessalonians 4:3-12, Genesis 2:7-20, 1 Corinthians 7:32-35

Overview

Being single is not a misfortune or handicap. So many people do not understand what it means to be single so they are in a hurry to get married. Being single is a necessary phase to prepare a person for marriage. There are many things the single person can do for God since he/she is likely to have more time now than when he / she gets married.

Scripture explains that single Christians are not defined by their singleness, but by their unification with Christ Jesus. One must understand that singleness, like marriage, **is a God-given calling**, not an identity. If marriage was designed to show off Christ's love and devotion to the church (**Eph 5: 32**), then singleness was designed to show off the church's love and devotion to Christ.

Lesson Objectives

By the end of this lesson, participants must:

1. Appreciate the purpose of singlehood.
2. Know how to live a purposeful single life

And also, how a single person will live purposefully in their calling.

Resources/Resource Persons

- Christian Counselling by Gary R. Collins
- The Pastor or an Officer or counsellor who knows the subject very well.

Content Exposition

In **Matthew 19:12**, Jesus mentions eunuchs in the context of whether it is good to marry. He says: "There are eunuchs who were born that way, and there are eunuchs who have been made eunuchs by others, and there are those who choose to live like eunuchs for the sake of the kingdom of heaven."

Jesus identifies three types of “eunuchs” here: natural eunuchs (born that way), forced eunuchs (made eunuchs by others), and voluntary eunuchs (those who choose to be so).

This means that not everybody is made for marriage. There are some who do not have what it takes to marry. Such people should not be seen as incomplete, irresponsible, malfunctional or any such negative opinions. These can live a fully satisfying and purposeful life which will please the Lord.

However, for those who hope to marry, singlehood is a vital phase of life. The first man, Adam, experienced a period of singleness. It is within this period that God gave him the command not to eat of the fruit of knowledge of good and evil. He also had the opportunity to name all the things in Eden and his work in the garden was also spelt out to him. Singlehood is therefore an opportunity for a person to discover him/herself, discover God and relate with Him personally. It is also an opportunity to discover your assignment on earth and develop a career. It offers an opportunity for a person to take charge of him/herself.

Below are some other reasons for singlehood:

- Learning to overcome sexual temptations. Note that marriage is not an antidote for sexual immorality.
- Accomplishing great things for His kingdom

- Receiving a personal vision for your life
- To prepare spiritually, emotionally, financially etc. for marriage.

How can one live a purposeful single life

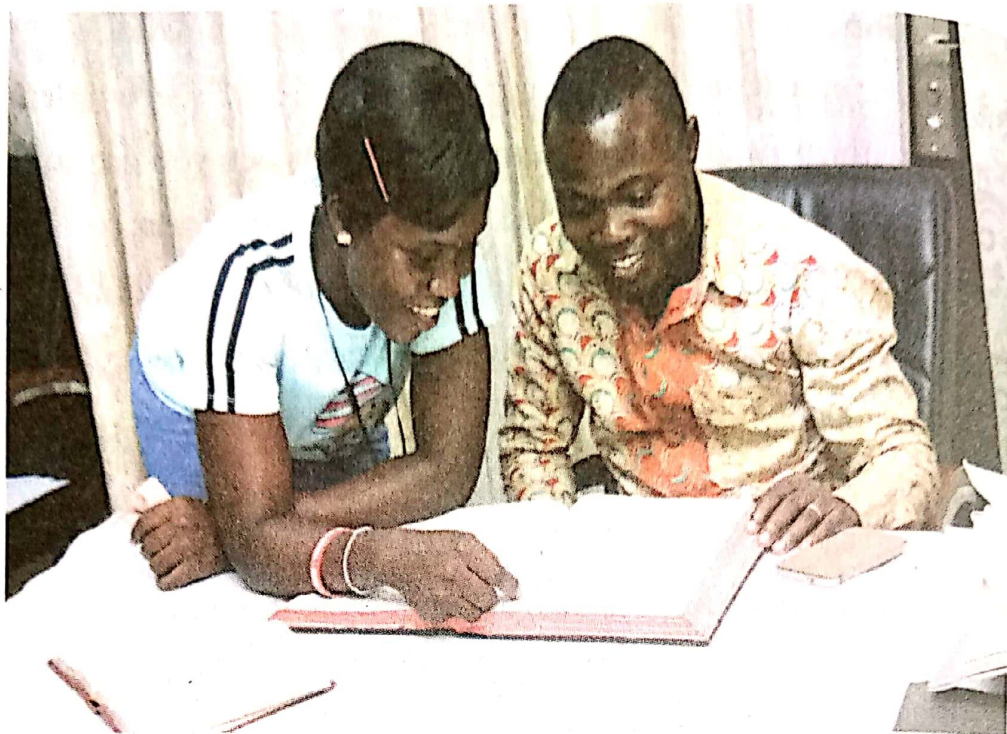
- Draw closer to God in your personal quiet time and prayers.
- Be active in church programmes and activity.
- Develop your career or professional life.
- Have personal development plan and pursue it diligently and prayerfully.
- Draw close to matured Christian couples from whom you can learn the act of marriage.
- Open up to other Christians with whom you can develop pure and productive friendships. This will help prevent loneliness.
- Prayerfully and patiently consider marriage if you wish to marry.

Discussion

1. What are the problems single people face?
2. How does the society compound the problems of singles?
3. How can the church help singles live a purposeful life?

Conclusion

Every person, whether single, married, or divorced, is a complete person, with ability, talent, skill and promise. When you use your abilities to His glory, He will bless you beyond comparison. God has a place and a purpose for you. You need to understand your singleness since this understanding will affect how productive a person's singlehood will be.



LESSON 9

RELATING TO THE OPPOSITE SEX WITH PURITY

1 Cor. 6:9-20, Levi. 18:22-23

Overview

As humans we have a need to relate with one another. This need for affiliation can build us up or destroy us depending on how we handle it. Sex and gender are sometimes used interchangeably, but they are not the same. Whereas sex refers to the biological differences in being male and female, gender refers to the socio-cultural roles that each society has attached to these sexes. In

our day some homosexuals seek to express an opposite gender, we want to state emphatically that any sexual feeling towards the same sex is an abomination unto the Lord (Lev. 18:22). Similarly, expressing an opposite gender from your biological sex is abominable. The word of God also gives us standards for relating to the opposite sex (1 Cor. 6:18). These ensure that we derive the maximum benefits from relationships without the undue negative pressures to compromise our integrity

Lesson Objectives

By the close of this lesson, participants should be able to do the following:

1. Describe the biblical standards for relating to the other sex.
2. Explain the benefits of relating to the other sex with purity.

Resources/Resource Persons

The following would be required to make the lesson effective:

- A Minister, Officer or Youth Ministry member who has studied the subject well.
- Each participant should have a Bible, a notebook and a pen.

Content Exposition

God commands us in 1 Timothy 5:1-2: "Treat younger men like brothers, older women like mothers, younger women like sisters, in all purity". Christians are expected to treat other people with all purity, including people of the opposite sex.

A common question people ask about sexual purity is “how far can I go?”

1Corinthians 6:18 tells us to “flee from sexual immorality”.

Treating the opposite sex with purity include:

- Avoidance of sexual immorality. This includes sex, kissing, sensitive parts, sharing of nude pictures etc.
- Not taking advantage of the others physical / financial or emotional needs to demand sexual favours.
- Not playing on the emotions of the other.
- Avoiding indiscriminate marriage proposals;

There are young men who propose marriage to two or more ladies at the same time and end up creating rivalries between the ladies.

- Relating with respect and honour both in speech and actions.

Here are some guidelines for relating to the opposite sex in purity .

1. Be conscious of the fact that everyone is vulnerable to sexual immorality. Do not think that it can never happen to you – it can (1 Cor. 10:12). “Pride goes before destruction, a haughty spirit before a fall” (Prov. 16:18)
2. Keep a clear conscience and treat each person as a biological sibling.

3. Seek divine help through the reading and meditation of God's word and prayer.
4. Set clear boundaries to make sure you do not fall into sexual impurity, even accidentally. Know your weaknesses and keep the boundaries where they must be without compromise.
5. Take relating to the opposite sex as an opportunity to practice being faithful, and develop self-control.
6. Everyone has his/her blind sight. Open up for feedbacks and constructive criticisms from matured Christian friends and mentors.

Benefits

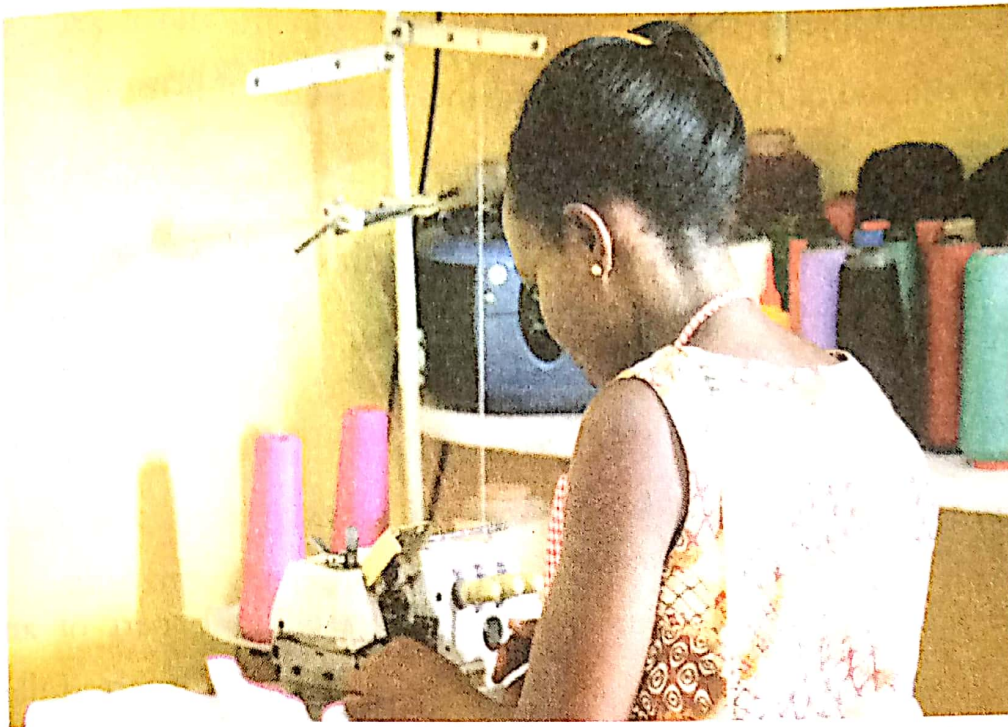
- Sex is only permitted within the boundaries of marriage. If you cannot be self-controlled now, you still cannot when you marry. Marriage is not a remedy for a weak sexual will-power.
- Your sexual purity is essential to your walk with God. Sexual purity is not an option for an obedient Christian, it is a requirement. The fulfillment of God's will for our lives is dependent on our ability to stay in Him and allow His word to produce in us a pure character rather than our backgrounds, present circumstances etc.
- It produces respect and trust. People who treat others with respect and in purity are themselves respected and trusted.

Discussion

1. What is the standard of the world in relating to the other sex?
2. How can we maintain our chastity in this sex-crazy world?

Conclusion

The world appears to be growing in its emphasis on improper sexual relationships, yet turns round immediately to rue its consequences. There are many safeguards for God's children against this tendency. Our adherence to the scriptures would mean that when we come into contact with the other sex, our focus will be more on doing God's work together rather than focusing on each other's body.



LESSON 10

HONEST WORK – BIBLE APPROVED VOCATIONS

Prov. 12:11, 2 Thess 3:10-12, Col 3:23

Overview

Some young people tend to think that the only way to serve God is to go into full-time ministry. However, there are numerous vocations and occupations that can be means of serving God and society. This lesson aims at examining how to make career choices and convert a chosen career into ministry opportunities.

Lesson Objectives

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

1. Choose a suitable career or vocation
2. Work with Godly principles in any chosen career
3. Appreciate one's vocation as God's calling
4. Win souls for Christ through one's vocation

Resources/Resource Persons

A Christian Career Guidance and Counselling Expert or an Officer who knows the subject very well and is successfully applying Christian principles in his/her chosen career.

Content Exposition

A career refers to a job, profession or occupation, which offers opportunities for progress and benefits for a lifetime. It is that which, if well nurtured and successful, offers fulfilment in one's life. Careers may include Journalism, Law, Medicine, Pharmacy, Nursing, Teaching, Accountancy, Architecture, carpentry, masonry, fashion designing, hair-dressing, etc.

Choosing a career or vocation

In choosing a career, one must consider the following issues:

1. Natural strengths and interests: Every human being has natural strengths, interests and weaknesses. These may relate to a person's temperament or nurturing.

A person's strengths and interests will affect his/her output in a particular career.

2. Mental Capacity

Some jobs require higher intelligence than others. A person may have natural interest in helping the sick but may not have the intellectual capacity to be a medical doctor.

3. Personal and Christian Values

Values are important in the choice of a career. People who value time for family may not take jobs which take all their time. Some Christians have left prestigious jobs because it prevents them from being part of church programmes. Again, a Christian should not choose career opportunities that cause him/her to break Christian principles.

4. Financial Requirement

Every career requires some form of training which may involve some financial commitment.

5. The Job Market in the Locality.

It is important to consider the marketability of the career you are choosing.

6. Divine Direction

God guides His children in their day to day decisions including decisions on career Choices. Again, there are people with divine or specific assignments who will need divine direction.

Bible Approved Work

The Bible does not clearly distinguish between careers as being good or bad but it speaks against dishonest gains. Any career that benefits society and does not exploit the weaknesses or wealth of people, or cause employees to break godly principle may be approved by God.

Turning your Career life into Ministry Opportunity

The Bible admonishes us to do anything our hands find as doing it for God and not for man. Any service we render to mankind is service to God (Col. 3:23). Our career/ work, whether secular or in church should be approached with the right attitude and ethics. Diligence towards work, integrity, submission to authority and respect for subordinates are some of the positive work ethics God expects from us. A person's attitude at work can be a means of drawing others to Christ. Daniel had an excellent spirit in him and so did not compromise his integrity in the discharge of his political duties. Many, including the king, acknowledged the God of Heaven because of Daniel.

The Great Commission in Matthew 28:18ff must be a lifestyle. We can seek opportunities to share the gospel with colleagues at work and make disciples for Christ.

Discussion

Discuss some ways Christians could use their chosen careers to draw unbelievers to Christ.

Conclusion

Work is ministry. We shall be rewarded when our work becomes a blessing to others. We must, therefore, discharge our duties diligently and with integrity.



LESSON 11

SORDID GAIN: QUESTIONABLE VOCATIONS

Proverbs 1:10-19, Proverbs 16:8, 1 Timothy 6:6:10-14

Overview

The Bible recommends that elders of the church must not be greedy for money (1Tim. 3:2-3), and Ezekiel condemned dishonest gain (Ezek. 22:12-13). This lesson seeks to guide the young adult to examine the meaning of dishonest gain and safeguard them against the engagement of questionable enterprises.

Lesson Objectives

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

1. Explain questionable vocations.
2. Give biblical consequences of sordid gain.
3. Identify questionable careers and avoid them.

Resources/Resource Persons

A mature Christian entrepreneur or accounting/finance expert.

Content Exposition

The Oxford dictionary defines sordid as anything “involving immoral or dishonourable actions and motives; arousing moral distaste and contempt.”

This could mean that any gain we might make through immorality, selfishness and greed becomes a sordid gain. In other words, one could be in God-approved career but still make sordid gains.

Questionable vocations denote those careers that tend to downplay human dignity for selfish gains.

Questionable careers dehumanize our personality. These careers are secretive and punishable by Law. Some of them are as follows:

- ✓ Prostitution- offering sexual intercourse for a fee/pay
- ✓ Drug trafficking- trading in illicit/ harmful drugs like cocaine, Indian hemp, etc.
- ✓ Human trafficking – selling of human beings to an available

market for any reason.

- ✓ Usury- lending at an exorbitant interest.
- ✓ Armed robbery – robbing at gun point.
- ✓ Fraud – internet fraud, 419, etc.
- ✓ Pornography- showing a naked body/ live sex for a fee/pay.

What does the Bible say about Sordid and Questionable Vocation

1. Dishonest gains/questionable vocations can take away a person's life. (Proverbs 1:19, 21:6)
2. God takes gains from such work for the righteous. (Proverbs 28:8)
3. It leads to poverty. (Proverbs 22:16, Proverbs 13:11)
4. It is folly because it eventually leads to poverty. (Jeremiah 17:11)
5. It attracts curses. (Habakkuk 2:9)
6. You trouble your family. (Proverbs 15:27)
7. You will miss heaven. (1 Tim 6:10)
8. It may be sweet initially but may lead to sorrow. (Proverbs 20:17, 1 Tim 6:10)

Discussion

- ✓ Mention and discuss some contemporary questionable careers.

- ✓ What should Christians who have doubts about the Christian integrity of their occupations do?

Conclusion

As people recruited into building the Kingdom of God, with the promise that “all other things shall be added” unto us, we must ensure that whatever we do for a living also contributes to our mission. Our businesses must not cast doubts on our understanding of God’s calling and our separation from sin.



LESSON 12

**DEBATE: NO WORK IS EVIL
UNTIL EVIL PEOPLE DO IT?**

Col. 3:23-25

Overview

After discussing biblically approved and sordid careers, this debate is to help participants to further reflect on and assimilate these topics. The youth would also be able to develop personal guidelines to evaluate every job opportunity they come across as either being biblically approved or not.

Lesson Objectives

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

1. Give reasons why the Bible frowns on some vocations.
2. Name and describe some vocations that are unacceptable for the Christian to pursue.
3. Name and describe vocations that Christians can pursue, but with defined caution.
4. Name and describe vocations that Christians are encouraged to pursue.
5. Preserve the integrity of biblically approved careers/vocations.

Resources/Resource Persons

Bible, mature officers or leaders as Judges and Debate Officials.

Content Exposition

Let two groups of two or three debaters each prepare and make presentations on the topic: NO WORK IS EVIL UNTIL EVIL PEOPLE DO IT. Appoint appropriate judges and officials (chairperson and time keeper) for the debate.

The chairperson should briefly introduce the topic to be debated, rules of the debate and the mode of awarding marks. He or she should allow time for the introduction of the members of the two teams.

The main speaker for the group speaking for the motion should be given about 10 minutes to present his/her argument, followed by the main speaker for the group in opposition to the motion.

Supporting speakers should be given about 5 minutes to present their rebuttal or supporting arguments.

Discussion

Allow members present at the meeting sometime to give their opinion of the debate outcome. They may also suggest points for or against the motion. After the debate and the announcement of results, the chairperson should debrief the whole group by strengthening the Bible's stands on honest work/ vocation.

Conclusion

We can use work to reach out to unbelievers. If the work we engage in is generally recognized in our community as work reserved for evil people, we would have an uphill task convincing them that in Christ one has to live right. The general outlook of a vocation must, therefore, be considered before one engages in it.

Incest

LESSON 13

DEVIANT SEXUAL BEHAVIOUR - Incest -

1 Cor. 5: 1-5; Lev. 20: 11-12, 14,17,19-21

Overview

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.

Content 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. WARNING SIGNS

- 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 relatives.
- 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.

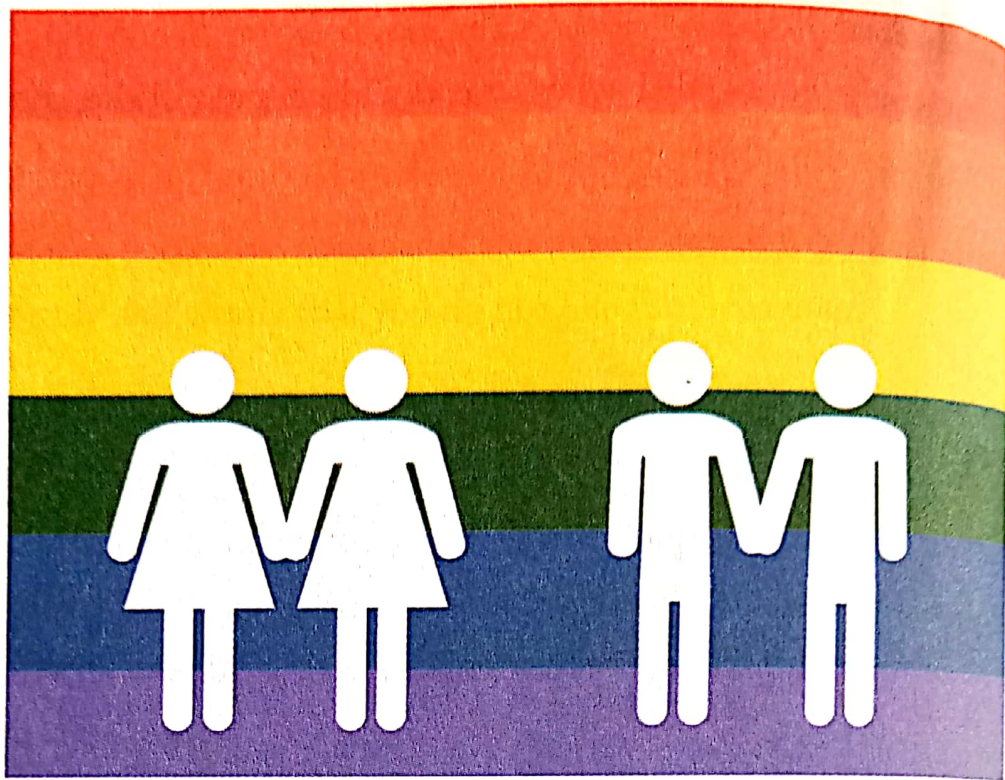
h. If you are already involved in such a relationship, put a stop to it now! Seek spiritual help from your church leaders. God is willing to forgive and restore you to a clean and healthy lifestyle.

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 14

DEVIANT SEXUAL BEHAVIOURS

- Homosexuality And Bestiality -

Deut. 27:21; 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.

Objectives

By the end of this lesson, participants must:

- Be able to explain what homosexuality and bestiality are.
- 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)

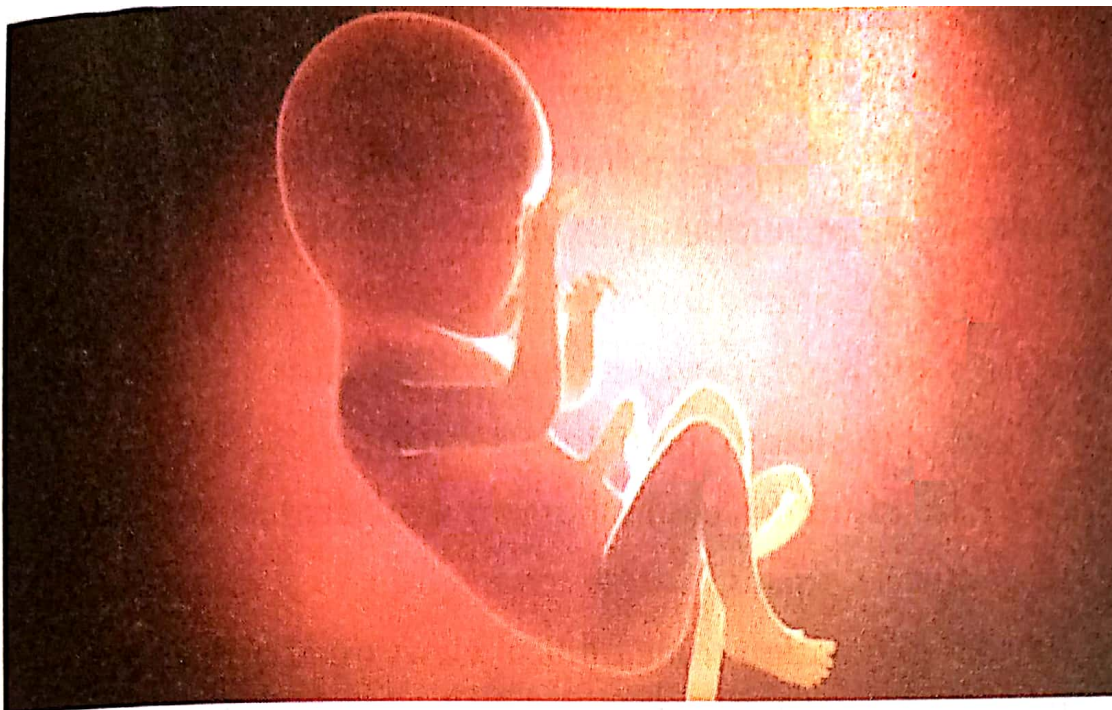
Leviticus 20: 15-16: "And if a man has sexual relations with an animal, he must be put to death, and you must kill the animal. If a woman approaches an animal to have sexual relations with it, kill both the woman and the animal. They must be put to death, their blood will be on their own heads." (NIV)

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 15

ABORTION

Exodus 20:13, Jeremiah 1:5,

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.

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.

1. 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

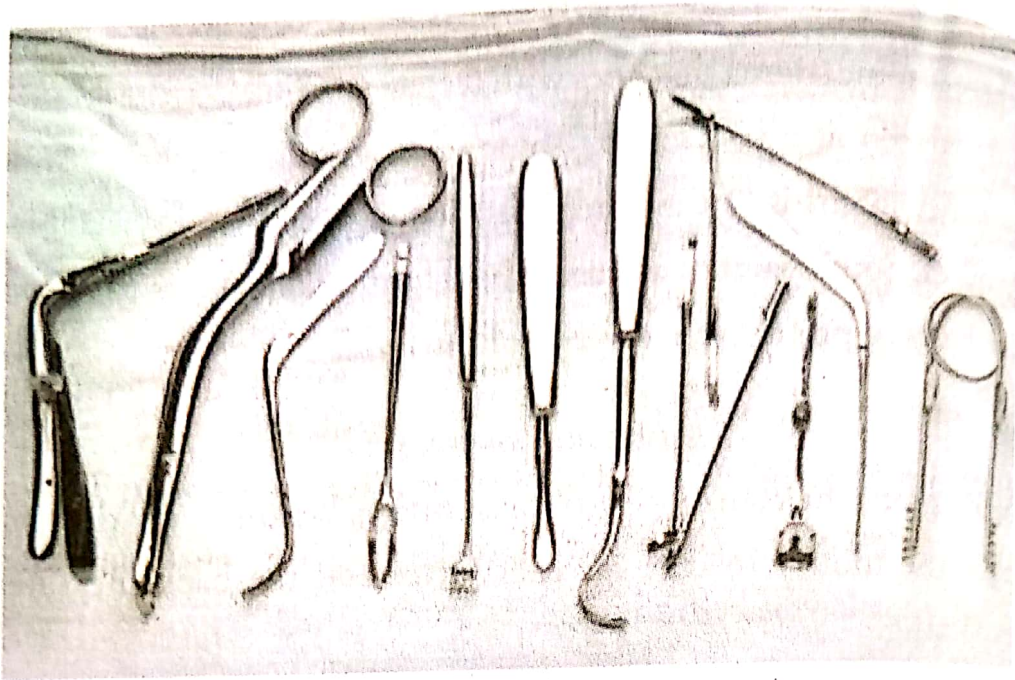
Only few girls are given the opportunity to continue schooling when they get pregnant. They therefore abort the babies so that they can stay in school.

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 16

METHODS OF ABORTION

Exodus 20:13, Jeremiah 1:5

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.

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 opened 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 17

THE EFFECTS OF ABORTION

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

Overview

People commit abortion to free themselves of unwanted pregnancies, 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.

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 18

BIBLICAL PERSPECTIVE ON ABORTION

Psalms 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.

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.

Content 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 1, 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 9:11-12, 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 the 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. 15:33-34)

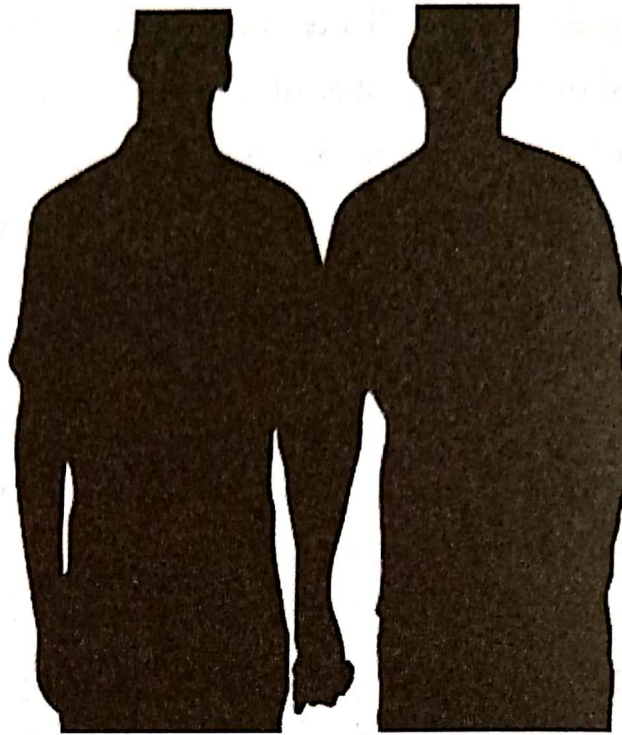
b. To the woman who is pregnant and is contemplating abortion:

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?



LESSON 19

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.

STOP Homosexuality!

LESSON 20

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.

Content 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.

Homosexuality is a SIN

LESSON 21

HOMOSEXUALITY

- *Biblical Perspective* -

Leviticus 18:22; 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.

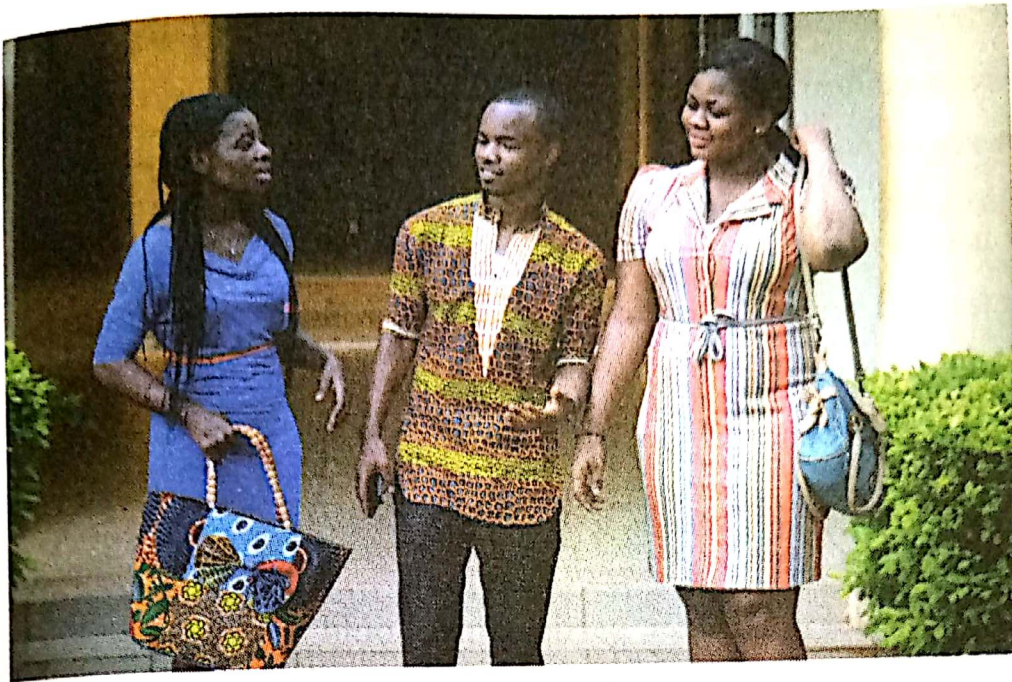
Discussion

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 22

THE CHRISTIAN YOUTH AND FASHION - *Current Dress Design* -

1 Timothy 2:9-10, 1 Peter 3:3, 4

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.

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.

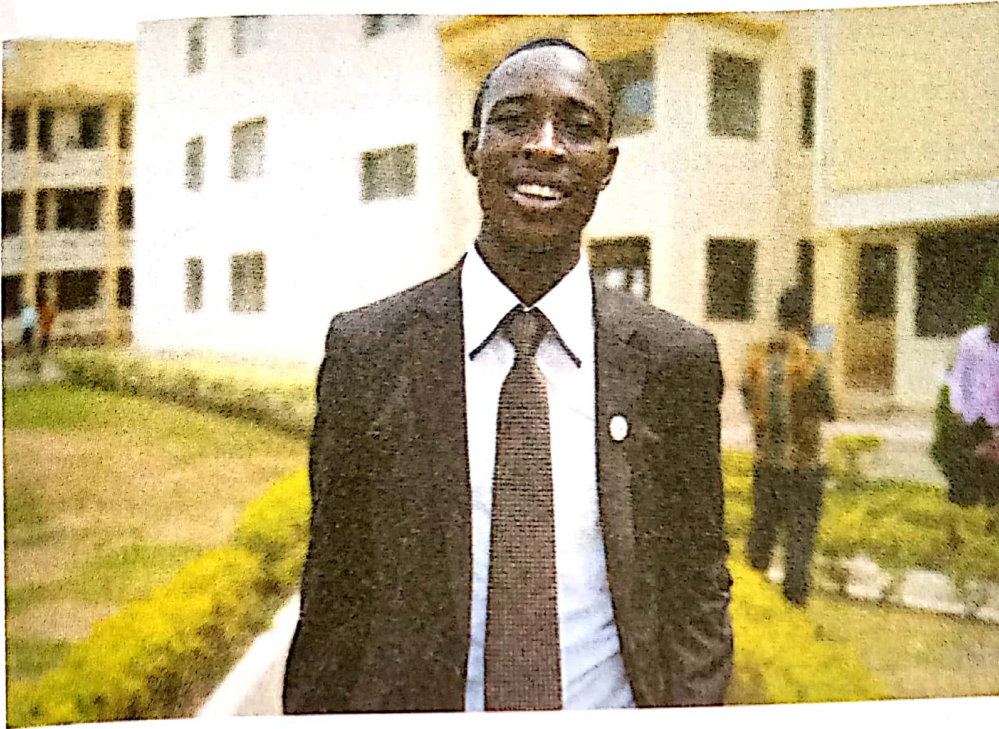
Discussion

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 catch words for the Christian dress



LESSON 23

THE CHRISTIAN YOUTH AND FASHION - *Tips For Decent Dressing* -

1 Timothy 2:9-10, 1 Peter 3:3, 4

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.

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

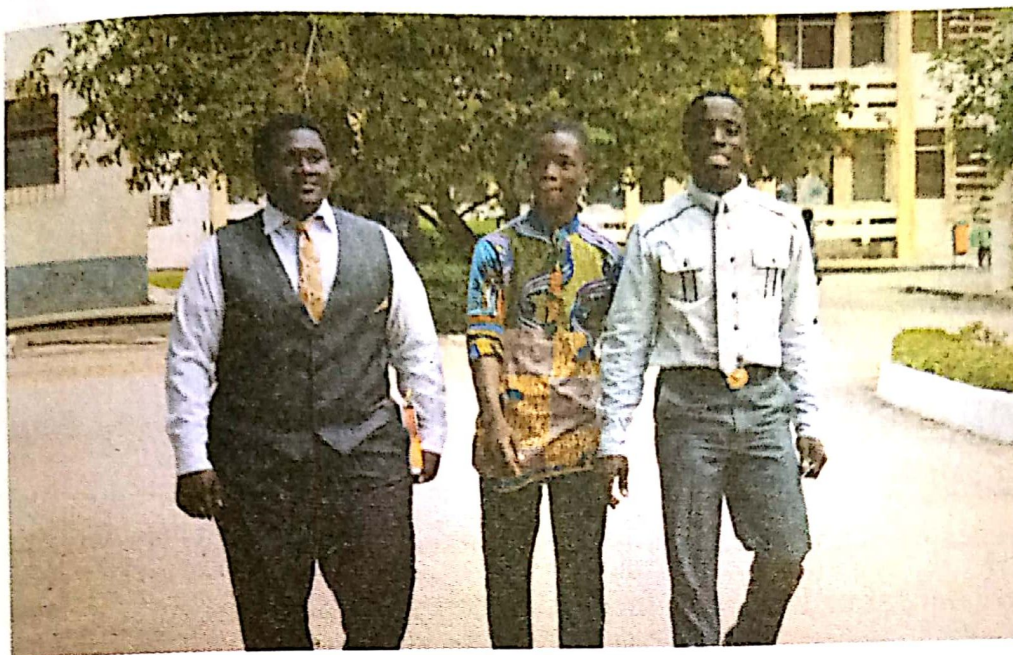
The same principles apply in wearing these kinds of clothing. Jeggings, leggings and hot pants that emphasize the woman's figure are not decent. The Christian gentleman must not also pull down his trousers or shorts to expose his briefs or boxer briefs.

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 24

DECENT DRESSING

- Practical Workshop for the Youth Class -

1 Timothy 2:9-10, 1 Peter 3:3,4

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

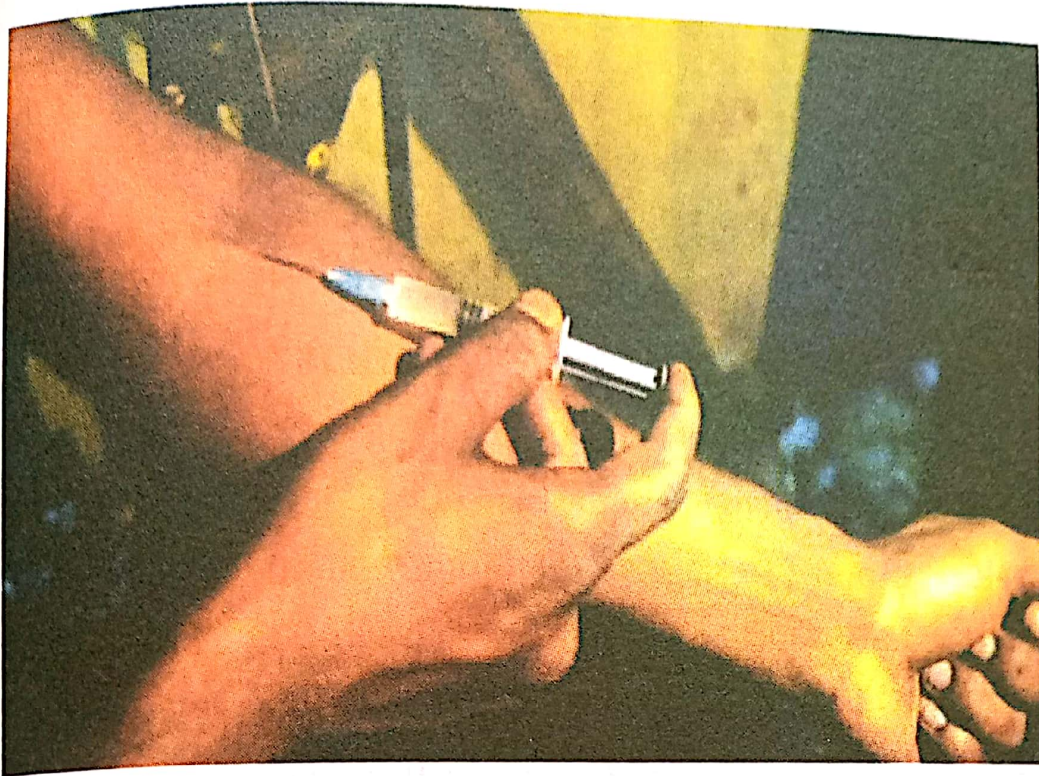
The teacher may bring cuttings of models wearing different types of dresses. Cuttings may be from fashion magazines, newspapers, etc. Let the class (both males and females) discuss the various types of outfits. Let them determine which aspects of the dresses are decent or indecent. How can each dress 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 25

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.

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.

1) **Marijuana:** 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

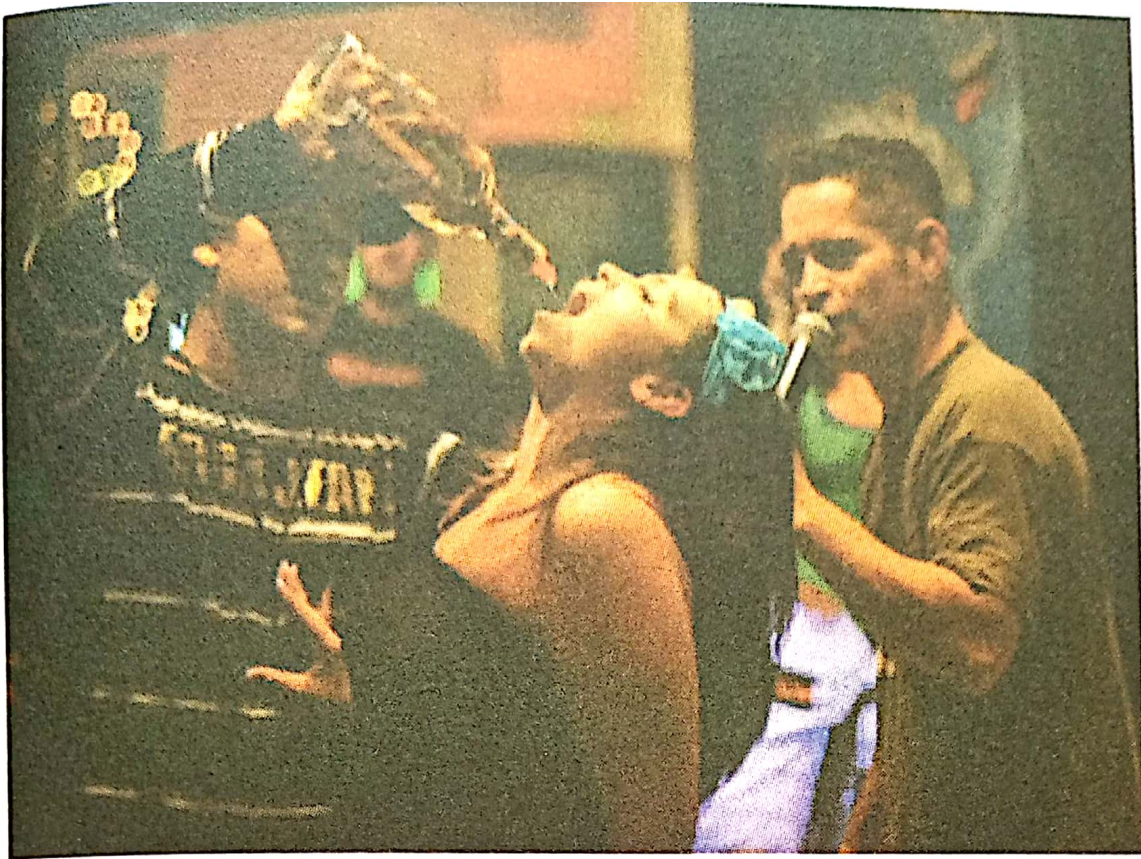
- Avoid the company of drug abusers.
- Avoid parties or places where drugs are used.
- Spend time with friends who do not use drugs.
- In your leisure, learn new hobbies, play games and read good books. You can make a reading plan of one story book or one book of the Bible a week. In other words, keep 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 26

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

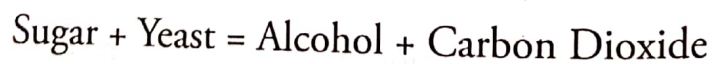
CLASS PARTICIPATION

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.



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.

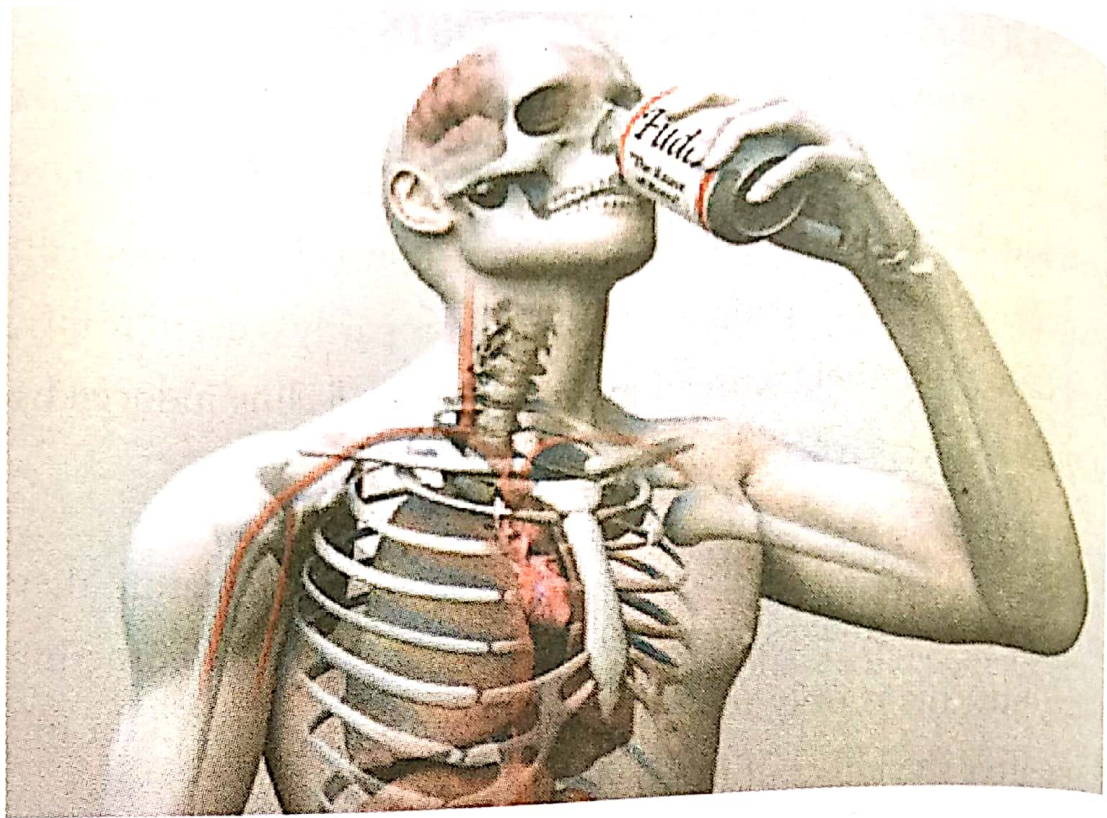
Many young people start drinking because of pressure from friends.

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 27

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

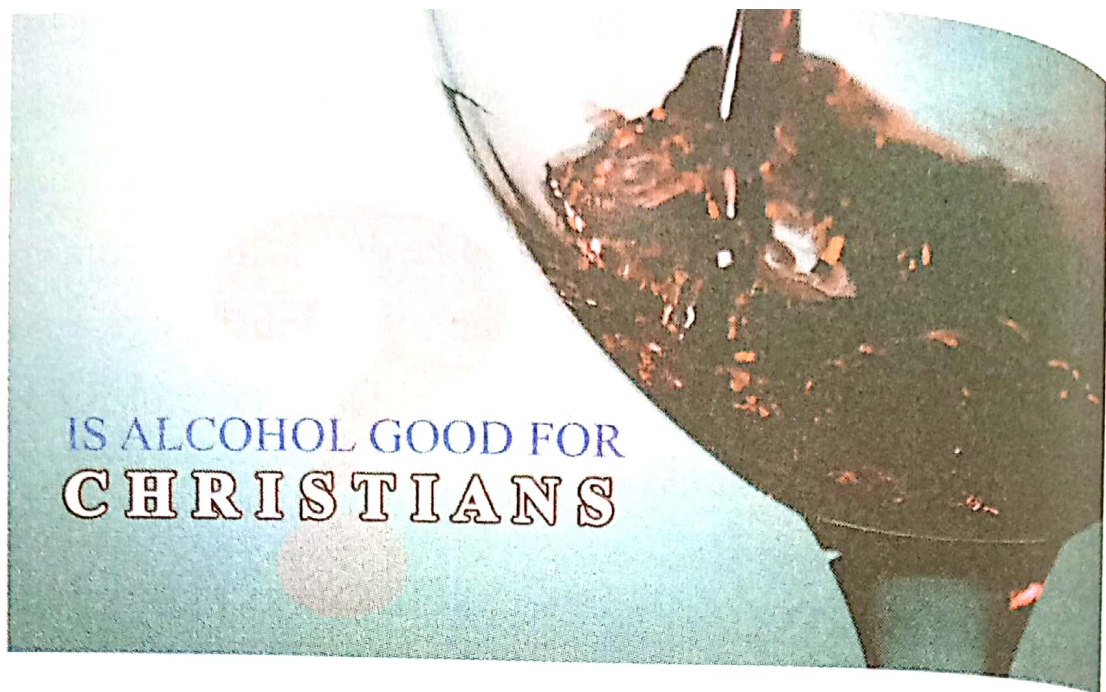
Alcohol breaks down one's moral inhibitions. Under the influence of alcohol people find it easier to engage in loose talk, pre-marital or extra-marital sexual relationships, with their resultant consequences of unwanted pregnancy, STDs and HIV/AIDs, and crimes. Alcohol consumption has resulted in a number 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 28

BIBLICAL PERSPECTIVE ON ALCOHOL CONSUMPTION

Proverbs 20:1, Ephesians 5:18, Prov. 31:7

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.

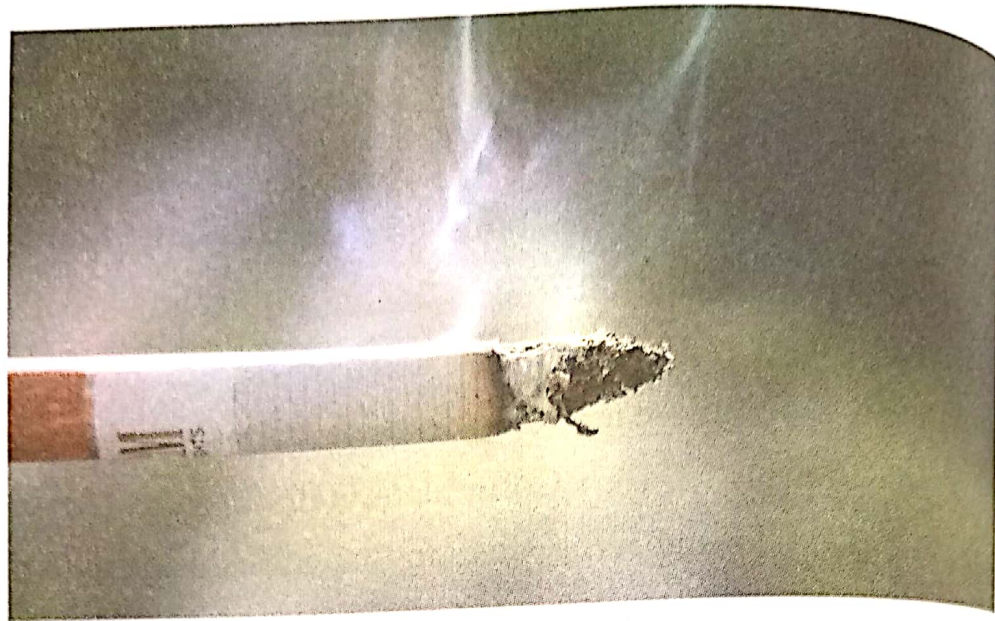


Discussion

- 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 29

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. This lesson will help the youth to appreciate the harmful effects of tobacco smoking.

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)

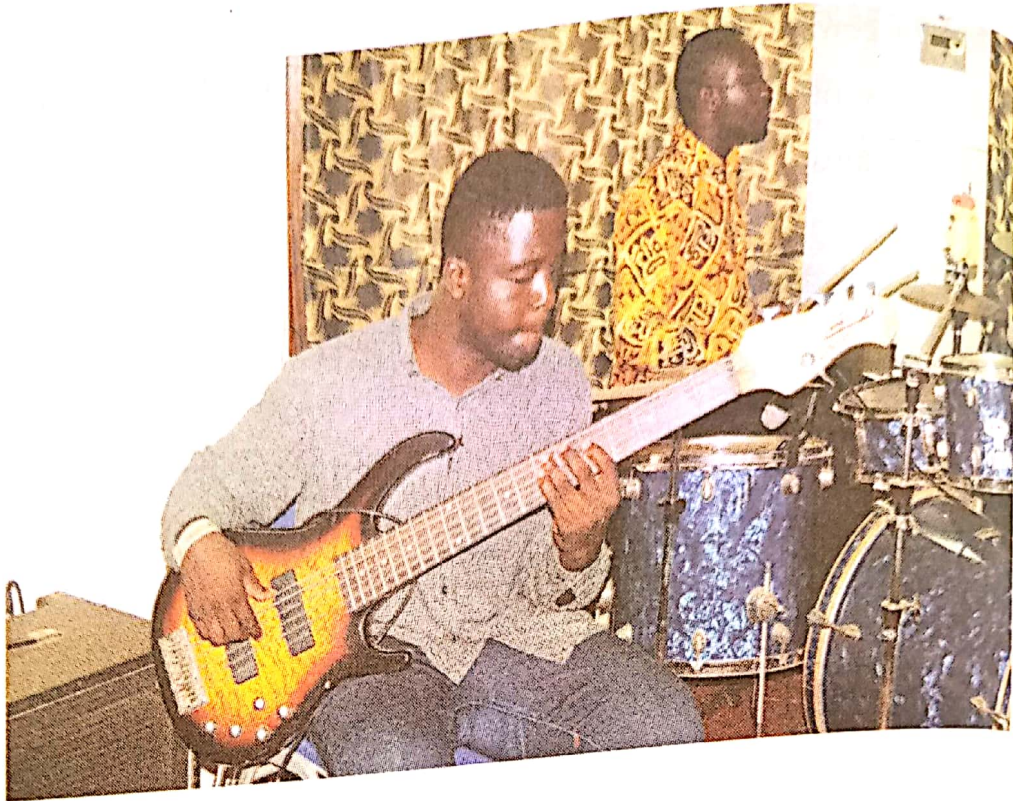
Discussion

- 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 30

USING TALENTS AND SKILLS AS GOD'S STEWARDS

Psalms 78:70-72, Col. 3:23, Exodus 36:1-2

Overview

Talent is defined in the *Cambridge Advanced Learners Dictionary* as a natural ability to be good at something, especially without being taught. It is, therefore, not considered as a spiritual gift. Talented people may, therefore, be tempted to apply their skills without considering the fact that God gave it to them for His purposes. Should this be so? In this lesson, we take a look at how God wants us to treat our talents and skills.

Lesson Outcome

At the end of the lesson, participants should:

1. Appreciate that all they have and are belong to God.
2. Understand that they have a responsibility to develop their talents and use them for God-honouring purposes.
3. Know how to identify and develop their talents.
4. Appreciate that we would give account of every talent we have.

Resources/Resource Persons

Bible, notepad and pens.

Resource person can be a Minister, Officer or anyone who is excelling in the use of his/her talent.

Content Exposition

God created us and put in us all the skills, abilities and talents we see in our lives for His service and the service of others. We see throughout scriptures special skills and abilities God gave to people. The family of Asaph were good singers (1 Chronicles 6:31-32, 39, Ezra 2:41); Hiram-Abi was a skilled craftsman who Solomon employed during the building of the Temple (2 Chron. 2:12-14) and King David was a skilled musician (1 Samuel 16:32, Psalm 8). In fact, God has placed in every one of us a special skill and ability which He expects us to use for His service.

Purpose of Talents

1. To serve and honour God (Matthew 5:14-16).
2. To serve others (1 Peter 4:10).
3. Some of the talents can provide a source of livelihood.
(Prov. 18:16)

Identifying and Developing Your Talents (Matthew 25:14-30)

Everybody has been given talent which has to be identified and developed. There are many ways of identifying our talents. Observe the things you find easy to do or you love to do. The comments of others can also help us to identify what we are naturally good at.

Once the talent is identified, it is the responsibility of the individual to develop it. Developing talents require effort, time and commitment. Some talents may require more effort than others in developing them. Some may even require some professional training. Most importantly, talents are developed by using them. The lazy servant who did not use his talent was reprimanded by his master (God) and what was in his hands was taken from him.

Accountability of our talents

We are stewards of our talents and are accountable to God (1 Cor. 4:1-2, Matthew 25: 14-30).

Discussion

1. What are the avenues for developing and using our talents?
2. What should be our attitude as we use our talents to serve God?

Conclusion

“Whatever you do, work heartily, as for the Lord and not for men, knowing that you will receive the inheritance as your reward from the Lord whom you are serving” (Colossians 3:23-24, ESV).



LESSONS 31

RESPONSIBLE RELATIONSHIPS

I Thess. 4: 3- 8, Galations 5: 19- 26, I Cor. 6: 19- 20

Overview

From the time two people agree to marry till they finally settle down in marriage is a period supposed to be lived out in absolute purity. This relationship period is termed courting, and can be very turbulent and tempting.

It is important for the two people in question to handle themselves in ways which give honour to God and preserve trust and respect.

In this lesson, we shall study how a prospective couple may handle themselves responsibly and avoid the common mistakes people make in relationships.

Lesson Objectives

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

1. Identify the common mistakes people make in relationships
2. Sustain a pure relationship that can usher them into marriage
3. Understand that the period of courtship is the time of laying a good foundation for a successful marriage.

Resources/ Resource Persons

- Bible
- Notebook
- Christian Counseling by Dr. Gary R. Collins
- Handbook on Counselling Youth by Josh McDowell & Bob Hostetler

Resource person may be a marriage Counselor/ Pastor/ Marriage Committee member/ anybody who is resourced on marital issues.

Content Exposition

Christian courtship is aimed at marriage. It is, therefore, expected that people do not commit themselves in this regard if they are not prepared for marriage. Again, people should not engage in relationships as a trial. You should have sought the face of God and made most, if not all, of the necessary enquiries and investigations before committing yourself to a relationship leading to marriage.

Though the relationship period is normally said to be the period of learning about each other, it should be understood that we can never finish knowing all about a person. Again, as life continues and people are being introduced to different issues of life, change is bound to occur in people. Once the two people are true to themselves and to each other, they need only a short period to know what is in each other. Long relationships do not offer any advantages in this regard but rather may promote sexual temptations. They must keep appropriate social distance and avoid engaging in anything that may raise suspicion from the society/ public.

Ideally, the relationship period should not exceed two years.

Common Mistakes people make in Relationships

1. **Fornication:** Sex is preserved for only the married. Being in love or having decided to marry does not qualify two people

to have sex. The prospective couple needs to be each other's keeper in order to honour the Lord and preserve trust. If they let fornication in, both honour and trust will be destroyed, and these would be difficult to restore when they finally settle down in marriage. These are a few rules to help the prospective couple stay pure:

- Do not sleep / lie on the same bed.
- Avoid sitting on laps.
- Avoid kissing, fondling and prolonged hugs
- Avoid being in isolated places or staying indoors alone for a long time.
- Avoid undressing in the presence of each other.
- Do not engage in phone sex or share nude pictures.

2. Joint Projects: Until you marry, a prospective couple should avoid joint projects and businesses. This is because, until the marriage ceremony is conducted, people should be free to move out of a relationship if there is a legitimate reason to do so. Such joint projects could entrap a person in a relationship even if there is every indication that it is not safe for them. This is just a precaution and not meant to encourage people to start and break relationships anyhow.

3. Co-habitation: Staying together as a couple before the marriage ceremony does not bring honour to God. Though some

cultures may accept this practice, we should bear in mind that when culture clashes with the word of God, it is the word of God that must stand / rule.

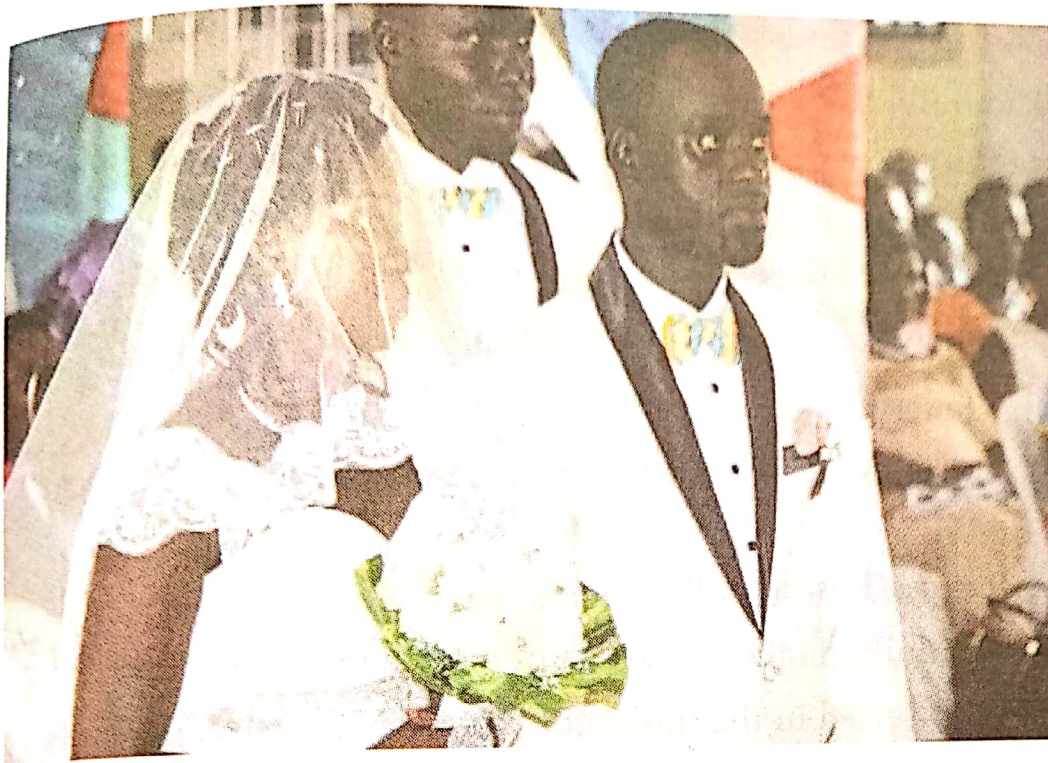
4. Performing marital duties: Taking up the duty of cooking, washing clothes, taking financial responsibility, etc. should be avoided. Giving of money as a gift or sharing of one's food should be done as to a fellow Christian brother or sister.

Discussion

1. Discuss the dangers of prolonged relationships.
2. How can prospective couples help each other meet God's standard for holy matrimony.

Conclusion

The prospective couple should endeavour to order their lives in all wisdom and reverence to God in order to receive favour from God and respect from on-lookers.



LESSON 32

BIBLICAL FOUNDATIONS OF MARRIAGE

Genesis 2:18-25, Matthew 19:3-9, Hebrews 13:4

Overview

Marriage is a very important human institution. Every culture, people or group has its own ideas, rules, procedures etc. on marriage. The various different ideas and outlook of marriage, many times, influence Christians and become a source of conflict in some Christian marriages. It is therefore important for the

Christian to understand the Christian perspective of marriage so as to build his/her marriage on biblical foundations.

Objectives

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

- Know the origin of marriage
- Understand God's purpose for marriage.
- Understand God's rules on marriage.

Resources/Resource Persons

- A minister, officer, marriage counsellor or anyone who is well well-versed in the subject of Christian marriage.
- Model Marriage by Bishop Dag Heward-Mills.
- Pre-Marriage Counselling Handbook of the Church

Content Exposition

Marriage is the oldest human institution. According to the Bible, marriage began in the Garden of Eden when God made a woman out of the man and brought her to him. God is therefore the originator of marriage. (Genesis 1:18-25). Marriage was intended to be between one man and one woman. Polygamy and homosexual marriage is against God's original plan.

Marriage is also intended to last as long as the two shall live. God hates divorce. (Malachi 2:16) The only allowance God gave for divorce is in the event of adultery or sexual infidelity.

The purpose of marriage according to the scriptures are:

- For companionship. (Genesis 1:18-25, Malachi 2:15, Eccl 4:9-12) – The couple should be one in body and spirit. God expects spouses to be intimate friends who will help each other achieve his/her God-given assignment.
- For procreation. (Malachi 2:15) – God seeks godly children from marriage. Children born to godly couples enjoy the love and care of a mother and father who are both ready to make sacrifices for the proper development of their children. Those born out of wedlock are likely to have developmental challenges because mostly the parents in question were not prepared to parent a child.
- Avenue for sexual gratification. Marriage is the only God-approved avenue for sexual satisfaction. (Hebrews 13:4, Proverbs 5:15, 1 Cor 7:2:5)

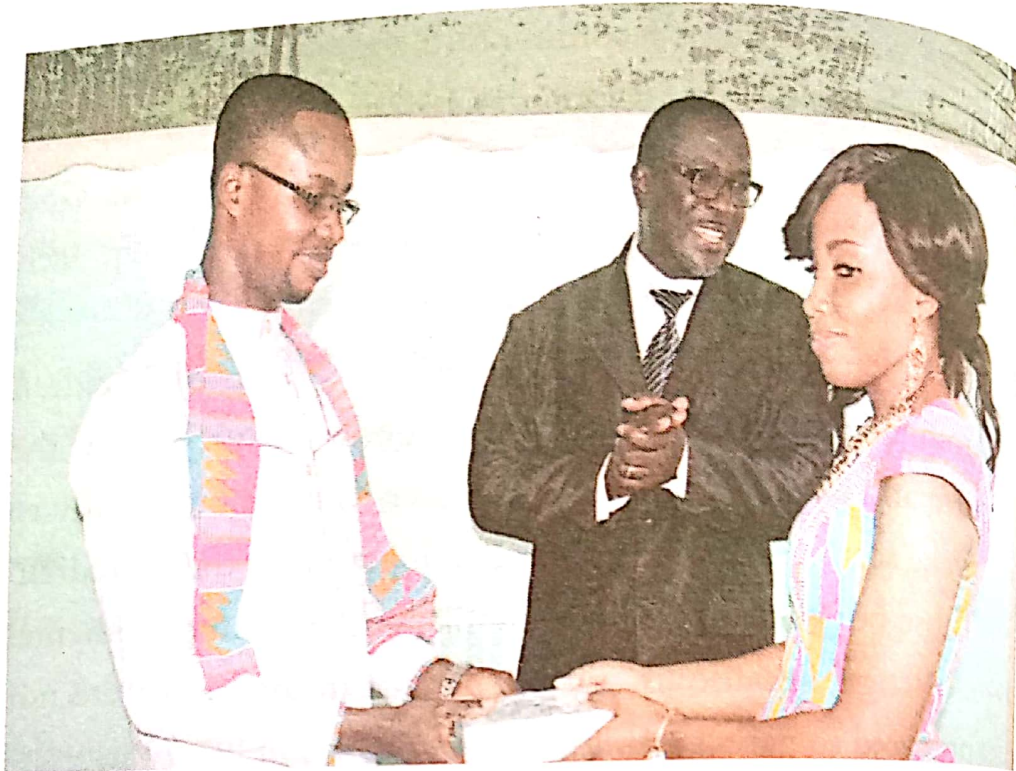
Because marriage makes a person one flesh with his/her spouse, who a person joins himself/herself to is very important. The Bible advises that a Christian must not join with an unbeliever. (Malachi 2:11)

Discussion

Discuss the phenomenon of Christians especially ladies marrying people of different faith and its consequences.

Conclusion

The Christian must please God in every aspect of his/her life including marriage. It is in doing this that he/ she will obtain the favour and peace of God.



LESSON 33

MARRIAGE - REFLECTION OF THE RELATIONSHIP BETWEEN CHRIST AND THE CHURCH

Ephesians 5:22-33. 1 Cor 7:3-5

Overview

Jesus loved the church and gave Himself up as a ransom for her sin. The love that compelled Jesus to go on the cross is what the Bible admonishes Christians to exhibit in their marriages. Husbands are required to love their wives unconditionally and give themselves to their wives as Christ gave himself for her.

Wives are to submit themselves to their own husbands as to the Lord. When couples enter into marriage with the above understanding, they will have a successful marriage.

Lesson Objectives

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

1. Explain the duties Christ performs as Head (Husband) of the church.
2. Compare the duties of a husband to the role of Christ as head of the church.
3. Compare the duties of a wife to the role of the Church as the bride of Christ.

Resources/Resource Persons

The following would be required to make the lesson effective:

- A Minister, officer or marriage committee member who has studied the subject well.
- Each participant should have a Bible and a notebook.

Content Exposition

- Roles and Responsibilities of each partner in marriage (Adapted from *The Church of Pentecost Pre-Marriage Counselling Handbook*, pp36-38).
 - a. Mutual responsibility of the Husband and Wife
 - To fulfil the purpose of marriage: procreation, sexual satisfaction and companionship.

- To submit to each other's Christian correction and discipline in reverence to Christ (Eph 5:21).
- To unconditionally discharge their complementary responsibility as husband and wife.

b. Responsibilities of the wife – Read Ephesians 5:22-24.

- A charge to submit to and respect her own husband (Eph. 5:22; Col 3:8; 1 Peter 3:16). Here, she submits to her husband AS UNTO CHRIST. This is not at all saying that women should be subservient to men as some think. It is to a woman's one husband that such submission is being required by the scriptures. This is very important to note.
- Reason for submission- the husband is the head of his wife as Christ is the head of the church.
- Extent of her submission- As long as the husband exercises his delegated authority, as the head and husband; for better and for worse.

c. Responsibilities of the Husband- Read Ephesians 5:25-30

- A charge to love.
- Manner and measure of the charge– he must love as Christ loves the church.
- Purpose of the love- to promote her social and spiritual well-being.
- Measure of the love- so strong as to be able to die for her. That is what Christ Jesus did for the Church.

- Understanding the role of Christ in the church as a type of marriage
- He provides for the church- Mark 8:1ff.
- He teaches the church- Mat 5:2ff.
- He intercedes for the church as Isaac interceded for Rebecca to conceive and be fruitful (Gen.25:21).
- He heals the church- Mat.8:3ff.
- He died for the church- John 19:30.
- He will rapture the church- 1 Thess 4:16-17.

With these tools at hand in marriage, there is a possibility of a peaceful and fruitful union.

Discussion

1. If wives play their part in submitting to their husbands, but husbands fail in their expected roles what should wives do?
2. If husbands do their part, but wives fail to submit as the church does to Christ, what should husbands do?

Conclusion

The comparison drawn between Christ as head of the church and husband as head of the wife is one of the most important demonstrations of the value the Scriptures place on marriage. The duties outlined in Ephesians can, therefore, prove very reliable and effective in practice.



LESSON 34

AREAS OF MARRIAGE PREPARATION

Luke 14:28-29

Overview

We want to explore the areas of our lives that we have to prepare before we enter into marriage. The list is endless but we want to focus on some few areas of our lives. Since humans are both spiritual and physical beings and live in a physical world we need to prepare spiritually and physically. Through prayer and fasting we will allow God to prepare and shape us according to His

will to be suitable partners. Emotionally, we have to prepare our minds about the transition that is about to take place, we will be changing from a single life to a married life. Physically, you will need to acquire some things that will make the other partner who is coming to join you comfortable. This is the focus of this lesson.

Lesson Objectives

1. To know the areas that need preparation before marriage.
2. To know how to deal with areas of our life that should be worked on.

Resources/ Resource Person

A marriage counsellor, a pastor or anybody who has studied the topic.

Materials: Bible, notebook and a pen.

Content Exposition

▪ SPIRITUAL PREPARATION

Godliness has profit in all things including a good and fulfilling marriage. Our ability to mature in the things of God will help us receive divine guidance on our choice of a partner, make it easy for us to live sacrificially with our spouses and cause us to use the word of God as the standard for our marriage. Thus we must be people who are committed to the study of the word of God,

prayer and fasting, praise and worship, fellowship etc. The more we get closer to God, the easier it will be for us to have a good marriage

▪ PSYCHOLOGICAL AND EMOTIONAL PREPARATION

After we have built up our spirits, the other area that needs attention is our soul. This includes our minds and emotions. Every thought, belief system and feeling should be challenged with the word of God. Some of the areas that should be considered include:

- **Self-concept**

We live out what we believe about ourselves. People with low self-esteem feel insecure and are over-dependant. They find it difficult to develop trust thus they are very difficult to live with. We must work on our self-concept using the word of God as the yard stick.

- **Control over emotions**

There are several emotions that must be brought under control. Among them are anger, sadness and happiness. Lack of self-control causes people to over-react to very little and even insignificant issues.

- **Beliefs about intimacy in marriage**

Some people have wrong beliefs and expectations about intimacy in marriage. Most of these thought patterns are built from the movies we watch, misguided information and past sexual

experiences. Whereas some expect sex to be very uncomfortable other's expect ecstasies that are unrealistic. There are other people who have been sexually abused but have not had any professional help. These areas need to be worked on before marriage.

- **Role models**

We easily learn from the examples we see including both the good and bad ones. Unfortunately there are several bad examples of marriages even in the body of Christ. Every single person will benefit from getting closer to a couple with exemplary marital life to learn from them.

How To Deal with Psychological And Emotional Issues

1. Find out what the word of God says on that particular issue.
2. Pray on the issue.
3. Seek professional help.

PHYSICAL PREPARATION

- Know proper body grooming
- Have some basic necessities of life
- Have a source of livelihood

Discussion

1. What other preparation should one make towards marriage?
2. What is the effect of improper preparation towards marriage?

Conclusion

When one prepares spiritually, physically, psychologically and financially for marriage, he/she will avoid many of the initial challenges of marriage. It is therefore very important for the to-be couple to avail themselves for pre-marital counselling.



LESSON 35

TESTING YOUR READINESS FOR MARRIAGE - CHECKLIST

Genesis 2:22-25

Overview

We have already learnt that marriage calls for preparation. We spend many years in school to prepare for our career and vocation but we sometimes ignore how equally important preparing for marriage is. We must not assume that once we are old enough to marry, we can go ahead and get a partner.

We must consider maturity as holistic and sincerely assess ourselves before this all important step of marriage is taken. Let us, together, go through the checklist provided, and please be true to yourself and to God in your assessment.

Lesson Objectives

By the close of this lesson, participants should be able to do the following:

1. Appreciate the role of preparation in the success of marriage.
2. Identify major factors that go into one's readiness for marriage.

Resource/ Resource Person

- The following would be required to make the lesson effective:
- A Minister, counsellor or officer who has an exemplary marital life.
- Each participant should have a Bible and a notebook.
- Pre- Marriage Counselling Handbook of the Church

Content Exposition

Below are some areas to assess your readiness for marriage:

- I. **What are your reasons for wanting to get married?** When one's motivation for entering into marriage is ill-informed, the marriage is likely to be unstable. Reasons such as the following are never helpful:

- To cure loneliness and desperation
- To make it right in the eyes of God (i.e. getting married just to convert pre-marital sex you are already having into marital sex)
- Sexual hunger
- Because I am getting old
- Pressure from family and society
- In search of riches

Such reasons could always push one to make the wrong choice and render the foundation of the marriage very weak.

II. Are you ready for the numerous responsibilities that go with marriage? The major issues that come up are about the loss of total personal freedom in marriage. You have to account to the other person in all your decisions. There seems to be more family obligations when you are married. This can take a lot of your time.

III. How do you view marriage? What's your opinion of marriage? Do you have positive thoughts about marriage? Or do you have a negative view of marriage? Having a wrong view of marriage could disturb the stability of the marriage. Bad experience from parents' marital life could affect your view of marriage. Here, a counsellor is needed to shape up your view.

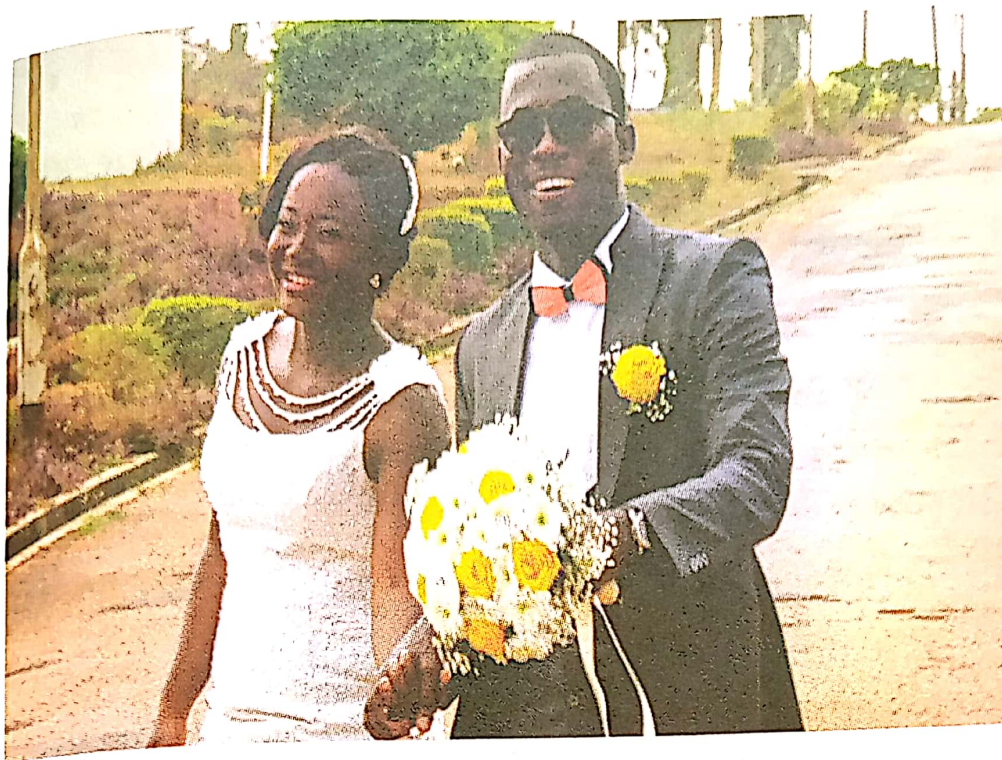
- IV. Are you willing to make the compromises to be a "we" instead of an "I?" Once you find the person you believe to be "the one," are you willing to sacrifice in order to make the relationship work?
- V. Are you emotionally available for a relationship? What are the circumstances that make it difficult for you to commit to marriage right now? In other words, have you moved on from your past?

Discussion

- I. Are there other factors that could define one's readiness for marriage?
- II. Could marriage still fail if one goes into it well prepared?

Conclusion

Having a successful marriage means more than finding the right person. It means being the right person with the right mentality and perception of the partner you intend to marry and the marriage itself.



LESSON 36

FINDING A SUITABLE MARRIAGE PARTNER

Genesis 2:22-25, Psalm 37:4-5, Proverbs 3:5-6

Overview

Choosing a marriage partner is one of the most important choices you will ever have to make in your life. The choice you make will determine if you will have a happy marriage or an unhappy marriage. It is no exaggeration that your choice of a marriage partner is critical for the success of your life.

Lesson Objectives

By the close of this lesson, participants should be able to do the following:

1. Understand the principles for finding a suitable marriage partner.
2. Know things to avoid in choosing a marriage partner.

Resources/Resource Persons

- The following would be required to make the lesson effective:
- A Minister, counsellor or officer who has an exemplary marital life.
- Each participant should have a Bible and a notebook.
- Christian Counselling by Gary Collins
- The CoP Pre-Marriage Counselling Handbook
- Model Marriage by Dag Heward-Mills

Content Exposition

Proverbs 18:22

"He who finds a wife finds what is good and receives favour from the Lord."

Psalms 37: 4-5.

"Delight thyself in the Lord; and He shall give thee the desires of thy heart. Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass."

Amos 3: 3.

"Can two walk together, except they agree."

Genesis 2:18

"The LORD God said, 'It is not good for the man to be alone. I will make a helper suitable for him.' "

2 Corinthians 6:14

"Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?"

The under-listed are guidelines for a Christian in search of a married partner.

- Seek the face of God

Do not make your choice in a hurry. To rush into a marriage can be disastrous. The most important decision of your life, of course, is your decision to follow the Lord. The best way for a Christian to find a life partner according to God's will and choice is to pray. Begin in prayer. It is important to pray to God and ask Him to help you choose the best person for you, the one most suited to your needs and to God's plan.

- Be the right person

Work on making yourself the sort of person that a godly Christian would like to marry. Be kind, reliable, courteous and attractive. Have your life disciplined and godly and in reasonably

good order. Make a success of your career. It will cultivate good qualities in you such as foresight, planning, diligence, and hard work and it will increase your self-esteem so that you don't feel devastated for being single. It will also increase your confidence and attractiveness. Godly Christians tend to like people who do their best.

- Do not be unequally yoked with unbelievers
Marrying an unbeliever is out of the question. You must hang around the right people to reduce the chances of getting attracted to non-Christians. Ladies, you do not have to lower your standards for any guy because you want to get married.

- Make a list of the qualities you really want in a partner and bring this list to God in prayer.

There are certain qualities that must never be compromised, e.g. the commitment of the person to the things of God. You should, however, be willing to compromise on certain qualities such as physical looks, profession, etc.

- Do not overlook the weaknesses in a prospective partner.
Under no circumstance should love be blind. There are some weaknesses that one can adjust to but some other weaknesses are indicators of danger. For example, a partner who "sleeps around" even when you are planning to get married, or is in an armed robbery gang, must make you rethink or re-decide.

If the person is constantly in financial trouble or always quitting his job, you may be marrying misery. Bad attitudes such as the need to control people can wreak havoc in a marriage. If they are believers, then God is working in their lives and there is hope but some believers are not yet ready for responsibility. It is wise to give such people time to grow and to prove themselves before you tie the knot.

- Do not be paranoid about members of the opposite sex.

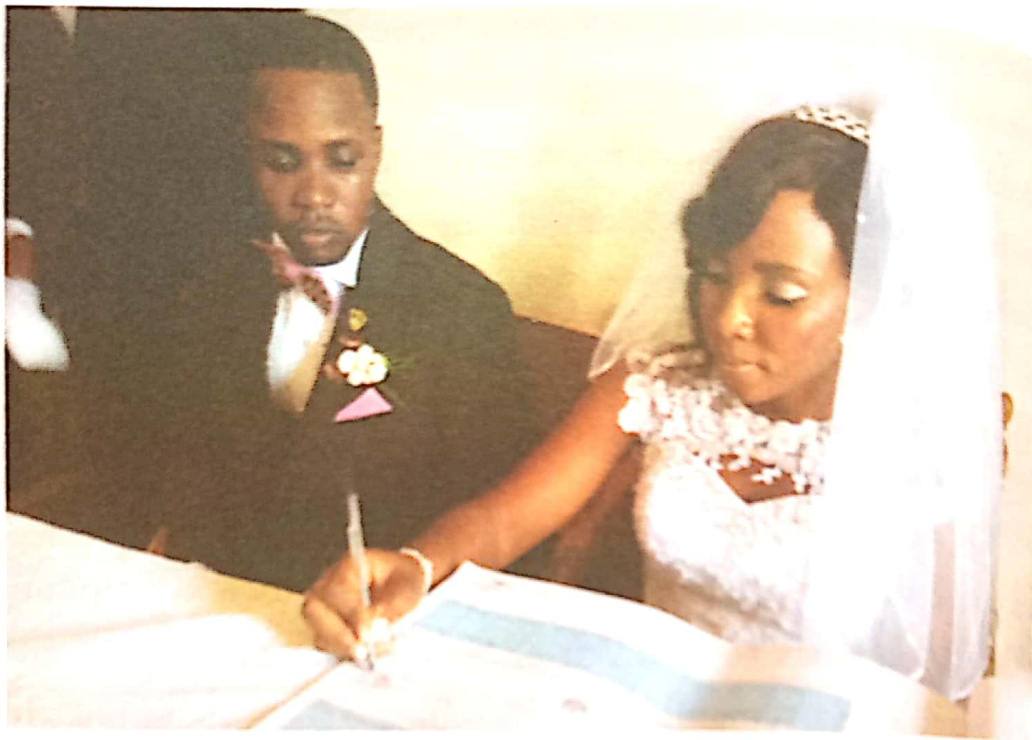
In conservative Christian circles, there is almost an assumption that you only talk to members of the opposite sex that you are interested in marrying. Build many ordinary good friendships. It takes the pressure off any emerging relationships and also gives you a better understanding of the opposite sex. Seek counselling if you have had traumatic experiences that may be hindering your ability to relate to members of the opposite sex.

Discussion

- I. What role does God play in our search for a marriage partner?
- II. What are some of the qualities you can compromise on in a prospective partner?

Conclusion

Never rush into making a choice. Do well to consider all the relevant factors discussed. Again, it is important to note that it is no exaggeration, that your choice of a marriage partner is critical.



LESSON 37

CONTRACTING MARRIAGES IN THE CHURCH

Overview

The Church of Pentecost (COP) as an institution has, through the grace of God and the backing of the Government of Ghana, laid down the process of contracting marriages in the Church. It is vitally important for every COP member who wants to marry to follow these laid-down processes in order not to go against

the laws of Ghana and also not to contravene the practices of the Church. The aim of this lesson is to expose the processes to all young adults, especially prospective couples.

Lesson Objectives

By the close of the lesson, participants will be able to:

1. Identify the steps prospective couples are required to take to get married in the Church, and explain the importance of each step.
2. Identify the procedures that people who may not be legitimately married but are living together as a couple need to go through for them to be recognized as a married couple in the Church.

Resources/Resource Persons

One or two members of the District Marriage Committee.

Content Exposition

The Pre-Marriage Counselling Guide of the Church of Pentecost supplies the main content for this lesson. Please refer to it.

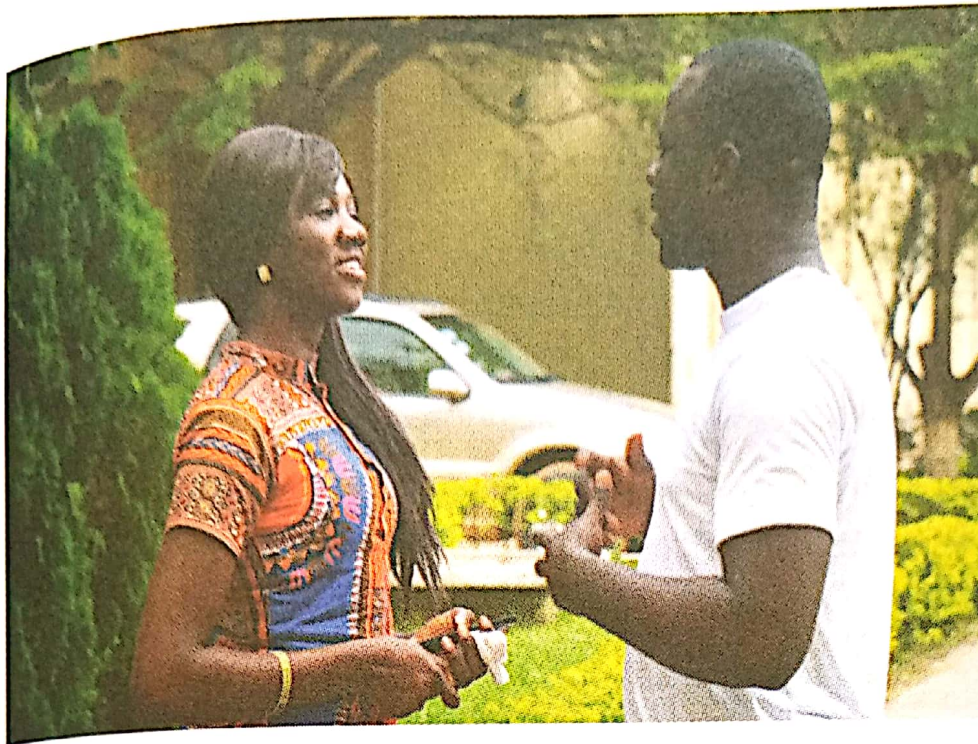
Discussion

1. Who should a prospective couple approach first with their decision to get married?
2. What are the benefits of following the laid down procedure for marriage in the Church?

3. What are the importance of pre-marital counseling?

Conclusion

The Church places a great value on marriage because of the potential for fruitfulness or otherwise that is associated with the institution. This is to encourage every person, married or planning to get married, to take advantage to do the right thing, in order not to live a life of failure and sorrow. Failing to succeed in this institution will bring a great burden to the Church and society in general.



LESSON 38

INGREDIENTS FOR A SUCCESSFUL MARRIAGE

Ephesians 5:21-33, Titus 2:4, 1 Peter 3:1-7

Overview

It is not automatic that marriages between two good people will be successful. Success in marriage depends on what the couple do to enhance their relationship in the marriage. Notable among such ingredients for a successful marriage among these are love, respect, humility, submission.

Lesson Objectives

By the close of the lesson, the participations should be able to:

1. Know the sacrifices that should be made for the success of every marriage
2. Identify the factors that contribute to the success of marriages

Resources/Resource Persons

The following would be required to make the lesson effective:

- A Minister, Counselor or Officer who has an exemplary marital life.
- Each participants should have a Bible and a Notebook

Content Exposition

The Bible likens the relationship between the husband and wife to that of Christ and the church. This implies that the Christian marital relationship should depict to the world how Christ loves his church and how the church in turn submits to the headship of Christ. Gender activist in their quest to advocate for the rights of women sometimes propound certain views that distort marital relationships. The final authority on marriage is the Bible since God is the author of marriages.

CHRIST-CENTERED

When Christ becomes the centre of a marriage, the couple will seek to honour His precepts in their marital life even when it is against their personal wish.

LOVE

Love is paramount in every marriage. Christ loved His church to the point of death even when we were still sinners. Love in marriages should follow the example of Christ and should be sacrificial. Marital love should cause couples to develop a strong bond of friendship. They should laugh together and share in each other's pain as well. Learning to forgive one another and sound communication all contribute to a constant growth in love. Remember that if love is not consciously nourished, it will become stunted and eventually die out.

SUBMISSION

Many people talk about submission so as to satisfy their selfish ego. The submission of the wife is likened to that of the church to Christ. This simply means because the husband has an oversight responsibility of ensuring the total well-being of the home, the wife must cooperate by submitting to the headship of her husband. There cannot be two captains in a ship, at best, one should be an assistant. The wife after giving her opinions on issues should prayerfully support her husband's initiatives without rebelling.

RESPECT

Respect can be demonstrated in words and in actions. Couples should show their thoughtfulness, consideration and admiration by speaking words that are uplifting. Even when a spouse has

done the wrong thing, abusive words should never be used. Their actions should also communicate that they esteem one another.

TRUST

No solid relationship can be built between people outside of trust. Trust between couples should first recognise that we are fallible as human beings. Again, none will intentionally hurt the other partner. Trust should also cause couples to be transparent about every area of their lives and freely share what they have.

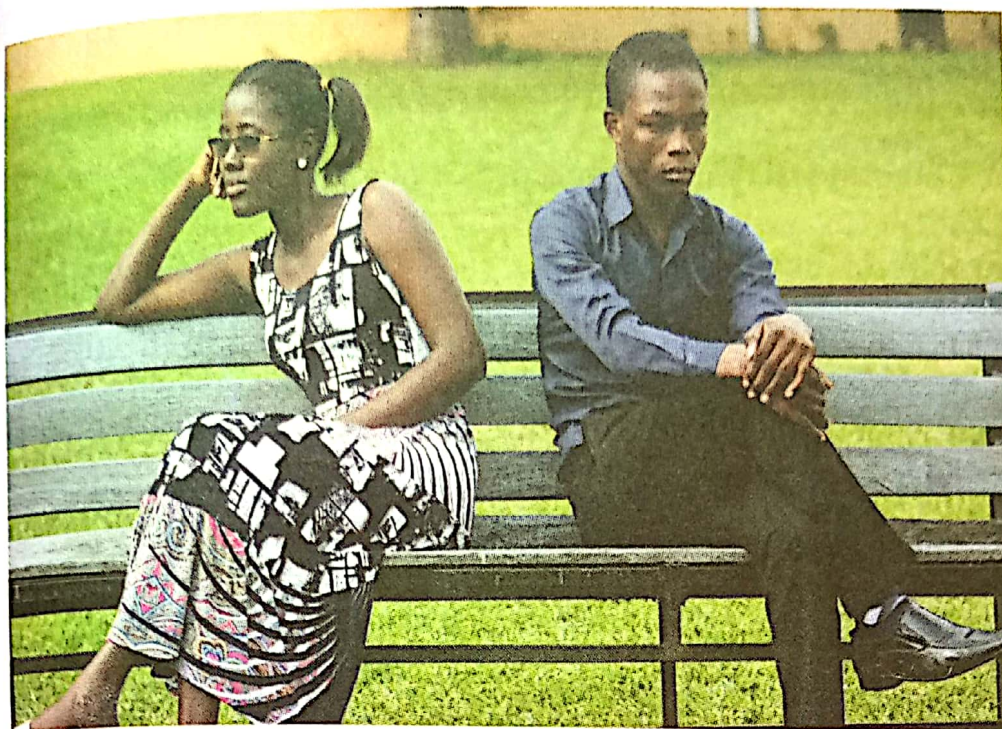
Discussion

1. What other qualities can contribute to the success of marriages?
2. Why are we seeing an increase in divorce rates within the body of Christ?

Conclusion

The success of a marriage depends on the two people in question. When they learn to depend on God and His Word, cultivate love, respect, trust and submit to one another, they will have the joy and fulfillment that marriage is intended to produce.





LESSON 39

THE USUAL MARITAL CHALLENGES

Genesis 3:9-12

Overview

Marriage, like all earthly institutions, has its own challenges. The excitement with which couples start off their marital life makes it easy for them to overlook the reality of marital challenges. As long as we remain imperfect, there will be negative repercussions on our marriages. But the good news is that these challenges can be surmounted.

Lesson Objectives

1. To obtain an understanding of marital challenges.
2. To build the right perspective of marital expectations.

Resources/Resource Persons

The following would be required to make the lesson effective:

A Minister, counsellor or officer who has an exemplary marital life.

Each participant should have a Bible and a notebook.

Content Exposition

Communication

The most commonly reported relationship problem, by far, is communication. Literally, this means failing to understand the other person's point of view. It is an unwillingness to take the time to genuinely listen and understand.

In many relationships, the interest seems to lie primarily in getting one's own point of view heard and understood rather than having an interest in hearing and understanding the other's point of view.

Differences In Upbringing And Past Life Experiences

If a person grew up in a loud, violent or abusive environment, that person's response to conflict, argument, or confrontation, would be significantly different from a person whose home environment was such that conflicts were effectively managed without attacking personalities.

There are other factors including your preconceived ideas and experiences regarding sexuality, the proper way to raise children, how you relate to and handle money, and self-esteem issues which can also have serious consequences on the marriage.

Past sexual sins can also be devastating. You can be in bed with your partner and have it ruined because your focus is on another person.

Unfulfilled Expectations

It is frustrating to marry with all kinds of expectations and then over the years, feel disappointed again and again that they have not been met.

Often, we have preconceived expectations of what marriage and relationships are supposed to be like. This can be derived from many different sources, not the least of which is the marriage and relationship of our parents. Of late, a lot of young people have built unrealistic marital expectations from the numerous telenovelas on the TV screens and on the internet.

Sex And Intimacy

Sex is one of the commonest areas of conflict in many marriages. It is usually, in some way, a reflection of the state in which the marriage is. For instance, if communications have become hostile and withholding, that hostility manifests itself sexually as well.

Chronic disappointments and dashed expectations can manifest in a serious loss of intimacy in a marriage. If there is a lack of intimacy with regard to the basic friendship in the marriage, it is also expressed in some manner in the bedroom.

QUOTE: "If your sex life is in need of a tune-up, chances are that your relationship needs tuning first."

Unresolved Conflict

Unresolved conflicts usually create resentment and this is very devastating to any marriage.

Resentments crop up quickly as communication dwindles, expectations are not met and old hurts begin to get "triggered" by relationship issues in the present.

Finances

Inability to properly manage finances can be a major source of conflict in any marriage.

If one of the spouses is not working, and depends on the other for financial aid, the working partner should be generous and willing to spend enough to fulfil his/her spouse's needs; otherwise dissatisfaction and a feeling of bitterness results. No spouse wants to beg or fawn for money and this should definitely be taken into consideration by the couple. Also, the non-earning counterpart should also be considerate of the financial situation and not demand excessively.

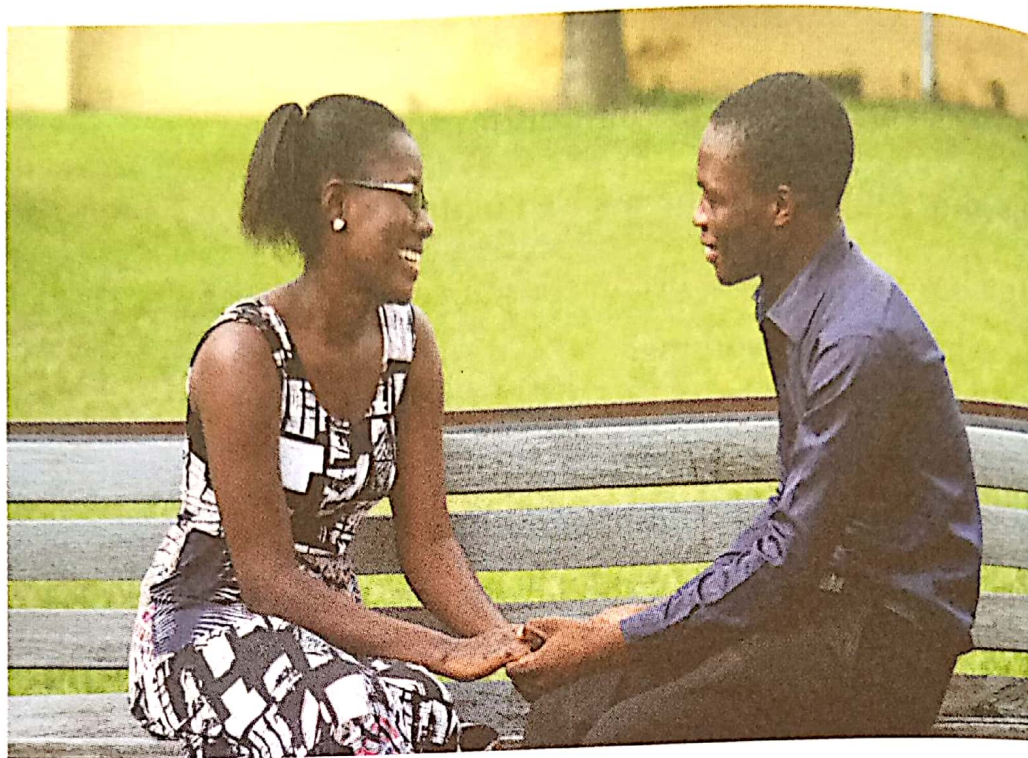


Discussion

- I. What are some of the unrealistic expectations of marriage?
- II. How can conflicts be resolved in marriages?
- III. How can finances become a source of conflict for a couple who are both working?

Conclusion

In conclusion, we should have realistic expectations of marriage and work towards having a fulfilling marital life.



LESSON 40

AVOIDING OR RESOLVING MARITAL CHALLENGES

Matthew 19: 3-8, 1 corinthians 13:4-8

Overview

In our previous study, we talked about the usual challenges in marriage. Today, we seek to learn how to avoid and resolve these challenges as and when they arise. God hates divorce (Mal 2:16, NIV). If we desire to please God, we must work on our challenges in marriage and not be quick to walk out of it.

Lesson Objectives

By the end of this lesson, participants should:

1. Appreciate that divorce is not an option for a Christian.
2. Learn how to solve the usual marital challenges that confront Christians.

Resources/Resource Persons

The following would be required to make the lesson effective:

A Minister, counsellor or officer who has an exemplary marital life.

Each participant should have a Bible and a notebook.

Content Exposition

Healthy Communication

Proper communication is important to avoiding marital problems. Communication is more than just saying words and expressing ideas. The words you use, the tone of your voice, and your body language all make up how you communicate. It is not just what you say but when, where and how you say it. Again, in ensuring healthy communication, one needs to be a good listener, and always strive for win-win situations when trying to come to agreement on something. Remember, good communication can eliminate many marital problems and concerns. If people cared to listen to the other person with as much interest as they wished the other would listen to them, both would end up receiving exactly what they are looking for.

Prayer – A Way To Resolving Marital Problems

Prayer can solve a multitude of marital problems. Prayer can give you strength and peace. Family prayer help spouses to bond together. Hearing your spouse thank God that you are a part of their life can fill your heart with great joy. It is difficult to harbour ill feelings towards anyone that you hear pray for you. It is also difficult to harbour ill feelings towards anyone that you honestly pray for. Couples who pray together and for each other rarely have problems. They are able to focus more on others, and what they can do to help them. The family that prays together, stays together.

Doing Away With Unrealistic Expectations

Many enter into marriage with their focus on what the other person has to offer and not on what they are bringing to the party. Marriages become successful because both people are focused on giving more to the marriage than they expect in return.

Sex And Intimacy

The element of sex and intimacy as a challenge in marriage is multifaceted; as noted earlier in the quote: “If your sex life is in need of a tune-up, chances are your relationship needs tuning first”. This means overcoming challenges relating to communication, unfulfilled expectations, unresolved conflicts, lack of intimacy with regard to the basic friendship in marital relationship, etc. are key ways of improving sex and its related

intimacy in marriage. However, it is important to appreciate how differently sexual interactions mean to both partners. Women like to feel emotionally connected before they become physically connected. Men, on the other hand, often use sexual activity to get connected in the first place. Therefore, creating the right atmosphere for sexual intimacy requires the knowledge and understanding of all factors that enhance the health of the marriage.

Forgiveness

Conflicts in marriage linger on when people are unwilling to forgive and let go. Forgiveness is actually for the person who forgives another(Matthew 6:14-15). It does not mean that you condone what has been done. It is rather a sign of your unconditional love for the spouse (1 Peter 4:8; 1Cor. 13:5-7). It is forgiveness and unconditional love that will allow you to overcome all marriage problems that may beset you. If you have ever been forgiven of your “falls from grace” in life, you know how powerful a healing experience it is. Much as resentments are poison to a relationship, love and mutual forgiveness are its salvation.

Being abreast of the partner's temperament

Understanding the temperamental trait of your partner can help you to appreciate the behavioural weaknesses being exhibited and mutually build up mechanisms to overcome such weaknesses.

Discussion

1. How should marital conflicts that were unforeseen be handled?

Conclusion

Marriage is a sacred union, a blessing to humanity. It is, therefore, required that it is honoured by all.



LESSON 41

SUCCESSFUL MARRIAGE: ROLE PLAY AND DISCUSSION

Overview

After going through “Marriage, a Reflection of the Relationship Between Christ and the Church”, “Ingredients for a Successful Marriage”, the Usual Marital Conflicts and their Management, we wish to direct that you enact a play of a duration of 15 minutes each, to depict these topics you have learnt and discuss the values of the play.

Note: The essence of this role play is to create positive mental pictures of what a successful marriage should entail.

Lesson Objectives

By the close of the lesson, participants will be able to:

1. Demonstrate their understanding of the ingredients of a successful marriage.
2. Explain how to develop the said ingredients where they may be lacking.
3. Be able to manage basic conflicts that can arise in marriages.

Resources/Resource Persons

A matured couple who shall lead the discussions and interpret actions in the play.

Content Exposition

Sample Sketch: A wife is doing her best in submitting to the leadership of her husband in the home, but the husband is making a mess of loving, cherishing and leading her. She is at the verge of withdrawing the initiative and teaching her husband a lesson.

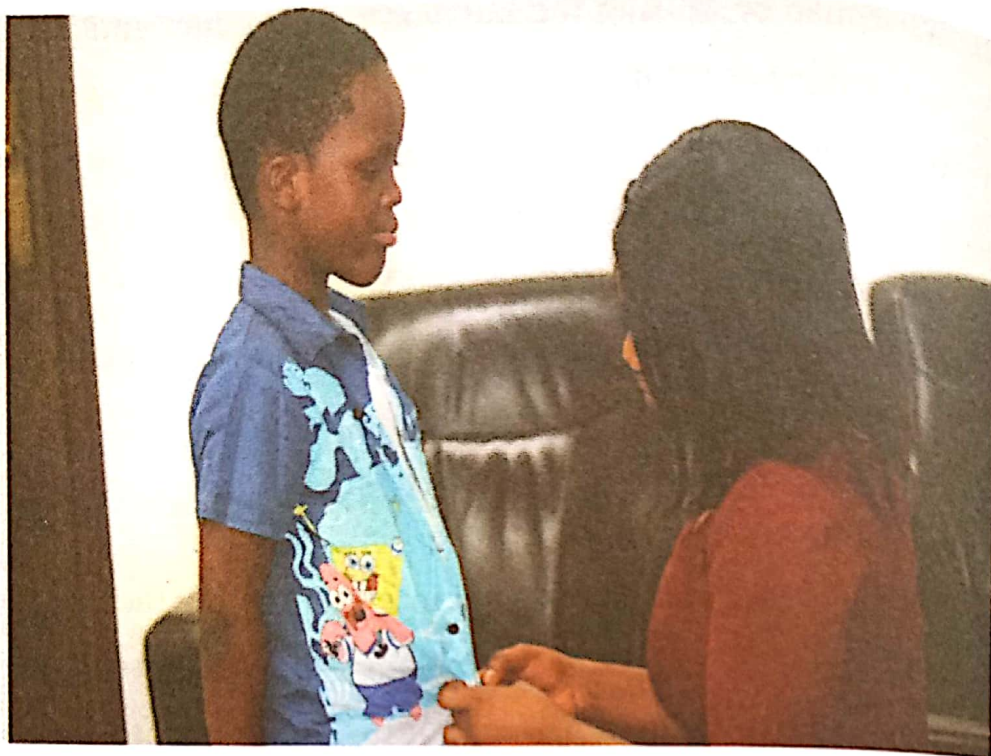
Discussion

1. What should be the next line of action for a Christian wife in the sketch?

2. What may be causing the husband's misconduct and what can be done about it?
3. In what way could a wife also fail, and what should a Christian husband do under the circumstances?
4. Can one person save the marriage? How?
5. Why must so much energy be put into making a marriage work?

Conclusion

Several things could pose a challenge to a marriage, but the success still depends on the couple, at least on one of them. Christians are not expected to give up in marriage or divorce. All the resources that make us persevere in the Christian race may come into play to ensure that a marriage flourishes; there is peace at home, and fruitfulness in our Christian calling.



LESSON 42

EFFECTIVE PARENTING

Genesis 18:19, Proverbs 22: 6, 1 Tim 5:8

Overview

Parenting is stewardship and thus, we are accountable to God for how well we do it. In recent times, it has become increasingly difficult to raise up children partly because of our work culture. Both parents usually work to sustain the budget of the family. In some instances, parents live apart because of work.

Single parenting is another contributing factor. All these notwithstanding, God expects faithfulness in parenting.

Lesson Objectives

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

1. Describe the Biblical model of parenting.
2. State some of the dangers of ineffective parenting.
3. Identify some contemporary obstacles to effective parenting.
4. Suggest measures to deal with the obstacles to effective parenting.

Resources/Resource Persons

Mature Christian couple who are also working parents.

Content Exposition

The Biblical standard of parenting pervades the Scriptures as how God takes care of His children: He provides what we will eat, shields us against corrupting influences, while feeding us with His Word to ensure that we grow into His image. The picture is seen in how He led Israel through the desert:

1. He provided their physical needs (Deut. 8:16, Deut8:4). In the same way, the growing child needs good food, clothing and shelter for proper physical growth and appreciable development.

The neglect of this primary parental duty can have dire consequences: the child may be underdeveloped, or come under the influence (good or bad) of people who may choose to take up that responsibility. (1 Tim 5:8)

2. He Guided their psychosocial development (Ex. 34:14-16). The company a child grows up to love is nurtured primarily at home. This is because every child grows up attached to his parents, naturally considering the paths they take as the safest, until they learn otherwise. A good parent would use this hold to model the benefits of good association and communication for their children. In other words, it is required of the parent to guide the child in choosing the company to keep and the kind of information to seek, and vocation to train in. (Proverbs 22:6, 1 Cor 15:33)
3. He took them through experiences that would stimulate spiritual growth and gave them His commandments. (Deut 8:3) The parent must introduce his children to God through the Scriptures and teach spiritual disciplines like prayer, visitation to other believers or persons in need, and church attendance. (Ephesians 6:4, 2 Tim 3:15)

Discussion

1. In the light of Proverbs 22:6, to what extent can we blame waywardness on poor parenting?

2. What are some of the measures that parents can take to ensure that contemporary pressures do not rob their children of the full complement of parenting they need to grow up well?

Conclusion

Effective parenting is a primary divine requirement that the Lord would hold all parents accountable for. It is important that parents do not allow contemporary pressures to make them rationalize any neglect of their duties. Rather, they should face up to them with determination, trusting God to help them through.



LESSON 43

MUSIC IN THE CHURCH

Exodus 15:1, Ephesians 5:18-19, Colossians 3:16

Overview

Music forms an important part of our worship both at the personal and corporate levels. To the individual believer, music may be the means of inspiration, comfort, memorisation of the Word of God and expression of sincere love to God. To the church, it may be a channel for expressing our common faith, inspiring

one another to good works and even preaching. Everyone who partakes in church music or handles it must, therefore, do so in the light of its impact on worship.

Lesson Objectives

By the end of this lesson, participants must be able to:

1. Examine the Biblical basis of use of music in the church.
2. Evaluate the importance of the words (lyrics) of the music we use in the church and their spiritual impact on our worship.
3. Evaluate the adequacy of instruments and amplification equipment in church.

Resources/Resource Persons

- Bible
- National Music Committee study material on church music
- The resource person can be a music committee member, a pastor or anyone who has a ministry in music

Content Exposition

Music has been an integral part of corporate worship since biblical times. The first time we hear of the use of songs and instruments in the worship of God is in Exodus 15 when God took the Israelites through the Red Sea on dry land, thus saving them from the hands of the Egyptians. Again, music was a vital part of Israel's temple worship of God (1 Chronicles 6:30-32, 1

Chronicles 23:4-5) and there is scriptural evidence that music goes on in heaven (Revelation 5:8-7, Revelation 15:2-3).

We are admonished in Colossians 3:16 to sing psalms, hymns and spiritual songs. Spiritual songs are not those which are slow in rhythm or have the ability to draw our emotions but they are songs which have the ability to draw us close to God in worship and affect our daily lifestyle.

Lifestyle and Ministry of Musicians in the Church

Music ministration is either by an individual, a duet, a trio, quartet, quintet, a choir/group or by the whole congregation led by a choir, praise and worship team or chorus leader(s). Those who lead or minister in songs in church should know that they minister not only with their voices but much more with their lifestyles. They should prepare adequately for church meetings so that their choice of songs enhance the spiritual atmosphere in the church. (2 Chronicles 5:11-14)

Instruments and Instrumentalists

Musical instruments enhance our music. In 1 Chronicles 23:4-5, the instrumentalists in the temple were priests. In the New Testament church, every member is a royal priest (1 Peter 2:5). Those playing musical instruments in church should, therefore, see themselves as priests offering worship to God. They should do so in purity and reverence for God. Again, there should be proper

sound control so they do not cause distractions and overshadow the songs.

Discussion

- Discuss the choice of songs for the various aspects of our church worship. For example, songs for opening prayer, worship, praises, etc.
- Discuss the lyrics of the songs frequently used in your local assembly and their spiritual impact.
- Discuss the role of musical instruments and lifestyle of instrumentalists in your assembly.
- How effectively is sound being controlled in your local assembly, and how can this be improved?

Conclusion

The essence of music in church is for the worship of God and spiritual edification of members. It is, therefore, important that songs are chosen for their message content and not their rhythm. Music in church should not be for entertainment and the mere exhibition of talents of musicians. The proper use of instruments and other sound gadgets must be upheld at all times and at all levels.



LESSON 44

DEALING WITH THE OLD NATURE

Ephesians 4:22-24, Romans 6:1-8

Overview

It is often a heart-breaking experience for a Christian to find himself doing things that Jesus would not approve of. Rather, we all rejoice when we realize that we have been able to overcome a tempting situation or survived a trial. The Bible teaches that if anyone is in Christ, he is a new creation; the old things have

passed away. (2Cor. 5:17) Yet, since we are still in the flesh, we are prone to what the flesh likes, some of which is sinful. The fleshly desires are also described as the desires of the old nature. The overcoming Christian is the one who is able to put this old nature in check.

Lesson Objectives

- By the end of this lesson, participants should be able to:
- Understand what the old nature is and how it works.
- Work at overcoming / suppressing the old nature.

Resource / Resource Persons

- Read the write-up with the topic “walking in the spirit” in the Discipleship Manual of The Church of Pentecost (2014).
- A minister, an officer or a matured Christian

Content Exposition

The old nature is the condition we find ourselves after conception in our mother's womb. We are born in sin and with sin. The Bible indicates, “For all have sinned and fall short of the glory of God” (Rom. 3:23). After Adam and Eve had sinned, they began to have sons and daughters in their own likeness (Gen. 5:3-4). Because of the condition described above, everyone is conceived in sin in his/her mother's womb (Ps. 51:5). To be in Adam's likeness is to have a sinful nature, which leaves us with the tendency to

obey the flesh and sin. The old nature is constantly working in disobedience to God. When we come to Christ, we become new creation in God (2 Cor. 5:17) and so it is expected that we will suppress the old nature and let the new nature of Christ dominate our spirit. Understand that the old nature is not taken away but suppressed so there is continuous conflict between the old nature which is the flesh and the new nature which is your renewed spirit.

How to deal with the old nature

- Renewing the mind with the word of God (Acts 22:32, Psalm 119:9, 11, 1 Peter 2:2)
- Prayer and fasting to strengthen the inner man (Matt. 26:41, Heb. 4:15-16,)
- Walking in the spirit and bearing the fruit of the spirit (Rom. 8:5-6, Gal. 5:22-26)
- Constant fellowship with other believers (James 5:16, Col. 3:16, Heb. 10:24-28, 1Thess. 5:11)
- Having matured Christian mentors (Prov. 27:17, Phil. 4:9, Heb. 13:7)

Discussion

Discuss the practical application of the word of God and prayer in the daily life of the Christian.

Conclusion

Christ has already won for us the victory over the old nature which is sinful, yet we have a responsibility to master the act of walking in this victory by the leadership of the Spirit and constant practice of some Christian disciplines (Hebrews 5:13-14).



LESSON 45

OVERCOMING BESETTING SINS

For Reading: Psalm 1:1-2, Romans 7:15-20, 24-25,
Romans 8:11-14, Hebrews 12:1-4

Overview

Besetting sins are habitual tendencies or temptations which when yielded to impedes a consistent life of righteousness in Christ. Every sin begins with a thought which if entertained produces lust and then gives birth to the act called 'sin'. (James 1:14) One may not be able to stop the thought from coming to mind since our mind is the point of engagement or struggle between evil and

righteousness, but the power of the Holy Spirit to control the processes that lead to sin has been given to the believer in Christ.

The Christian has been freed from the besetting (attacking or assailing) power or control of sin and has been given what it takes to overcome it. What is needed is for one to take advantage of the power in order to discipline oneself to overcome sin.

Lesson Objectives

At the end of this lesson, the participants should:

- Appreciate his/her new standing or position in Christ, and the consequences thereof should he/she yield to sin's temptation.
- Understand that the believer has power to overcome any sin.
- Understand the role of a Spirit-led life in overcoming the captivating trap of sin.

Resource / Resource Persons

A minister / pastor, an officer or a matured Christian.

Content Exposition

Romans 7:15-23 describes the frustrations and inner struggles of the sinner. The sinner may have the desire to do what is right but lacks the power to do so. The story is however different for the believer. Through Christ Jesus, the power of sin is broken. The believer in Christ has been freed from sin's entanglement. The believer therefore has the power to do the right he/she desires.

The source of this power to overcome besetting sins is the Holy Spirit. This means that the christian's ability to break free from besetting sin ties in his/her yieldedness to the Holy Spirit,

The writer of Hebrews admonishes us to consciously lay aside every sin that easily entangles (besetting sin) by fixing our eyes on Jesus, the author and finisher / perfecter of our faith.

The following are some of the practical ways to deal with besetting sins;

- Daily pray to the Holy Spirit to cause you to lose appetite for that habitual sin and cause you to develop the fruit of self control (Gal. 5:22-23).
- Feed your mind with the word of God daily (Ps. 119:9,11; Ps. 19:7, 11-13) through the reading, meditation and application of the word to your life.
- Memorize scriptures that address that particular sin and refer to that scripture anytime you are being tempted.
- Set clear cut boundaries for yourself. For example avoiding friends, environment or anything that causes you to fall back into that sin. (Job 31:1, 2 Cor. 6:14-17, 2 Tim. 2:19).

- Guard your heart and thoughts by guarding the things you watch, read, listen to etc. (Prov. 4:23, Job 31:1) You may open up to a Christian brother/sister for support and to check up on you (Accountability group).

Discussion

- Consider the life of an athlete, and discuss how he/she succeeds through self-discipline.
- How essential are 'priorities setting' in self-discipline with regards to where we go, what we eat or take in and what we watch are Christians?
- Let any mature believer share his/her testimony of the struggles he or she has been through and how he/she overcame it and the role the Holy Spirit played for him/her to succeed.

Conclusion

Being tempted itself is not sin but yielding to the temptation is. Habitual sins should be handled at the mental stage before it becomes a desire in the heart (James 1:14-15). The word of God, prayer and self discipline are vital ingredients in overcoming besetting sins. When we are able to deal with sin in our lives through the power of the Holy Spirit we will enjoy the full blessings of God (Psalm 1).



LESSON 46

UNDERSTANDING THE STRUCTURE OF THE CHURCH: ORGANS AND OFFICES OF THE CHURCH OF PENTECOST

1 Corinthians 12:27-28, Ephesians 4:11-13, 1 Timothy 5:17

Overview

Jesus says He will build His church and the gate of hell will not overcome it. He does this through Spirit-filled people. Every member of the church has a role to play in the building of the church of God.

In the Church of Pentecost, there are clearly defined roles or offices for leaders at various levels of the church's structure. The Church, being an organization also have various organs with clearly defined functions. This lesson helps participants to appreciate the various organs and offices of the Church and their functions.

Lesson Objectives

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

1. Appreciate the functions of the various organs of the Church of Pentecost.
2. Explain the functions of the key offices of the Church.

Resources/Resource Persons

- A minister, officer or Youth Ministry member who has studied the subject well.
- The Church of Pentecost Minister's Handbook.
- The Church of Pentecost Constitution
- Each participant should have a Bible and a notebook.

Content Exposition

The call to lead in God's house is a call to stewardship. Christ who is the head of the Church has given various responsibilities to different people in His church. Read the following scriptures together.

- 1 Corinthians 12 : 28
- Ephesians 4 : 11-13
- 1 Timothy 5 : 17

The functions of the various offices have their root from scriptures. For example, Apostles and elders (Acts 15:4) – whose role is to give themselves to the study of Word and to prayer, and also take decisions on key matters of the faith. They also send missionaries out. We also have the group of deacons (Acts 6:4) who are in charge of administering welfare issues.

Organs of The Church of Pentecost

- The General Council is the highest policy-making body of the Church. The Constitution of the Church has defined the composition of the General Council. Please refer.
- The Executive Council is the highest governing body and it is elected by the General Council.
- Ministries are satellite organisations of the Church.
- Areas are a number of districts located in geographically determined boundaries defined by the Church.
- Districts are one or more local congregations in geographically determined boundaries defined by the Church.
- Areas, Districts and Local congregations have presbyteries who see to the day-to-day running of the Church in their jurisdiction.

Offices of The Church of Pentecost

There are some administrative offices in the Church. Among them are:

- **The Chairman**, who is elected by the General Council for a five-year term with opportunity for a second term, is the Chief Executive Officer of the Church.
- **The General Secretary (GS)**, who is elected by the General Council for a five-year term with opportunity for another term, reports to the Chairman on Head Office administration.
- **International Missions Director (IMD)**, who is elected by the General Council for a five-year term with opportunity for a second term, reports to the Chairman on the administration of the Church in international missions.
- **Financial and Administration Director (FAD)**, reports to the Chairman for the administration of the finances of the Church.
- **Ministry Directors** who report to the Chairman on the administration of the various Ministries of the Church.
- **Area Heads** who report to the Chairman on the administration of the various Areas of the Church.
- **District Pastors / overseers** who report to the Chairman through their respective Area Heads on the administration of the various districts of the Church.

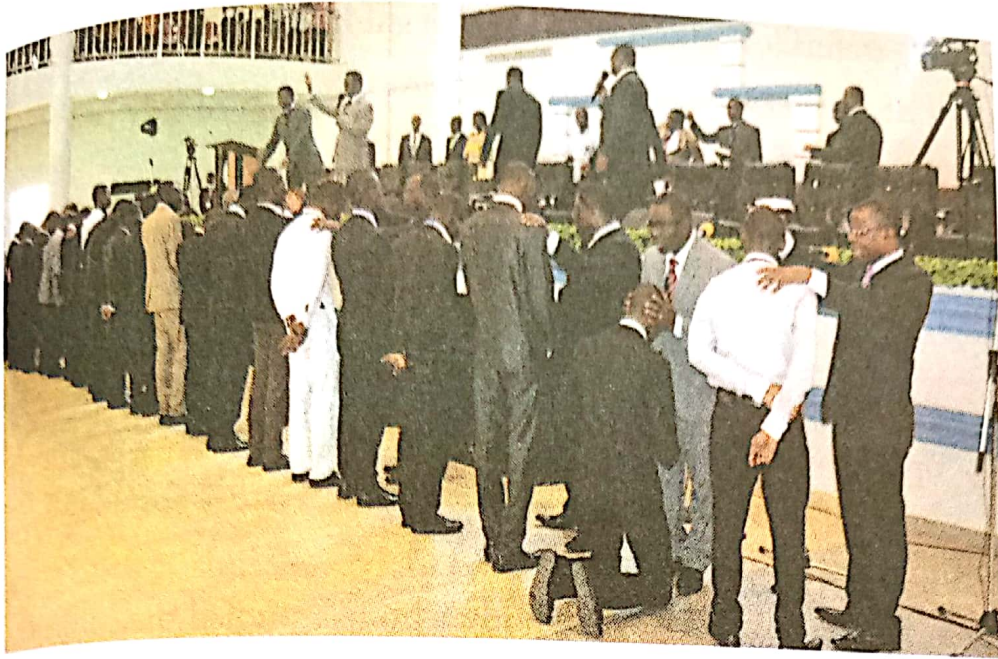
- Full-time Ministers are called first as overseers and later ordained as pastors/teachers. They are later called into the office of:
 - An apostle
 - A prophet
 - An evangelist
- There are lay officers of the church and they include Elders, Deacons and Deaconesses.

Discussion

- What qualifies an individual into church leadership?

Conclusion

Unlike leadership in the world, church leadership is a call to serve. When we appreciate this, sacrificial leadership becomes a joy, as we expect real rewards in Heaven and not on earth. It will also be easier for us to submit to the various authorities within the Church and offer the necessary helps to facilitate the smooth discharge of their duties.



LESSON 47

FUNCTIONS OF THE VARIOUS MINISTERIAL OFFICES - LAY WORKERS

1 Tim. 3:1-10, Titus 1:5-9

Overview

Before someone becomes an officer in the Church, the person is expected to be a mature Christian who is baptised in the Holy Spirit, evidenced by speaking in tongues. Someone is ordained into officer-ship to assist in the ministerial duties of the full-time minister. It is expected that the officer will see his/her duties as a

calling to fulfil. In this lesson, we will study the various ministerial roles of Elders, Deacons and Deaconesses.

Lesson Objectives

At the end of the lesson, participants would:

1. Appreciate the various callings of officers
2. Aspire to accept leadership responsibilities when we have the opportunity.

Resources/Resource Persons

- A Minister, officer or anybody who has studied the subject.
- Materials: Bible, notepads and a pen, *The Ministers' Handbook*/ *COP Constitution*.

Content Exposition

There are two categories of officers in the church, namely:

- The unpaid Officers
- The paid Officers

Unpaid Officers represent the category of officers who do not receive direct remuneration or pay from the Church's payroll. These include elders, deacons and deaconesses. They are not paid a monthly salary for the services they render to the Church.

Paid Officers are those on the church's payroll. They take monthly salary from the Church. They represent full-time Ministers, Head Office and Area/District staffs. They are employed by the Church like any other organization (refer to COP constitution).

• **Some roles of an Elder in the Church of Pentecost:**

- Responsible for leading the Church in prayer and for teaching the Word of God.
- 'Custodians of the faith; that is, they guard jealously the fundamental doctrines of the Church; to prevent wrong teachings in the Church.
- Visit the sick and afflicted saints.
- Maintain spiritual and moral discipline in the Church.
- Conduct church service, tarry meetings, rallies, naming and burial ceremonies.
- Responsible for acquisition of land and other properties for the Church.

• **Some roles of a Deacons in the Church of Pentecost:**

- Responsible for keeping and marking Church register.
- Responsible for material arrangements connected with open-air gatherings.
- Taking care of and inspecting regularly all property in the building belonging to the Church.
- May be called upon to preach as part of their spiritual duties.
- During baptism, they are responsible for the needs of the male candidates before and after immersion.
- Serve at the Lord's Table (Acts 6:1-6).

- **Some roles of a Deaconesses in the church of Pentecost:**
 - Visit especially the sisters, the sick and backsliders.
 - Prepare the Lord's Table for communion services.
 - During baptism, they are responsible for the needs of the female candidates before and after immersion.
 - Mobilize the young ladies to periodically work at the Mission House.

Discussion

Provide and discuss some roles you think officers should consider.

Conclusion

Knowledge, they say, is power; and for lack of it people do perish in their ignorance (Hosea 4:6). The understanding of these roles would, therefore, lead us to appreciate the efforts of our officers in helping to acquire a balanced growth in the Lord and be ready to take their places in the service of the Lord in the near future.



LESSON 48

FUNCTIONS OF THE VARIOUS MINISTERIAL OFFICES – FULL TIME MINISTERS

Eph 4:7-13, Titus 1:5-9, 1 Timothy 3:1-10

Overview

The pursuit of full-time ministry is by a call. Jesus, after ascension, gave gifts to men resulting in differences in ministerial callings. This lesson is aimed at discussing the various duties of these people called into full-time ministry.

Lesson Objectives

By the end of this lesson, the youth should be able to tell what gifts constitute the various offices of Apostles, Prophets, Evangelists, Pastors and Teachers.

Resources/Resource Persons

A Minister, officer or anybody who has studied the subject.

Materials: Bible, notepads and a pen, *The Ministers' Handbook/ COP Constitution*.

Content Exposition

Definition of ministerial titles and offices: As per the CoP Minister's Handbook, the title 'overseer' is given to beginners in the full-time ministry. After serving a two-year mandatory period as a 'probationary overseer', a 'confirmed overseer' may be called into the full time pastoral ministry any time after the third year. Other callings as 'evangelist', 'prophet' or 'apostle' can follow later, depending on the person's ministry and character.

- **Core Duties of Overseers in the Church of Pentecost:**
 - Care for the flock.
 - Teach the Word and preach the gospel.
 - Baptize new converts and disciple them.
 - Dedicate children.
 - Administer the Lord's Supper and visit members.

- Bury the dead.

- **Core Duties of Pastors and Teachers in the Church of Pentecost:**

- Perform all duties of an Overseer.
- Bless marriages.

- **Core Duties of an Evangelist in the Church of Pentecost:**

- Perform all duties of a Pastor.
- Focus on the preaching of the gospel to the unsaved.
- Break new grounds for the establishment of churches.

- **Core Duties of Apostles and Prophets in the Church of Pentecost:**

- Perform all duties of a Pastor.
- Dedicate church buildings.
- Ordain Ministers and officers.
- Establish churches.
- Maintain discipline in the Church.
- Impart spiritual gifts to others.

Re-read Ephesians 4:11-14 for more insight into why Christ gave this gift to the church.

Discussion

What spiritual gifts distinguishes apostles, prophets, evangelists and pastors?

Conclusion

Full-time ministers work hand in hand with lay officers to ensure the growth and sustenance of God's church and people. we have a role to support them spiritually, physically/materially and emotionally.



LESSON 49

MEDIA SENSIBILITY

Overview

The delivery of information from the north, east, west and south (take note of the acronym 'news') has existed since time immemorial. Nehemiah received information about the broken walls of Jerusalem when he was in exile. God had to write the Ten Commandments on tablets 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. Today, the media is not only

for the circulation of information or news but has many other positive as well as negative uses. This lesson helps participants to appreciate the positive and negative effects of the media, and examines how the Christian youth can wisely use the media for maximum benefits.

Lesson Objectives

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

1. Identify the positives and the negatives of the media
2. 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 to assist the youth to understand the topic.

Content Exposition

“Media” as used here here comprise “electronic” and “print”. The “electronic” covers radio, TV and the internet, which has many social platforms that come along with it; e.g., Facebook, WhatsApp, Twitter, etc. The “print” covers newspapers, magazines etc.

How Useful Is The Media In Our Time?

- Aids in academic research and studies.

- Aids in communication and socialization. For example, we connect with friends on social media platforms, people discuss relevant issues on their group pages on social media platforms, information and documents can be sent through the email etc.
- Social media platforms can be used in the spreading of the gospel message. It offers every Christian on the platform the opportunity to share the gospel message.
- Easy access to information. It is now possible to carry or access many books and documents on an iphone, ipad or tablet.
- Businesses are also transacted by electronic media. For example, payment for goods and services with the aid of credit cards; internet banking services etc.
- The media also offers businesses opportunity to advertise their goods and services. With social media platforms small businesses can advertise their goods and services at virtually no cost.
- On-line education or courses offers opportunity for people to school and have academic certificates from institutions without having to travel to the schools or institutions. That is, one can school in the comfort of his/her home.

How Dangerous Is The Media?

- Proliferation of pornographic materials on both the electronic and print media.
- Users of the internet are prone to internet fraud and other deceptions
- Spending too much time on social media.
- Internet dating services and friendships can have dangerous consequences.
- Unguarded actions and comments on the media can easily damage a person's reputation.
- There is also the danger of cyberbullying. It is easy for someone to send threats, insults, slanderous messages etc. through the social media without disclosing his/her identity.
- There is also the danger of having your personal accounts and information supplied being hacked by internet criminals.

How Do We Guard Ourselves?

- Be watchful about 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 is sinful and can lead to addiction.

- Do not automatically trust that posts are from who they claim they are. If someone sends you a private message asking for some confidential information or money, first verify that he/she is the real sender of the message since their account might have been compromised.
- Do not send confidential information through a social networking site even if someone who has legitimate access to that information asks you to do so.
- Be careful about promotions, offers or prizes you are said to have won on-line, they might actually be phishing attacks.
- Be circumspect about your messages, comments and pictures on social media. It can mar your reputation greatly. Do not address personal problems with people on social media.
- Be careful about personal information you provide on social media. It can be hacked by internet criminals or anyone who wants to track you down.
- Be security conscious when transacting business on-line.

Discussion

- What precautions have you taken in using the media?
- What benefits and negatives have you identified in using the media?

Conclusion

Do your best not to allow the media to control your life by staying too long 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 in the media that is true in real life situations, so do not copy everything as it appears. Again, be security conscious especially in the use of the internet. Let the Spirit of God help you to make good judgements.



THE GREAT COMMISSION

LESSON 50

WINNING THE LOST: THE GREAT COMMISSION

Matthew 28:16-20; Mark 16:20

Overview

The last command of Jesus Christ to His disciples to spread the gospel news wherever man is found is what is referred to as 'The Great Commission', found in Matthew 28:18-20. Every believer is to take the Great Commission seriously. The second coming of Christ Jesus is tied to the condition that all may hear the gospel of the kingdom preached to them (Matthew 24:14).

What is the attitude of many Christians today concerning the Great Commission? In what effective ways must we respond to the Great Commission?

Lesson Objectives

By the close of this lesson, participants must be able to:

- Appreciate the urgency with which we need to respond to the Great Commission.
- Examine the best approaches for fulfilling the Great Commission.
- Find answers to possible challenges to gospel outreaches.
- Be inspired to contribute to the achievement of the Great Commission.

Resources/Resource Persons

A Mature Christian leader with a passion for soul –winning and discipleship, WIN Team Co-ordinators in the local, district or Area levels or the Evangelism ministry leader in the assembly.

Content Exposition

The Great Commission as stated in Matthew 28:19 says “Go therefore and make disciples of all the nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit” (NKJV). This command is not to some few selected people, but to all who are Christ’s followers, and that includes ‘you’. All nations here implies all people groups; the whole world, every

corner, everywhere which includes your vicinity (where you live and work); anywhere that people can be found. We can make disciples of people by telling them about God's love for them even in their sinful state and Christ's death on the cross.

The death and resurrection of Jesus has totally liberated us from the penalty of sin so long as we Accept our state as sinners, Believe (trust) in Christ as Lord and Confess Him as Lord over my life. Salvation is not cheap, but free because Someone (Jesus Christ) has paid the cost in full, shedding His blood for us. We live in the last days, and should Jesus Christ returns, all those who would not have received Him as Lord were to be condemned to death in hell. Time is running out for us since there are many people yet to surrender to Jesus.

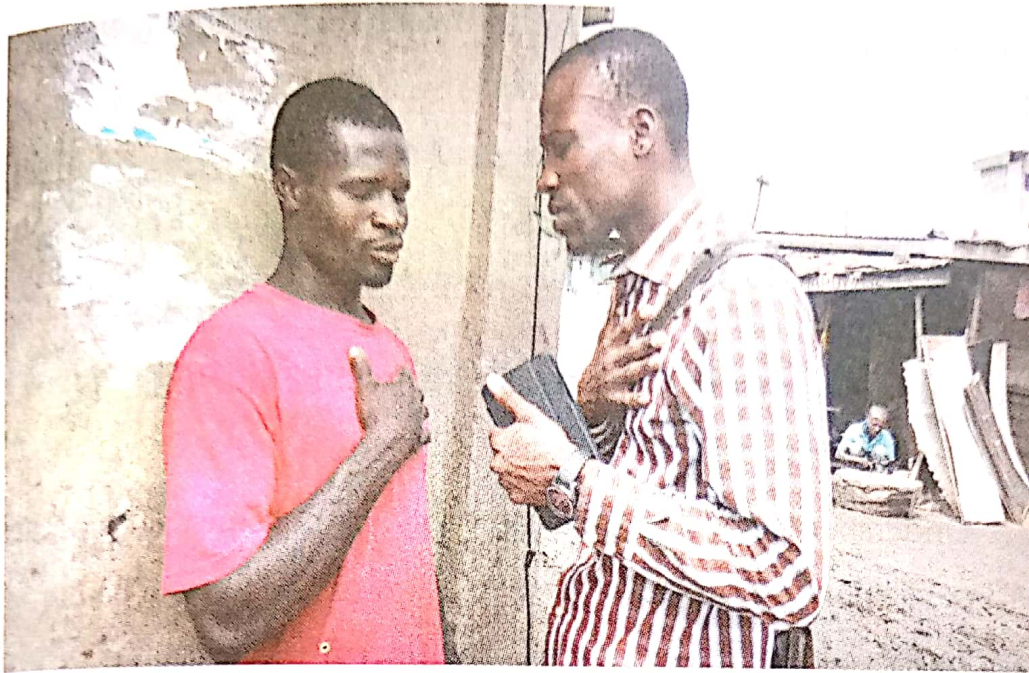
There are several ways we can reach out to people: Crusades, Rallies, Campaigns, Personal, Sports, Beach, Hospital outreaches etc. We also use small groups such as Bible Studies and home cells meetings as a means to reach out to the unsaved, especially visitors to such meetings. All these diverse approaches to evangelism are ways through which we can fulfil the Great Commission. The most important thing is for souls to convert, be baptised and disciplined, so that their lives will also begin to reflect the beauty of Jesus Christ.

Discussion

- To what extent is your youth ministry fulfilling the Great Commission?
- List and explain some approaches used by your local church in pursuit of the Great Commission
- What hindrances do you identify with in carrying out the Great Commission.
- What rewards await those who are faithful in this sending? (Daniel 12:3; Proverbs 11:30. 1 Peter 5:2-8))

Conclusion

May we be inspired to spare no cost in the quest to pursuing the Great Commission. There are awesome rewards for the faithful. Start from your 'Jerusalem'- Your present location, from where you are to reach the ends of the earth.



LESSON 51

PERSONAL EVANGELISM

John 1:40-46; Acts 8:26-35

Overview

The Great Commission enjoins us to send the message of Christ to wherever people can be found, so as to bring them to the saving knowledge of God through our Lord Jesus Christ. There are many means by which the gospel is preached. These include gospel crusades, rallies, radio and television broadcasts. However, one of the most effective ways of getting the message to people

in contemporary times is Personal Evangelism. What is Personal Evangelism? How effective is it? How can it be effectively carried out by a young Christian? These are some of the questions this lesson seeks to find answers for.

Lesson Objectives

By the close of this lesson, participants will be able to:

1. Explain 'personal evangelism'.
2. Understand how to package the gospel message in any particular contexts.
3. Carry out personal evangelism with fruitful results

Resources / Resource Persons

A pastor, Evangelism ministry leader, Church Officer or a matured Christian who is practically involved in Personal Evangelism.

Content Exposition

Personal Evangelism means sharing this gospel with another person one-to-one. It is a relational method that brings the messenger of God's word in some form of relationship building, with the aim of both modelling and explaining the mystery of the gospel to an unbeliever. The aim of personal evangelism is to win a person who will, from the very onset, feel the concern and love of another Christian; making it easier to be robed into a community of faith.

There may be some unbelievers who may never come close to our crusade/rally grounds or feel reluctant to do so but with

personal evangelism; we can reach out to such individuals (John 1:40-42,45-46, 3:1-3). It allows them to clear doubts by asking questions concerning the faith we are sharing with them. On account of this, the individual doing personal evangelism must be well prepared and ready to make things clear to them.

Carrying Out Effective Personal Evangelism:

To be an effective witness of Christ, you must pay attention to the following:

- Pray before leaving for personal evangelism.
- Study the word of God to show yourself approved, rightly dividing the word of truth (2 Timothy 2:15).
- Allay every fear and anxiety and depend on God to direct you as to what to say at each moment. God has assured His continued presence with you, the Holy Spirit will guide you (Luke 12:12; Matthew 18:20; Mark 16:20).
- Have a good bible, tracts, and notebook to record personal details of converts for the purpose of follow-up.
- Be strong and steadfast in faith (Ephesians 6:10)
- Package the gospel message in short formats that can be shared within 5-10 minutes. Aids like the Wordless Book, Gospel Key and other improvised forms; together with tracts are necessary to help explain the message to others.
- Look out for open doors for Personal Evangelism. Not every heart is prepared at all times for the sowing of God's word.

The Holy Spirit, who is the 'Director for Missions' continues to prepare opportunities and open doors. Make sure you are sensitive to His leadings so you can grab all such open doors (Acts 8:26ff)

- Take contacts of converts; House Numbers, Phone Numbers, E-mails etc. You must contact such people within 24 hours at best to start the follow-up and discipleship process. Do not delay.
- Introduce your convert(s) to a community of faith- the church, and get them to be active members of a spiritual family (Hebrews 10:25)
- Build godly character because people will watch to see what we do before they hear what we say (Ephesians 6:10)

Discussion

- Why is it important to share our faith?
- What are the practical ways by which we can share our faith one-to-one?
- What are some hindrances to Personal Evangelism?

Conclusion

God has sent us to preach to all mankind. May He help us to be able to do this in our homes, schools, workplaces and everywhere. You must do the work of an evangelist as an individual. Rise up now and contribute your quota to the Great Commission.



LESSON 52

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 one billion subscribers, and will qualify to be the third largest 'nation' after India and China.

We can evangelise the lost in this 'nation'. WhatsApp, Twitter, Telegram and others are all viable platforms for evangelism. Consider Mark 16:15; Matthew 28:18-20; Daniel 12:4

Lesson Objectives:

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

- i) Know the correct use of the various social media applications
- ii) Package the gospel message in snappy formats for distribution
- iii) Do follow-up and basic discipleship on line.
- iv) Avoid the wrong usage of such social media applications.

Resources/ Resource person

iPhone, tablets, good Internet connection. Projector and screen would be an advantage.

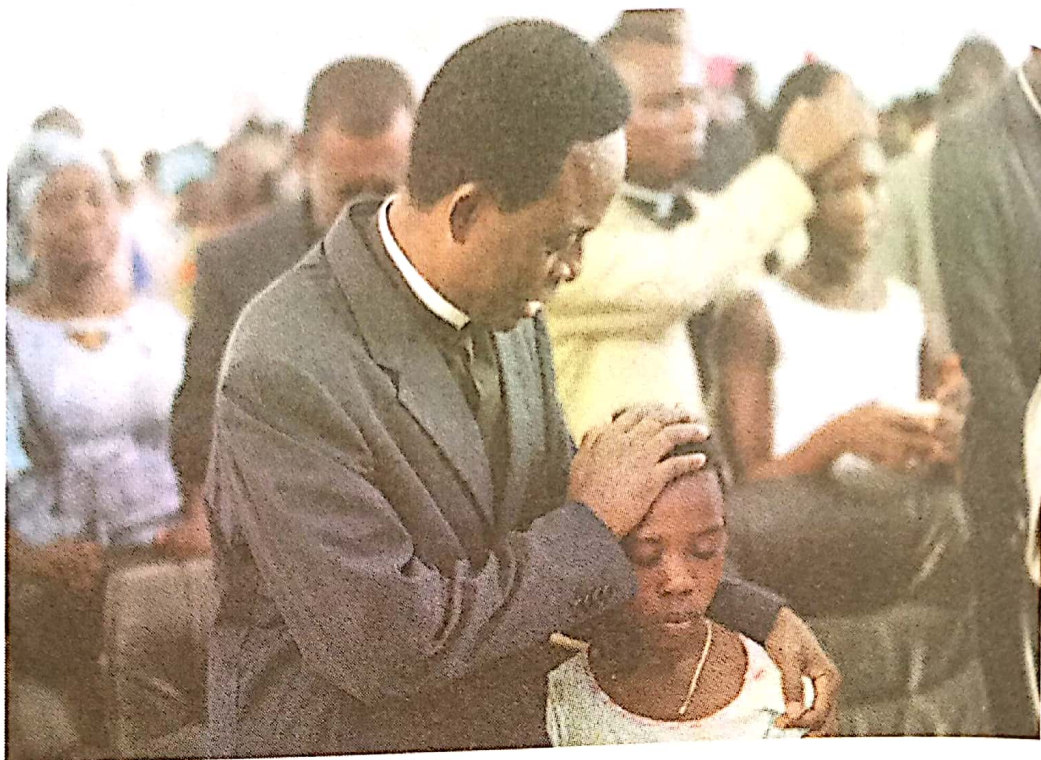
A person who has been trained in Digital Missions or is very good at the use of social media applications should be made to facilitate the lesson.

Discussion

1. How do I increase my followers or impact on the social media at a minimal cost?
2. What kind of 'gospel content' will make more impact on people on-line?

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.



LESSON 53

WAYS OF MAKING YOUNGER PEOPLE DISCIPLES OF CHRIST

Readings: Acts 1:1-8, Matt. 28:16-20, 2 Timothy 2:1-2

Overview

Discipleship focuses on Christ; how to make others resemble Christ, pay allegiance to and serve Him. This is the responsibility of every disciple of Christ.

Young adults must regard themselves as God's agent for discipling new converts and other younger ones in the Church. They can

serve as children's ministry teachers, teachers for the teens and new converts classes.

Lesson Objectives

- To stimulate the desire for discipleship among young adults.
- To outline practical steps in making others disciples of Christ.
- To outline the duties of disciplers towards their disciples.

Resources/Resource Persons

- A Minister, officer or Youth Ministry member who has studied the subject well.
- Each participant should have a Bible and a notebook.

Content Exposition

We can learn many lessons from Jesus' model of discipleship. Among these are:

1. He was relational, intentional but relaxed in His discipleship approach. (Mark 3:14)
2. He admitted willing people. These people were motivated to follow by a desire to be like Him in His character and anointing. (John 1:35-39, Matt. 4:18-22)
3. Jesus had a small group of identified disciples. He chose only twelve people among His many followers. Even among

the twelve, He drew three, Peter, James and John, closest to Himself. (Luke 6:13)

4. Jesus taught his disciples the Way, the Truth and the Life; which all pointed to Christ Himself. Discipleship must point people to Christ.
5. He taught by example. (John 13:13-15)
6. He invested time, prayer, resources etc. on His disciples (Luke 22:31-32, John 17:9, John 21:12-13)
7. He made room for the weaknesses in His disciples (Luke 22:33-34, John 18:10-11, Luke 9:54-55)

Duties of the Discippler in Discipleship

1. The discipler should consciously disciple converts for Christ using the Bible as the standard (Matt. 28:18-20).
2. The discipler should pray for his/her disciples always to be grounded in the doctrines of Jesus (Eph. 1:15-19).
3. The discipler should intentionally teach his/her disciples the word of God, protect them from false teachers and doctrines. (2 Peter 3:3, 17)
4. He/she should also consciously mould the converts to be like Jesus especially in His character. (Phil. 3:10-11)
5. The discipler should also work on Himself so that what he/she teaches does not contradict what he/she does (Phil. 3:14-17).

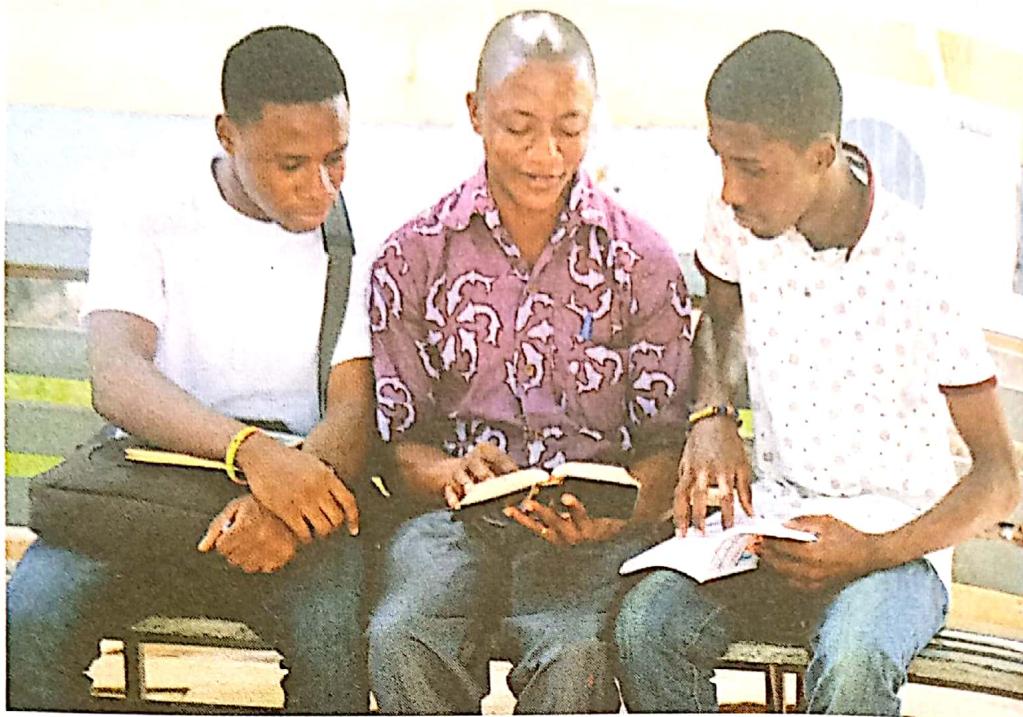
6. He/she must from time to time delegate assignments to his/her disciples as a way of training them (Matt. 10:1, 5-8, Luke 10:1).
7. Where possible and practicable the discipler must support his/her disciples emotionally, financially and materially (1 Cor. 16:10-11 / Matt. 17:27 / Matt. 25:34-40).
8. The discipler should see to it that the disciple attends church always and contributes to the growth of the church (Acts 2:42, Hebrews 10:24-25).

Discussion

- Share experiences on discipleship
- What qualifies a person to disciple others for Christ?

Conclusion

Making disciples of Christ is always at a cost but the rewards are enormous. We must pay a price through prayer and perseverance. We must consciously teach and train all converts and our younger members to be like Christ Jesus especially in His character. Turning converts to be disciples will bring spiritual growth always.



LESSON 54

BENEFITS OF MAKING YOUNGER PEOPLE DISCIPLES OF CHRIST

Reading: 2 Timothy 1: 1- 14, Titus 1: 1-5

Overview

The Bible emphasizes the high profitability of grooming people when they are young. Proverbs 22:6 says: "Train a child in the way he should go, and when he is old he will not turn from it". Jesus called on His disciples to let children come to Him (Matt.19:14; Luke 18:16), and also said that those who hinder

younger people from knowing Him will be punished. (Matt. 18:6) Paul left a legacy of raising younger persons to take up responsibilities of ministry, e.g. Timothy and Titus. He also specified that older women should train younger women in the practices of the faith (Titus 2:3-5).

Lesson Objectives

- To outline the benefits of discipling younger people.

Resources/Resource Persons

- A Minister, Officer or Youth Ministry member who has studied the subject well.
- Each participant should have a Bible, a Notebook and a pen.

Content Exposition

Jesus demonstrated the need to make younger people disciples during His earthly ministry. Among His disciples was John who is traditionally believed to be the youngest of the twelve and aged between 16-24 years as at the time he became a disciple. Jesus drew John so close that he John called himself 'the disciple Jesus loved' (Jn 13:23). He was one of the core three disciples who saw Jesus' transfiguration (Matt. 17:1-2). Later, when He was dying, John became the disciple Jesus gave the responsibility of taking care of His mother (Jn 19:26). He wrote the Gospel according to John and three other epistles. John was the receiver of the

revelations of the last days which he documented in the Book of Revelation. He was the last of the apostles to die in the AD 90s; his disciples probably being among those who carried the gospel message into the second century.

Discipling younger people has benefits both to the church and the discipler. These include the following:

- Younger people, especially children and teens, are easier to disciple once they develop trust for the discipler. They are more receptive to the word of God (Matt. 18: 2- 3).
- The generational gap is bridged, the anxieties about the future of the church are effectively put to rest. (Judges 2: 10- 13, Ps. 78: 2- 8)
- They may be of great comfort and assistance to the discipler later in life. (2 Tim 4: 9- 11, Titus 1: 4- 5)
- It is the ever-growing open aspect of the discipleship field in which any older believer may find something to give.
- It brings church growth, both qualitative and quantitative: When the younger people are properly trained to become disciples, they grow to become mature in the things of God. They in turn are able to win and disciple others for Christ leading to healthy church growth. (2 Tim. 2: 1- 12, Eph. 4: 12- 15)
- They will serve as a check on your personal Christian life. (1 Cor. 9: 27)

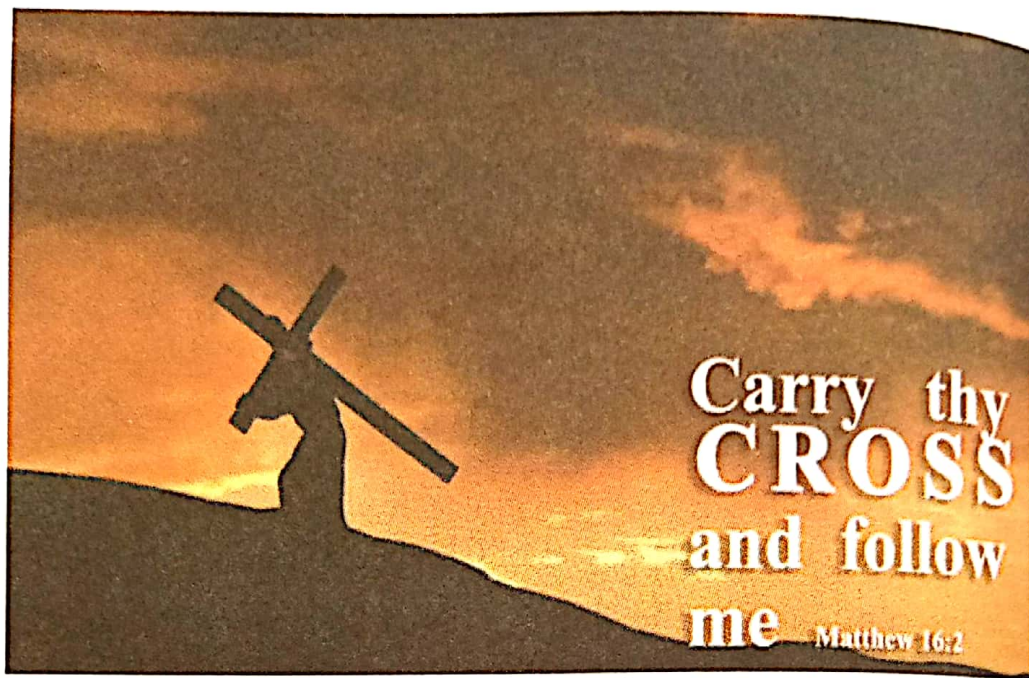
- They represent your eternal crowns (Phil. 4; 1, I Peter 5: 1-4)

Discussion

- What are the challenges in making disciples of Christ especially among younger people?
- How can these challenges be overcome?

Conclusion

Making younger people disciples of Christ is our only sure way of ensuring continuity in the church. The older generation should be willing to hand over the baton to a well rooted younger generation. The future of the church will be very bright if the older youth avail themselves to the teachings of God's word and assist in effectively passing it on to the young ones.



LESSON 55

CHRISTIAN SUFFERING

Job 1 & 2

Overview

Jesus prepared the minds of His disciples on suffering. On many occasions. The early apostles suffered in various ways. When Paul got converted, God sent Ananias to tell him that he would suffer greatly for the sake of the gospel, and indeed Paul later made a list of some of his sufferings (2 Corinthians 11:23-28) Peter also warns the believers that, even though they should be careful

not to suffer for wrongdoing, they should not consider suffering strange, since it refines their faith.

Lesson Objectives

At the end of this lesson, participants should:

1. Understand the reasons why Christians may suffer.
2. Know how to handle Christian suffering.
3. Appreciate the need to be prepared to suffer for the sake of Christ.

Resources/Resource Persons

The following would be required to make the lesson effective:

- A Minister, officer or Youth Ministry member who has studied the subject well.
- Each participant should have a Bible, notebook and pens.

Content Exposition

Suffering is part of human life. Unbelievers as well as Christians suffer at a point in our lives. However, it should be understood that God is not the orchestrator of evil or pain. Pain and hardships came with the fall of man (Gen. 3:16-18). Man's disobedience to God paved the way for afflictions. With our redemption from the bondage, Christians still suffer for various reasons:

1. Because we are still living in the world:

Once we are still living in a world full of sin we are bound to suffer (Jn 16:13).

2. Disobedience and lack of the knowledge of God (Hos. 4:1-6)
There are many Christians who want to live on the fringes of Christianity. Sin in their lives breaks the hedge; therefore the enemy comes in to inflict pain (Isaiah 1:19, James 4:7).

3. To test our faith:

Through suffering, God is able to prove to the enemy and the cloud of witnesses the quality of our faith in Him. An example is the story of Job (Job 1, 1 Peter 1:6-7, Heb. 12:1-2).

4. Through suffering our faith is sharpened:

We learn to be more dependent on God when we face afflictions (2 Cor. 1:8-11). God uses trials to bring us to the point where we give up self-pride, rebellion, selfishness and many sins which hinder our relationship with Him. Apostle Paul teaches that suffering produces perseverance and perseverance, character.... (Rom. 5:3-5).

5. For the sake of Christ:

Christians suffer when we want to do right in the face of evil. Again, we can be persecuted for spreading the gospel or professing to be Christians (Phil. 1:29, 1 Peter 4:12-13).

6. To build compassion for others:

When we have gone through a particular problem, we are able to understand the pain of others who are going through similar problems. God can then use us to encourage such people (Heb. 4:15, 5:1-2).

7. To prepare us for glory:

The sufferings we go through for the sake of Christ are earning for us glorious rewards (1 Peter 4:12-13).

How to Handle Suffering

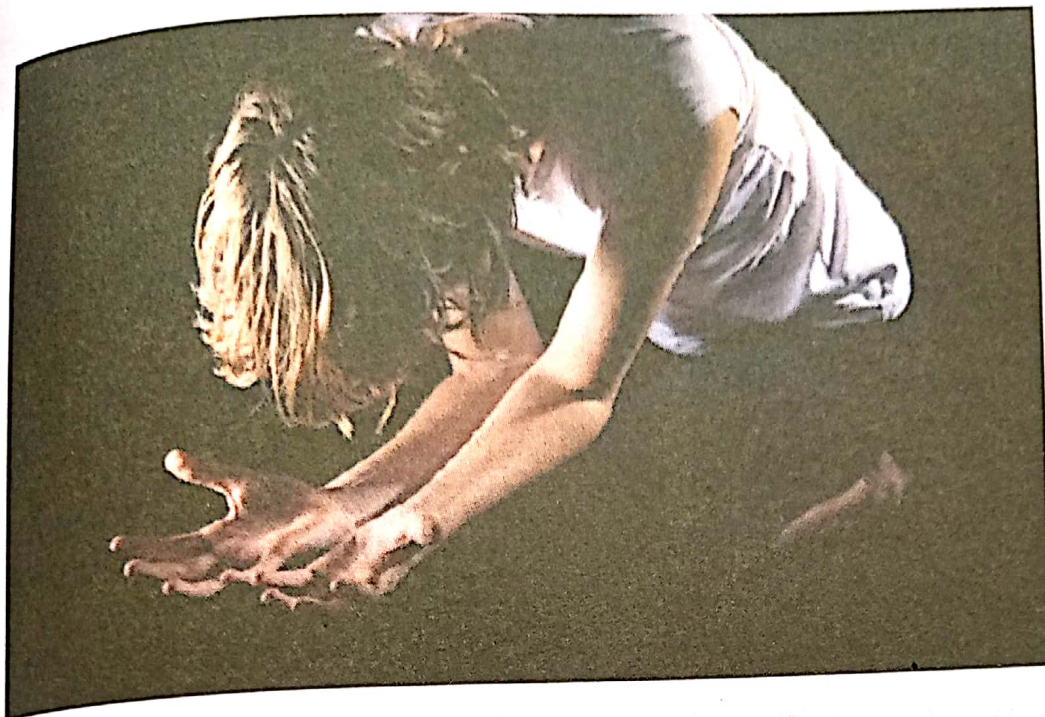
The Christian should ensure that he/she is suffering for the right cause. When we are afflicted, we need to evaluate our lives and understand why we are going through those afflictions. If it is a result of sin, we would have to humble ourselves and ask for forgiveness (2 Chron. 7:14, 1 John 1:9). Where we suffer for other reasons, we should seek the peace and strength of God through prayer (Phil. 4:6-7).

Discussion

- What should be our attitude towards suffering?
- What happens when we are not ready to suffer as Christians?
- How can we help a fellow Christian who is going through some form of suffering.

Conclusion

The christian faith is not devoid of suffering. "We must through many tribulations enter the kingdom of God" (Acts 14:22; NKJV). The Christian should, therefore, be prepared to go through some suffering whilst we wait for the redemption of our bodies and for the sake of Christ.



LESSON 56

'DESERT MOMENTS': WHAT THE BIBLE TEACHES ABOUT SUFFERING

Matt. 4:1-11, Exod. 15:22-27, Rom. 8:18

Overview

What is the value of difficult times and undesirable circumstances to the believer? The Bible showcases people of God who went through tough times, some voluntarily, and others by refusing the comforts around them. It is certainly not wise to want to wriggle ourselves out of every tight corner by any means. Maybe, sometimes, we should even check ourselves into tight corners.

Lesson Objectives

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

1. Explain “desert moments”
2. State what causes believers to enter into desert moments
3. Give some of the benefits of desert moments

Resources/Resource Persons

A mature officer known to have experienced unusual hardship and prevailed.

Content Exposition

“Desert Moments” describes that season in which a believer undergoes distress, trials and afflictions. It is usually a time of intense temptation and spiritual pressure.

Just as in the physical, a desert is characterized by scarcity of water, harsh and unfavourable weather conditions, so it is for a believer who is experiencing “desert moment”, spiritually.

Many of God’s children desire a desert-free Christian journey, however no true follower of Christ can fully avoid the “desert moments”.

- Biblical examples of persons who experienced “desert moments”

1. Jesus Christ (Matt. 4:1-2)
 2. Moses and Israel (Exod. 13:18, Heb. 11:25-26)
 3. David (1 Sam 23:14-29)
 4. Paul (Gal. 1:17, 2 Cor. 11:26-27)
- Factors that causes "Desert Moment"
 1. God (Matt. 4:1, Exod. 13:18)
 2. Devil (Job 1:6-22, 2:1-6)
 3. One's self (Heb. 11:25-26, Gal. 1:17)

Benefits of "Desert Moments"

- Stimulates spiritual growth (Rom. 5:3-5, James 1:2-4).
- God may use that to hide you from public view and prepare you for His purpose e.g. Moses in the desert for 40 years, David ran from Saul into the desert.
- We learn to depend and trust God as we become more aware of our insufficiencies and weakness (2 Cor. 12:9).
- God uses that as an opportunity to bless the believer (1 Peter 4:13).
- To prove the genuineness of our faith (1 Peter 1:6-7).
- God uses desert moments to cause this children who have backslidden to come back to Him (Hosea 2:13-15).
- To hide us from enemies (1 Sam. 23:14).

Discussion

1. Why would God influence a “desert moments”
2. What other factors can cause people to go through desert moments.

Conclusion

When things seem difficult, as believers, we are called upon to enter into our closet and call upon our Father in Heaven. When we do, He shall surely give us new strength to surmount such difficulties.

We should learn to face trials with joy knowing that they are for our benefit.



LESSON 57

'DESERT MOMENTS' - COPING WITH DIFFICULT TIMES

2 Cor. 4:8-9, John 16:33, 1 Pet. 5:10, Prov. 24:10

Overview

God, in His own will, led the Israelites through the desert before their destination to the Promised Land. Other biblical personalities like Joseph, Shadrach, Meshach, Abednego, Daniel, David, Paul and Job went through difficult times as a cost of serving God and doing His will. When we cope with such difficult times we become nurtured to meet life's challenges and

solve problems. Coping with difficult times in Christ Jesus is the only way to a victorious or successful life. When we suffer a little with Christ we shall also enjoy with Him in His glory (1 Pet. 5:10).

Lesson Objectives

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

1. Know what to do in difficult times.
2. Know what to avoid in difficult moments.
3. Explain how to wait on God in Difficult moments.

Resources/Resource Persons

A mature officer or member, who has studied the subject of Christian suffering very well, a bible, notebook and pen.

Content Exposition

The difficult times of a believer's life are mostly experienced during the desert moment. It is during those moments that the Christian is faced with the fiercest attacks and fights their most perilous battles of their Christian life. Nevertheless God expects us to be able to suffer long, survive and overcome in the end.

1. What to do in Difficult Times

- Look unto Jesus, the author and finisher of our faith (Heb. 12:1-2). This can only be done by studying the word of God. As we look into the word, our faith increases and is strengthened.

- Have a self examination by the help of the Holy Spirit. Ask yourself questions: What is my relationship with Christ? Have I contributed to my current predicament? Is God teaching me anything through this experience? What lessons can I learn from my current situation? 2 Cor. 13:5, Psalm 26:2, Ps. 139:23-24
- Do not lose focus on Christ as the only comforter and provider. You should have faith in Him because he makes all things possible. Faith must be in action in the situation. Continue to trust in His unfailing love for you by counting your “blessings in the midst of the curses”.
- Take rest and be rooted in the love of God. Understand that whether in death or life God’s love for you will never fail. (Rom. 8:35-39, 1 John 3:1, Lam. 3:22-23)
- Pray all kinds of prayer in the Spirit. Prayer is a weapon for spiritual warfare, thus there cannot be a breakthrough without prayer. Sometimes you may have to fast alongside (1 Phil. 4:6).
- Approach God-fearing people and those who have gone through similar situations of life if you cannot handle the situation yourself.

How to Wait upon God in Difficult Times

The Bible makes it clear that those who wait in Him renew their strength (Isaiah 40:28-31). You must wait in prayer, meditating on His word with the belief that it is well with your soul. Create seasons of fasting and prayer and pray all kinds of prayer unto our God who has power over all things.

Who can Cope in Difficult Times?

Those who have been saved by Christ and live by His word; those who depend on Him on a daily basis.

What not to Do in Times of Difficulties

Don't blame God (Jam. 1:13, Job 1:22). Be careful not to publicize your situation.

Discussion

1. What does God expect from us in times of difficulties?
2. What are some of the steps we should take to overcome difficulties as believers?
3. How can we wait upon the Lord in difficult times?

Conclusion

We must understand that coping with difficult times is the only way to succeed in life. Good things in life are hard to come by.

It is also an opportunity to allow yourself to be moulded for the Master's use.

Anytime you face difficult times, check whether the source is from you, Satan or God. Those from self and satan come only to steal, kill and to destroy us (John 10:10). When the desert moments come from God, they correct, perfect, establish, strengthen and settle us when we endure. (1 Pet. 5:10)



LESSON 58

FINDING AND RETAINING A JOB

2 Thessalonians 3:10, Deut. 8:18, Prov. 13:4, Prov. 12:24

Overview

According to the Word of God, any person who does not want to work does not deserve food! (2 Thess. 3:10) It says also that whatever our hands find to do, we must do it with all our hearts, that is, joyfully (Col. 3:23). When God created Adam and Eve, he had employment ready for them. In contemporary times, national statistics indicates that a significant number of people

have no means of earning a living. Some people (in some welfare countries) have become used to living without working. Others do jobs that reward them unsatisfactorily. We can imply from the Word of God that He has a satisfying job for everyone, and our first job is to find it.

Lesson Objectives

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

1. Explain why a person needs to seek employment
2. Explain the factors to consider when seeking a job.
3. State avenues for finding a job.
4. Explain how to retain a job.
5. Outline things to consider in presenting oneself for a job interview.

Resources/Resource Persons

- Human Resource Management or a career guidance personnel.

Content Exposition

Apart from making money and earning a livelihood, work also offers a social setting where we can interact with others, find friends and gain social prestige. Work also offers opportunity to serve society if the work is meeting a need.

There are a number of considerations when choosing a job. These includes:

- Educational level and certificate
- Interests and abilities
- Values
- Remuneration
- Geographical location of job
- Personal circumstances e.g. stressful family conditions can influence a person to take up a job he/she may otherwise not be interested in. It is however, said that your right work / job should be found at the intersection between passion, talent and economic opportunity.

How to Find a Job

1. Through advertisement in the media e.g. newspapers, television, radio announcements, social media etc.
2. Recruitment companies and employment agencies
3. Information from former school colleagues, friends and relatives
4. Direct contacts to companies
5. Internship
6. Government placements
7. Divine guidance

Often, the individual must present himself/herself as someone who can faithfully meet the needs or requirements of the company, organization or institution. He/she may be required to present a CV and/or go through an interview.

How to Retain a Job

Retaining a job requires that the individual in question has good work ethics. These include;

1. Being on time to work
2. Avoiding absenteeism
3. Positive attitude towards work
4. Diligence towards work
5. Being a good team player
6. Creativity
7. Dependability and integrity
8. Submission to authority
9. Respect for subordinates
10. Improving yourself by taking up further courses which are related to your work.

Discussion

1. How do I prove that I deserve an opportunity in a given company / workplace?
2. How do I prepare for a job interview?

3. How do I write a curriculum vitae (CV)?
4. What are the things that can make a person lose his/her job?

Conclusion

It is important to note that work and economic circumstance has the capacity to influence our service to God. It affects the extent to which you can support the work of God. Furthermore, poor economic status can tempt people to be unfaithful with church funds. We can seek God's guidance in finding and retaining a job. Self discipline is also vital in retaining a job.



LESSON 59

ENTREPRENEURSHIP – STARTING AND RUNNING YOUR OWN BUSINESS

Gen. 1:1-31, Gen. 26:12-14

Overview

God was the first entrepreneur who created everything we see out of nothing. Since we are in His image, each one of us has the innate capacity to create wealth through the creation and running of honest jobs.

There is quite a distance between a great idea and a great business. What entrepreneurs do is to find out how to bridge the gap. They

are required to do feasibility studies before committing a life's savings into a new business. This lesson takes you through how to transform an idea into a business and further run the business based on your business plan.

Lesson Objectives

1. To learn how to start small and build on it.
2. To learn how to come up with a simple business plan.

Resources/Resource Persons

An established christian entrepreneur or Christian who can handle the topic very well.

Content Exposition

Before spending / investing your savings into a start up, you must make sure that you have answered all the following questions adequately.

1. Are you ready for the start up lifestyle?
2. Are there customers with real need and money?
3. Is the market opportunity large and growing?
4. Is this a crowded space already?
5. Does your idea (solution) have hidden dependencies or costs?
6. Can you build a motivational and qualified team?
7. Have you looked realistically at your cost?
8. Do you have stamina and skills?

Starting a business, involves planning, making key financial decisions and completing a series of legal activities.

It requires that a business plan be drawn to provide direction for the business in the future. Putting such a document together can be very tedious. However, it stands to bring a benefit so it is worth drawing.

A business plan consists of a narrative and several financial worksheets. The real value of creating a business plan is not having the finished product in hand; rather the value lies in the process of researching and thinking about your business in a systematic way. The business plan should include the following headings:

1. Executive summary
2. General description of the business / idea
3. Products and services
4. Marketing plan
5. Operational plan
6. Management and organization
7. Personal financial statement
8. Start-up expenses and capitalization

Once your business plan is done, you need to:

- Assess your finances and get your initial capital to start the business.
- Get your needed resources, that is tools, inventories, raw materials and employees if necessary.

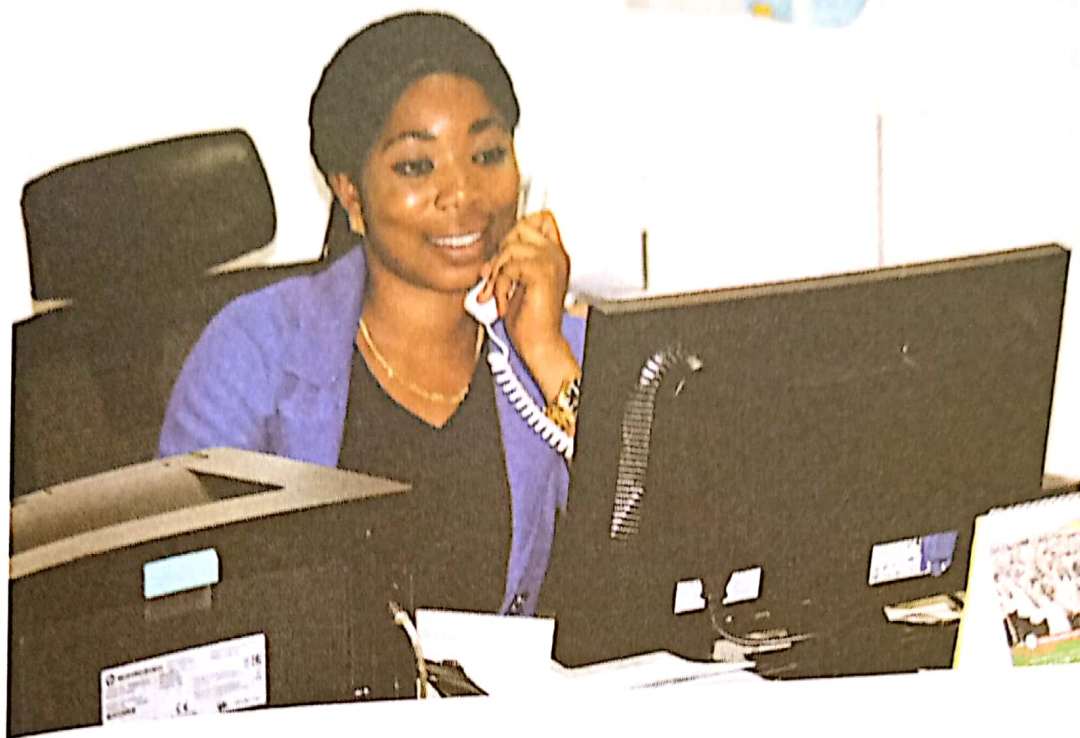
- Register your business name with the IRS.
- Advertise your services or product(s) either through the media (print media and electronic media), or by personal contacts and networking.
- Test your services or products on real customers. Get feedback and improve on your products or services where necessary.
- Get the finances in shape by setting up proper accounting procedures.
- Create proper maintenance culture.
- Set future goals to move your business forward.

Discussion

- What are the initial things that needs to be done to set my business running smoothly?
- What are the red flags I need to look out for as a start up business?
- How do I develop my start up business into a powerful brand?

Conclusion

Every potential, skill or talents given us by God needs to be utilized. We do not necessarily need to be employed before we use them. Seek counseling or consultation to enable you start a business on your own. Some training or apprenticeship from those with experience may be helpful. To be successful requires divine favour, good planning and good work ethics.



LESSON 60

ENTREPRENEURSHIP: GETTING CAPITAL FOR A BUSINESS START-UP

Overview

For many people who have very nice ideas, getting the finances that will transform these ideas from the shelves to reality is the greatest challenge. This lesson will help us explore ways and means by which we can raise capital to start a business.

Lesson Objectives

1. To learn practical ways of sourcing for funds.
2. To know how to manage the finances in a business start-up.

Resources/Resource Persons

A progressive and faithful self-employed person in the Assembly, District, or Area.

Content Exposition

The Bible teaches that working faithfully for others is a precursor to owning one's business. Diligence and faithfulness in handling other people's business will bring progressive blessings and divine favour (Luke 16:12). It is therefore a non-starter to steal from an employer to begin your business.

There are a number of ways to raise capital for a new business. These include:

1. Personal Savings and Investments

Personal savings/investments is one of the first options in raising capital to start a business. You may pick up a job with the sole aim of accumulating capital to start your own business. If you are planning to make your new business your full – time job, it will be wise to save enough money to sustain yourself from the beginning before you start making profit.



2. Love Money

This is money loaned by a spouse, parents, family or friends. These close relatives are more likely than anyone to believe in your vision and your ability to make that vision a reality. There is, however, the potential risk of serious relationship problems if the business fail or your agreement is not structured properly.

3. Venture Capital

Venture capital is money provided by investors to small businesses with perceived long - term growth potential. This funding source is not for all entrepreneurs; venture capitalists look for companies with high-growth potential.

Venture capitalists take an equity position in the company to help it carry out a promising but higher risk project. This involves giving up some ownership or equity in your business to an external party. Venture capitalists also expect a healthy return on their investment.

4. Angels

Angels are generally wealthy individuals or retired company executives who invest directly in small firms owned by others. They are often leaders in their own field who not only contribute their experience and network of contacts but also their technical and/or management knowledge. In turn for risking their money, they reserve the right to supervise the company's management

practices. In concrete terms, this often involves a seat on the board of directors and an assurance of transparency. In Ghana, we have the Ghana Angel Investor Network (GAIN) which is a network of Angel investors.

5. Business Incubators

A business incubator is a company that helps new and startup companies to develop by providing services such as management training or affordable space, shared offices and services, marketing support and, often, access to some form of financing. For example, an incubator might share the use of its laboratories so that a new business can develop and test its products more cheaply before beginning production.

6. Grants and subsidies

Technically, a grant is a sum of money conditionally given to a business that you do not have to repay. However, you are bound legally to use it under the terms of the grant, or otherwise you may be asked to repay it. Subsidies, however, are given by government or public bodies to businesses to keep the price of a commodity or service. For example, subsidies to farmers.

7. Banks and Traditional lenders

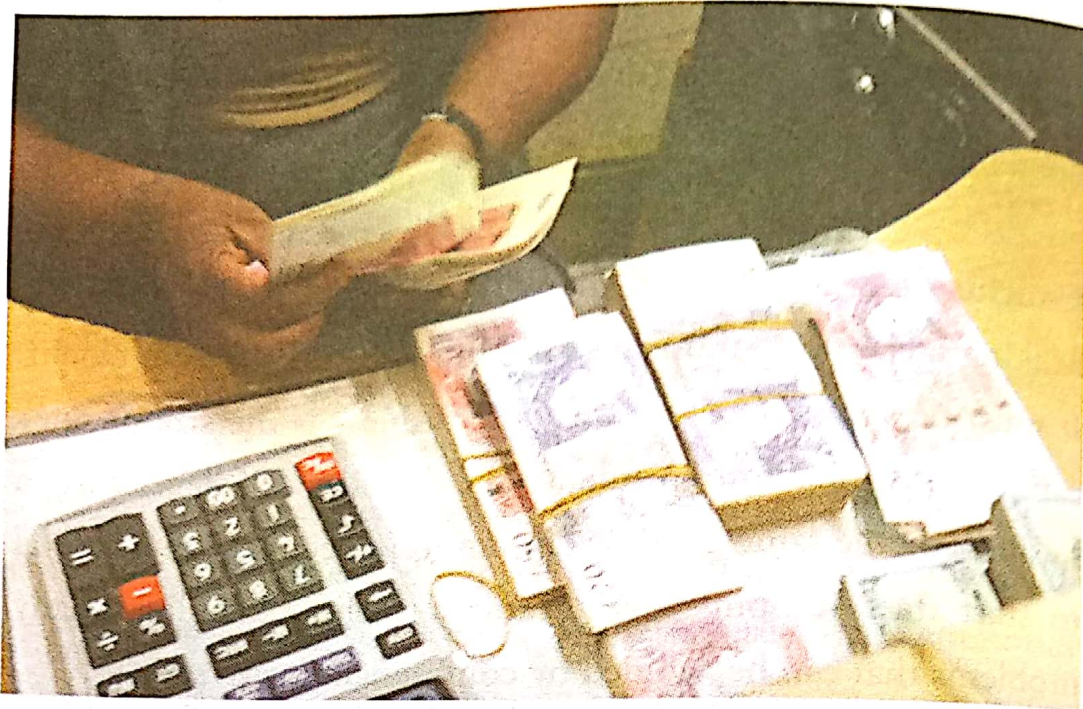
Loans from banks, microfinance companies, credit unions and the likes may also be a source of capital for new businesses. This may require some form of collateral and high interests.

Discussion

Why would skipping any of the steps in business funding prove not a favourable decision?

Conclusion

Making success out of business is a lifestyle and not an incident. It must be learnt. The size of one's business is the size of one's capital. It is, therefore, prudent that the ethics of developing a business be the same as those employed in accumulating capital to start one. Jumping straight for a wishful loan has many problems that can be avoided by commencing with savings.



LESSON 61

TESTING YOUR FINANCIAL STEWARDSHIP SKILLS - MANAGING AN IMAGINARY FUND

Matthew 25:14-30

Overview

Financial stewardship simply means using your money as one to whom it has been entrusted, rather than as one who owns it. You may not have examined fully how well you are discharging this trust. In this lesson, we want to role-play as a means of checking how well we are doing as stewards of God's money.

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Lesson Objectives

By the end of the lesson, participants should appreciate that:

1. All the resources we have are not our own but God's.
2. Our earnings, wages and salaries are all for God which we hold in trust.
3. Prudent management of our money is part of Christianity.
4. Those who do not manage their money prudently will attract His displeasure.

Resources/Resource Persons

Anyone with a track record of prudent financial management with fruitful results.

Activity

Stage a short sketch of about six (6) minutes on the narration of the talents in Matthew 25: 14-30. The workers must describe in some realistic detail how they invested and kept track of the growth of the fund in such a way that when the master came, they could give a prompt account without much difficulty.

Discussion

1. Discuss the sketch and how it relates to real life situations in our life and community.

2. To what use would each participant put an amount of GHc5,000 given to him/her as a gift.
3. Why would a person that is not prudent with money be a poor soul winner?

Conclusion

God has given us various resources according to His will and they are His not ours. Be careful how you use His money!



LESSON 62

FOUNDATIONS OF GOOD LEADERSHIP

Luke 22:25-27; 1 Timothy 3:1-13

Overview

Effective leadership is very scarce in the world today. Many woes and troubles of nations, institutions and families are as a result of bad leadership. Jesus Christ is a perfect model of what it means to be a leader. In every generation therefore, we can take cue from His leadership style to better our lot in this very important area of life. Like every building that will stand the test of time, it must have solid foundations. Leadership flaws are as a result of weak

foundations that cave in under pressure. Since we all can become leaders in one context or another, it would be good to be conversant with these foundations.

Lesson Objectives

By the close of this lesson, the participant should be able to:

1. Explain what leadership is not.
2. Clearly describe what leadership is all about.
3. Explain key foundational pillars of good leadership.
4. Explain how to develop these foundational pillars.
5. Describe the dangers of having a weak foundation as a leader.

Resources/Resource Persons

This lesson will require a matured Christian leader who can handle the subject well. Again, biblical passages and other books on leadership will be a helpful resource.

Content Exposition

Henry and William Blackaby define Christian leadership as 'moving people into God's agenda. There are many other definitions that people have. However, the essential elements are that there ought to be an inspiration that causes people to move towards where the leader is convinced is God's will for the group. The inspiration in this case is drawn from the power of God. A Christian leader must be able to follow Christ. He has to be someone with qualities that can attract God's presence to lead and guide the entire group.

A leader is to show the way, and model what he/she wants the group to be like. He/she must therefore not float and fluctuate in the face of turbulence and tough situations. For a Christian leader to survive, you will need:

a) A healthy character (Matthew 12:35)

b) A growing character (1 Timothy 3:6)

For the leader to have a healthy and growing character, he/she must have certain foundational qualities which include:

- **Integrity:** latin: integritas: Whole, complete, undivided. This describes people who do not live hypocritically, or hide their true self. A person of integrity is undivided and genuine. Actions match with words (Psalm 78:72; Acts 1:1).
- **Purity:** This describes the state of being pure from spiritual and soulish and bodily contaminants (Psalm 119:1-11; 1 John 3:1-3, 1 Thessalonians 4:3-5) Some areas where the Christian ought to be pure include sexual purity (2 Tim 2:22ff; 1 Corinthians 6:9-14), purity of thoughts (Philippians 4:8) and Conscience (Acts 24:16; 1 Cor. 4:4).
- **Reliability:** People must be able to depend on you and your words. Do you promise and fail? Are you able to keep your vows? (Prov. 25:13; 2 Kings 12:15; 22:7).
- **Diligence / Hardwork:** Leadership is hard work. Anyone who aspires to be a leader must work harder than their followers. A leader's diligence will inspire others not to be slothful. Diligence is rewarding. (Prov. 12:24; 1 Cor. 15:58; Prov. 6:6-8; Ruth 2:17)

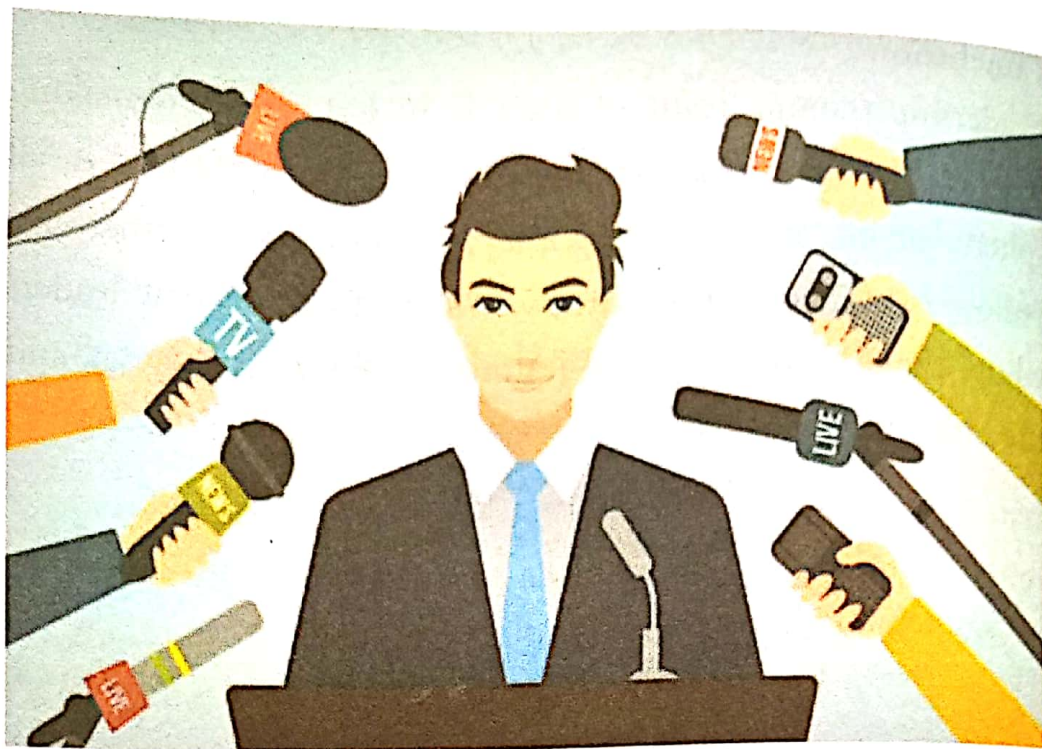
- **Humility:** This can be defined as 'staying within the limits prescribed for you by God and man'. If you lie below what is expected, you are being irresponsible. If you go beyond your limit, pride sets in. Every system defines limits for each person within the system. Your ability to know your limits and stay within them is what marks you out as a humble person (Matthew 11:29; Ephesians 4:2-3).
- **Service:** The capacity to meet the needs of others. Leaders are to solve problems and meet needs. They do that by not thinking about themselves first, but by putting the needs of their followers first (Matthew 20:25-28).

Discussion

1. How will you define leadership?
2. In your opinion, what other foundational character traits (apart from the ones above) will you add to the list above and why?
3. What will be the effect of Character failings among leaders in our society? (Discuss this in the political arena, church leadership, academic institutions and family life)
4. How do we lay solid foundations for leadership as young adults?

Conclusion

Leadership training featured strongly in Jesus' disciple-making scheme. He was well aware that His disciples would lead in all spheres of life, and His principle was same for all situations. Followers of Jesus must, therefore, learn to be servant leaders whose character offers a solid foundation for what they say and the influence they have on other people.



LESSON 63

A CHRISTIAN VIEW OF POLITICS: THE BIBLE AND SECULAR LEADERSHIP SELECTION

Daniel 6, Romans 12:6-8, Exodus 18:21-22

Overview

Every society has its own arrangements for selecting persons to exercise corporate authority for their common good. The processes by which people stake their claim to corporate authority by convincing a significant part of the population is what is legitimately termed politics.

“The people rejoice when the righteous are in power.” (Pro. 29:2)

Lesson Objectives

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

1. Understand and identify the Spirit's gift of governance or ruling.
2. Contribute positively to political leadership in their locality and the nation.

Resources/Resource Persons

A matured Christian politician or government official or an officer of the church with a good understanding of how the locality is governed.

Content Exposition

“There is no authority other than that ordained by God” (Romans 13:1). Politics has been described rather simplistically as the struggle for power, giving it an odious connotation that tends to scare many Christians. Jesus did not get involved in the power-plays of His time, because neither side was exactly right, and He did not want to cast any shadow whatsoever over His assertion that His Kingdom is not of this world.

By this, Jesus meant that He did not come to be a political leader. That does not in any way suggest that He was not or is not interested in how people are ruled or governed. The will of

God is that His children rise to the very top of leadership so the right things will be done in society. That means that we should be bold to step into politics if we think we have the grace or gift of governance (Rom. 12:6-8) and encourage others to go into it. The Christian must be involved in politics but must avoid the 'dirt' in it.

The Christian must be proudly involved in the selection process of their political leaders. Inasmuch as we may have ill-feelings or disappointments in political leaders, we must never refrain from exercising our franchise.

Discussion

1. What in your view makes people describe politics as a 'dirty game'?
2. How can a Christian remain pure and serve as an example in politics? Consider Daniel 6 as a case study.
3. How can one know he/she has the gift of leadership as listed in Romans 12:8?
4. Who loses in the long run when people fail to exercise their franchise?

Conclusion

In modern society, politics plays a key role in the fate of all other disciplines of life. Staying out of politics entirely is, therefore, not wise. When the righteous rule, the people rejoice. We must give the masses the cause to rejoice by stepping into politics as Christians and getting involved in the selection of qualified God-fearing leaders.



LESSON 64

THE CHRISTIAN AND CITIZENSHIP

Matthew 5:13-16, Jeremiah 29:7

Overview

The Christian should be the most patriotic of citizens. This is because the ethics taught by Christ and the generality of New Testament teaching aim also at making the believer most sensitive to the needs of others and most productive as a communal being.

Lesson Objectives

1. To make the teachings of Christ relevant in our participation in national development.
2. Understand our duties as Christian citizens of our country.

Resources/Resource Persons

1. A Minister, Officer or Youth Ministry member who has studied the subject well.
2. Each participant should have a Bible and a notebook.

Content Exposition

Many people believe in using national emblems and singing anthems and patriotic songs as depicting good citizenship. However good that may be, citizenship is more in how much we make our society better. Among other things, we must:

- Contribute responsibly to national development through hard work.
- Participate in community service.
- Help take care of the environment.
- Treat other people with respect and dignity.
- Follow the rules and regulations of the society once they are not against the requirements of God.
- Pay taxes faithfully.

- Be good to our neighbours.

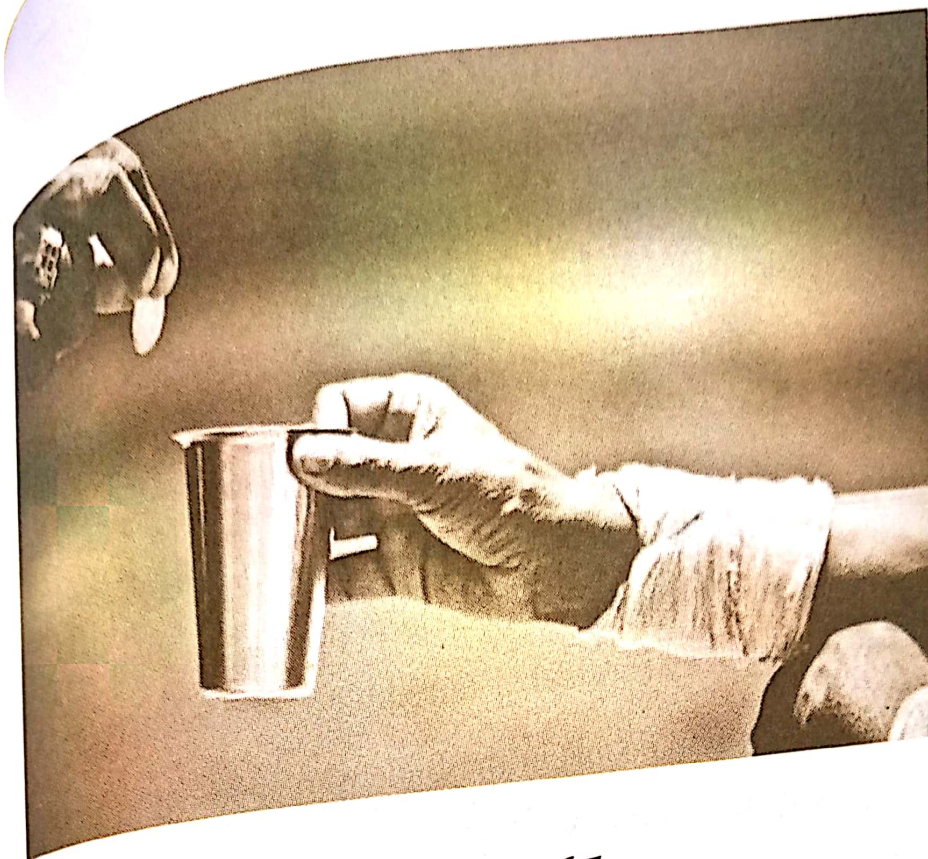
Acts such as conserving water and energy, creating jobs, exercising our civic rights, all contribute to a better society and must be done by Christians to bring glory to God.

Discussion

- How are you contributing to a better society?
- How are you contributing to a worse society?

Conclusion

D.L. Moody used to scold Christians for being “so heavenly minded they were no earthly good,” and that exhortation still needs to be heeded. We must leave the world having contributed to making it better.



LESSON 65

CHRISTIAN VIEW OF POVERTY

Ephesians 1:3, 3John 2, Joshua 1:8, Psalm 1:1-3

Overview

"If any will not work, neither let him eat" (2 Thessalonians 3:10) is the Bible's ruling on laziness. However, it is not all needy people who can be said to be lazy. In the Old Testament, God admonished the Israelites to consider the welfare of the poor among them. There were a number of regulations in favour of the poor (Lev. 19:10, 23: 22; 25:25-28, 35-43). The Lord's will and

plan for His people is to bring them to prosperity and this was more pronounced in material things in the O.T. God's agenda has not changed in the N.T although in Christ it begins with our spiritual prosperity. In this lesson, we examine the Christian view of poverty and how the Christian should treat the poor.

Lesson Objectives

By the close of the lesson, participants will be able to:

1. Explain why people who were poor in the Old Testament were generally considered cursed.
2. Identify some people in the Bible who appeared to lack but were neither cursed nor lazy.
3. Outline what the Bible teaches which should be our attitude and approach to the poor.

Resources/Resource Persons

A Minister, Officer or Youth Ministry member who has studied the subject well.

Content Exposition

In Deuteronomy 28, Moses outlined the blessings that come with obedience to the Lord and the curses the people of Israel would suffer if they do otherwise. The Israelites, like the typical African, therefore attached disaster, poverty and the likes to curses or punishment from God. No wonder the friends of Job admonished Job to confess any sin he had done against God. (Job 8:2-7)

In as much as the bad attitudes of people can lead to poverty, we should not be quick to condemn people because of their poverty. There are people who are poor due to no fault of theirs. Job lost all his property due to a test by which God sought to glorify Himself (Job 1).

The Lord Jesus Himself lived a very simple life. He became poor, so that we may become rich. (2 Corinthians 8:9, Luke 9:58; 12:33). There were many others like John the Baptist and Paul who lived under poor conditions for the sake of the work of God.

No matter the reason for a person's poverty, the Christian has a responsibility to do good especially to fellow Christians in need. Study the following scriptures and discuss what how God expects us to treat the poor.

Deuteronomy 15:7-8

Proverbs 17:5

Galatians 6:10

James 2: 2-4, 15-16

1 John 3:17

Deuteronomy 24:14-15

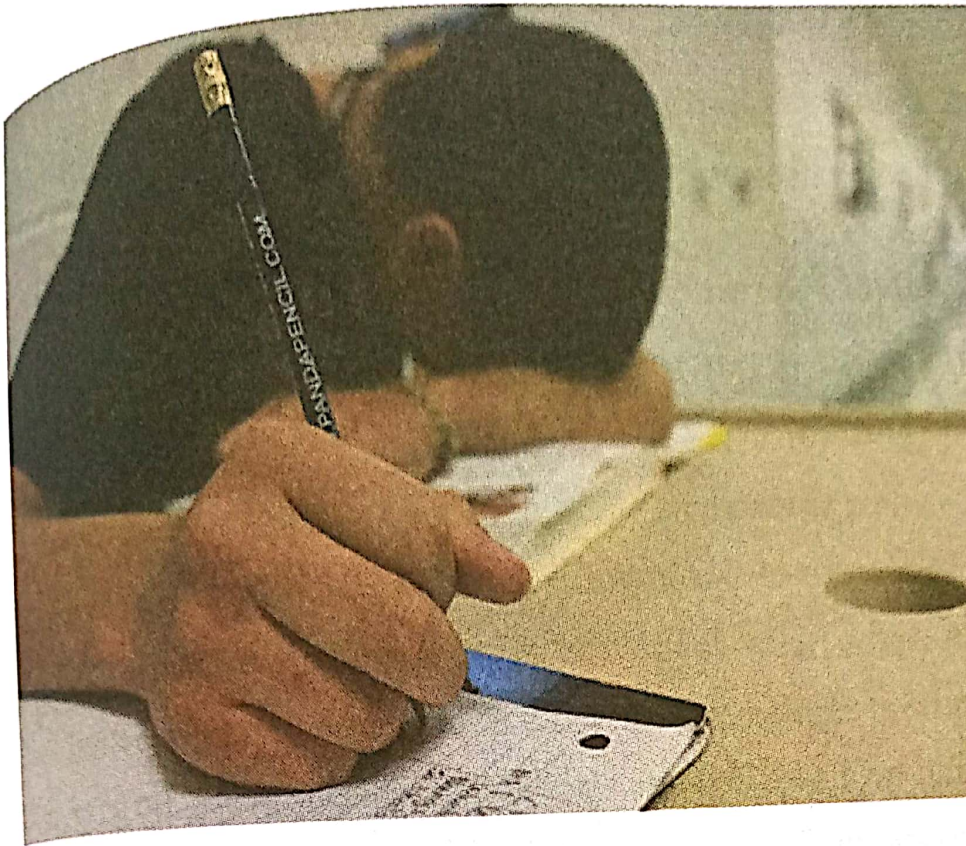
Zachariah 7:10

Discussion

1. What should be our attitude to the poor whose poverty is clearly not caused by their laziness?
2. How should we approach the case of people around us whose poverty may be due to laziness or improper use of resources?
3. How will you determine that someone is taking advantage of your generosity and what can you do about it?

Conclusion

Although the Bible associates poverty with laziness and imprudent decisions, it also identifies other causes of poverty as well. We must, therefore, be ready to help all such people, rather than condemn and abandon them.



LESSON 66

CAUSES OF POVERTY AND THE WAY OUT

Proverbs 6:9-11, Proverbs 12:24

Overview

The book of Proverbs identifies a strong link between poverty and laziness, and offers much advice on how to break the cycle. This position is supported in the New Testament as well. The Bible admonishes Christians to fend for themselves and their households (1 Tim. 5:8). This lesson identifies some causes of poverty and how to avoid it.

COP Syllabus for Young Adults

Lesson Objectives

In this lesson, we examine causes of poverty and how a person can work his/her way out of it.

Content Exposition

The causes of poverty include:

- Laziness

Laziness is inactivity resulting from a dislike of work. It is the chief cause of poverty. The Preacher advocates in the book of Proverbs, "How long is the lazy man going to lie around? When is he ever going to get up? "I'll just take a short nap," he says; "I'll fold my hands and rest a while." But while he sleeps, poverty will attack him like an armed robber" (6:9-11, GNB). We must face the reality that God does not exempt Christians from the rule above. Laziness begets poverty for all people and the way to avoid the latter is to work and work hard.

- Fear or Blaming the weather

Fear cripples. There are many people who have refused to venture into new or unfamiliar enterprises due to the fear of failure. We must, however, understand that there is a degree of risk attached to every choice one makes. We must, therefore, not be dissuaded but trust God and move on once God opens an opportunity. In Genesis 26, Isaac stayed in an otherwise arid land and an unpromising weather and sowed his seeds by divine direction. Then he trusted God to bring the increase and God did it! This is the destiny of every child of God who ventures out by faith.

- Low or Bad Investment Aptitude

One of the many unique qualities of the noble woman in Proverbs 31 is her aptitude for investment. She considers (looks for, asks about, weighs several options) and finally puts her money into buying a certain piece of land. Then she plants (invests) in the field she has bought and the good Lord blesses her labour with profit!

God waters what we sow but what if we do not sow anything at all? A proven way out of poverty is learning to sow even the little we have into investment. In that way, our money works for us as we give attention to other things.

- Failing to put the Kingdom of God First

With the point on investment well made, it will be easy to understand that the Kingdom of God is the most viable enterprise to invest in. God gives us opportunity upon opportunity to test Him with our substance and see if He would not bless our finances. Yet again and again we fail Him. We have to be faithful in the payment of our tithes and be cheerful in the giving of

offerings as a way of investing in the Kingdom. We must know that we ourselves belong to the Lord as well as all the things we possess.

- Dishonest Gain

The Bible's position on dishonest gain is: "A person who gets money dishonestly is like a bird that hatches eggs it didn't lay. In the prime of life he will lose his riches, and in the end he is nothing but a fool" (Jeremiah 17:11, GNB). Dishonest gains make us miserable, and eventually plunge us back into the very poverty we were running away from in the first place. Besides, ventures that give dishonest gains are mostly illegal or have illegal deals.

Discussion

1. In which other practical yet Bible-approved ways can a believer improve his/her economic life?
2. How do you confront the opinion that Christians are only transient in this world and so are not to worry themselves with the 'business of making money'?
3. What are the recent job and business opportunities in the country and in your locality?

Conclusion

The God we serve is a wealthy God. He owns all things (Ps. 24:1, Hag. 2:8). His will and wish is that, His children, would prosper (3 Jn. 2). This notwithstanding, the Christian would have to work his way out of poverty into riches through hard work and diligence. God has promised to honour and bless such efforts of His children. The way out of poverty is a change of mindset, planning and hard work. We must be ready to pay that price to turn our economic lives around.



LESSON 67

LIVING HEALTHY CONSISTENTLY

3 John 1-3, 1 Thessalonians 5:23, Proverbs 3:5-8

Overview

God is concerned about how we keep our body and maintain our health because it is the ultimate vessel through which he works here on earth. Apostle John, in 3 John 2, prayed for good health for a disciple of Christ called Gaius. Our bodies belong to God (2 Corinthians 6:16) and we are stewards of our bodies. We must, therefore, endeavour to take good care of it.

Lesson Objectives

By the end of this lesson, participants should:

1. Know what health is.
2. Find out ways of living healthy.
3. Know some changes that take place in the body with ageing in order for them to offer assistance to their aging parents and relatives.

Resources/Resource Persons

A health worker (medical officer, nurse, pharmacist, dietician etc.), Psychologist, Counsellor or anyone who is well-versed in the subject.

Content Exposition

Health is a state of complete physical, social, mental (psychological) and spiritual well-being and not merely the absence of disease or infirmity.

We can remain healthy in the following ways:

Physical Health

- Frequent exercise, at least 30 minutes each day, three days in each week (brisk walk, jogging, jumping, etc.). This helps to improve blood circulation, improve the activity of the internal organs, strengthen the heart and other muscles, ensure activeness during the day and avoid a sedentary lifestyle.

- Eat well balanced diets. Minimize intake of oils, salts, red meat, processed- products, pastries and artificial spices. Rather, develop the habit of taking vegetables, fruits and herbs in appreciable quantities.
- Drink a lot of water (avoid excessively cold water), at least five (5) sachets/glasses of water (approximately 3000mls) daily.
- Maintain good sitting postures. Sit with the back straight and head in alignment. Avoid lifting very heavy objects and bending down for long periods of time as it strains some muscles and ligaments at the joints in the body. Sleep on a firm bed to keep the body well-aligned.
- Observe good hygiene daily (personal and environmental).
- Have enough rest; at least 5-8 hours each day. This will lessen stress, allow the body to revive itself and aid in boosting one's mood.
- Avoid unhealthy self-medication and negative addictions as much as possible.
- Go for regular check ups and promptly report any ailment to your physician.

Social

- Build healthy/helpful relationships. Avoid bad company or unhealthy relationships (1 Cor. 15:33).
- Live at peace with all men (Rom. 12:18).
- Abide by societal rules and regulations if they do not conflict with the Word of God (Titus 3:1; 1Pet 2:13-14).
- Forgive those who wrong you and sincerely apologize to those you wrong (Col 3:13, Lk 17:3-4).
- Find something good to do (work or trade) and do not be idle (Prov. 6: 6-11, 13:4).

Psychological/Mental

- Be content with yourself and with what you have.
- Add value to yourself through schooling, apprenticeship and other personal development opportunities. Read more if you are literate. It helps to build your mental faculty or ability.
- Receive information calmly and avoid exaggerations.
- See more of the positive sides of life rather than focusing mainly on the negatives. Difficult situations can be overcome.
- Control your emotions (build up self-control) as much as possible.

Spiritual

- Have faith and hope in God. (Rom. 5:5)
- Love God, love yourself and extend love to all others. (Lk 10:27)

- Study God's word constantly and obey. (1 Tim. 2:15)
- Pray always. (1 Thes. 3:9)
- Get rid of sinful ways and walk in holiness.
- Meditate on God's word. (Josh1:8)
- Have personal periods of fasting and spiritual revival (Matt 6:16, Isaiah 58:6-8).

Ageing

As we age the body goes through several changes:

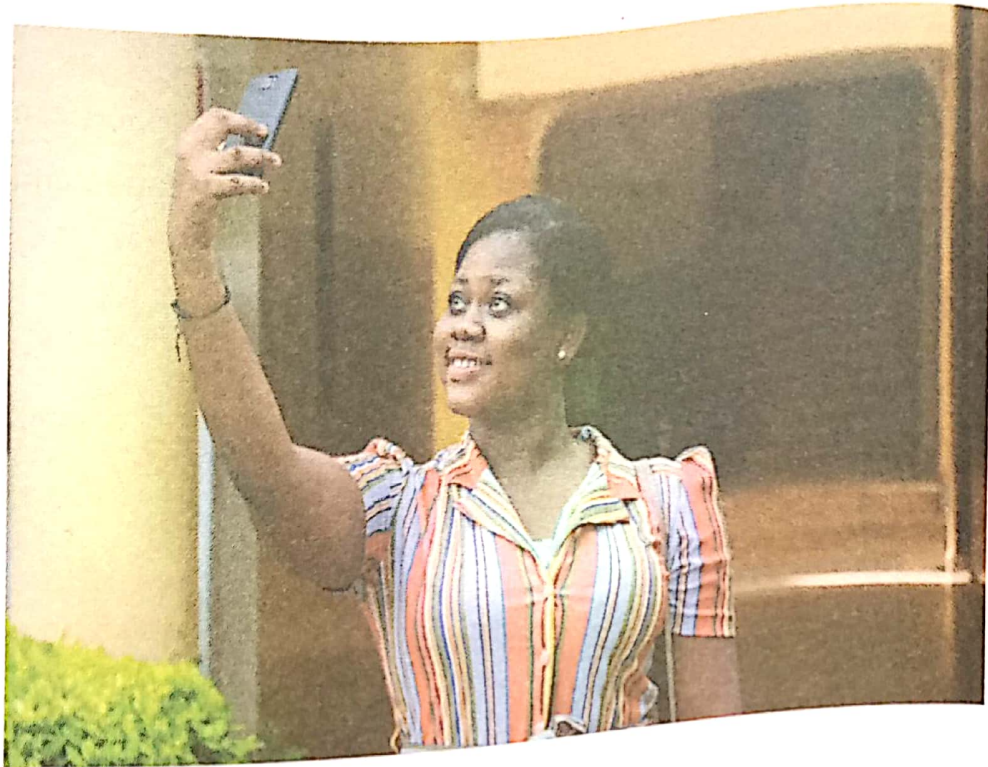
- Most muscles lose some elasticity.
- There is more accumulation of fat in the lumen of blood vessels and the body's ability to handle salts taking through our meals is reduced.
- Organs such as the heart, liver and kidney become less efficient in carrying out their normal functions.
- The senses- sight, touch, smell, hearing and taste -are reduced.
- Thinning of hair and skin which leads to hair loss and wrinkles respectively.

Discussion

- In what other ways can I maintain my health?
- Which activities can be harmful to my health?

Conclusion

We have to maintain our health consistently so that God can continue to use us as vessels to bless the Church, the nation and the entire world.



LESSON 68

BUILDING A HEALTHY SELF IMAGE

Overview

Self-image is the mental picture an individual has of himself or herself as he/she looks into the mirror of life. This mental picture may be influenced by a number of factors which include family background, upbringing and life experiences, physical appearance or looks, educational level, economic status as well as past mistakes or achievements. A person's self-image can be too

high or too low. Maurice Wagner, a Christian psychologist, wrote that "an adequate self-image is a precious possession whilst an inadequate self-image is a handicap." A healthy self-image is one that is balanced and can be favourable, commendable, promising and suitable.

Lesson Objective

At the end of this lesson, participants must:

1. Be able to explain what is meant by self-image.
2. Learn to see themselves as God sees them.
3. Appreciate how to build and maintain a healthy self-image.

Resources/ Resource Person

- Christian Counselling by Gary Collins
- Handbook on Counselling Youth by Josh McDowell
- A Pastor, Psychologist, Christian Counsellor or matured Christian who can handle the subject well.

Content Exposition

How one thinks of himself/ herself influences every aspect of the person's life, including academic and job performance, marriage, personal choices, relationship with others etc. Unhealthy self-image results in insecurity, guilt, pride, low productivity, fears etc.

Josh McDowell in his book "His Image...my Image"(1990), defines a healthy self-image as 'seeing yourself as God sees you'. This definition means that self-image is having a realistic view of yourself from God's perspective, as portrayed in His word. The distorted and unhealthy self-image in our minds will decrease as we apply these biblical truths to ourselves. The Christian's self-image must be built on the following truths:

1. We have all been created in the image of God and are special in God's sight. (Gen. 1:26-27; Psalm 139:14)
2. Everyone has the potential of becoming a child of God. (John 1:12-13)
3. Once I have confessed and accepted Jesus Christ as my Lord and Saviour, I have received forgiveness and become a child of God by adoption. (Eph. 1: 3-8)
4. I have the Holy Spirit who lives in me and helps me live an overcoming life. (2 Tim 1:7; Rom. 8:26-28)
5. God has a good and perfect plan for my life. (Ps. 139:16, Jer. 29:11)
6. My future is secured in Christ. (2 Tim. 4:18)
7. I have been blessed with all that I need for life and godliness. (2 Peter 1:3)
8. My weaknesses are to help me depend on the grace of God. (2 Cor. 12:9)
9. My life is not in the abundance of the things I possess. (Luke 1: 15-31)

10. I am a steward of everything I possess. (1 Peter 4:9-10)

How to Maintain a Health Self-Image

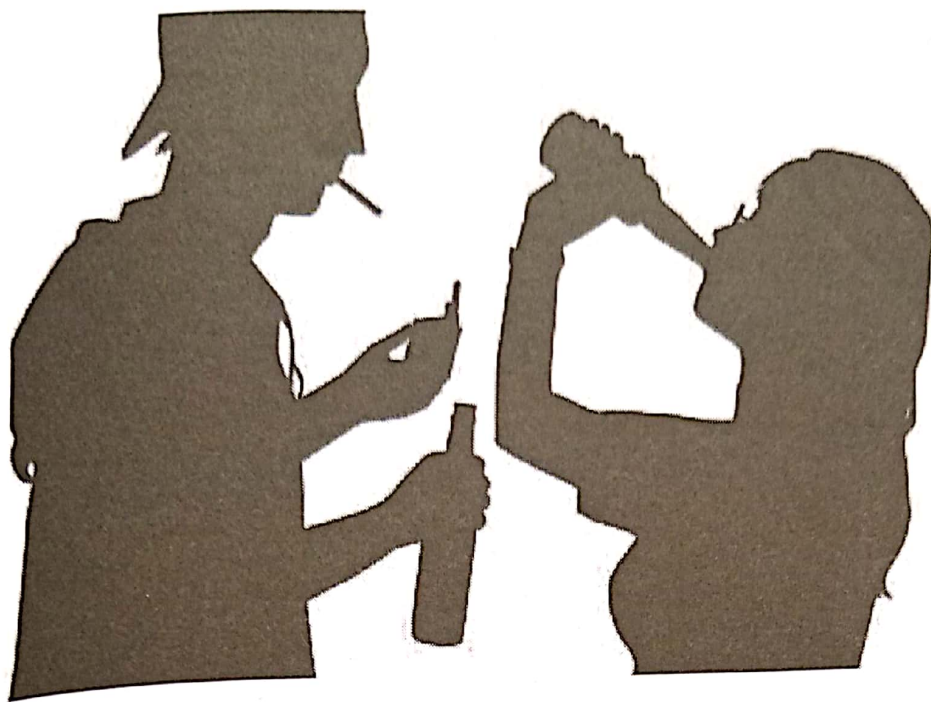
1. Live a life worthy of a child of God. (Eph. 4:1-2; Col. 1: 10; 1 Tim. 4:7-8)
2. Avoid negative and unrealistic thoughts and feelings about yourself by continually believing in what God says you are. (2Tim. 1:7; Rom. 12:3; Phil. 4:8)
3. Prayerfully consider your God-given potentials and develop them. (Ps. 139: 13-16)
4. Maintain a neat, modest and healthy appearance as this can affect other people's perception and respect of you. Do not, however, be obsessed with your looks. (Exod. 28: 2; Daniel 1:12; 1 Sam. 9:2, 1 Peter 3:3-4,)
5. Be diligent in whatever your hands find doing, but reflect the glory back to God. Do not be puffed up by your achievements or look down on others who are less fortunate. (Prov. 11:2; 2 Chron. 26:16).
6. Serve others and the church of God with your potentials. (1 Peter 4:8-11)
7. Honestly admit your mistakes and work at improving it without looking down on yourself.
8. Do not despise your weaknesses; they keep you dependent on the grace of God. (2 Cor. 12:9)

Discussions

What are some of the things that affect our self-image negatively?
How can we as a family of God help each other to build a healthy self-image?

Conclusion

By reason of the Spirit of God in us we belong to the family of God and possess all we need for life and godliness. This truth should give us a good self-image and inform our self-worth. Our needs, challenges and weaknesses will not prevent God from bringing us to a perfect end once we depend on Him.



LESSON 69

THE ROAD TO ADDICTIONS

James 1: 13-16

Overview

An addiction is any thinking or behaviour that is habitual, and very difficult or impossible to control regardless of the consequences. Addiction begins with a single step of a negative choice. Consistency on such a path will eventually land you in the bondage of an addiction. We must not become slaves to anything because Christ has set us free. Addictions vary and it

may be to sex, drugs, food, internet, television, work etc. This lesson seeks to teach us the dynamics and process of becoming addicted to anything.

Lesson Objectives

- To understand the dynamics of addictions.

Resources/Resource Persons

A recognised psychologist, counsellor.

Christians Counselling by Gary R. Collins, Chapter 35, Pg 681- 700

Content Exposition

The flesh has its desires which constantly wage war against the Spirit of God in the believer. If we walk in the Spirit, we will not be controlled by these fleshy desires (Galatians 5:16-17). These desires, when fulfilled, get stronger and stronger such that if one is not able to overcome them, one becomes habitual in the practice of gratifying them. That is how one becomes addicted. Addiction brings its victims to a state of bondage or slavery to a strong passion or urge to do something and without fulfilling it, the individual becomes distracted and disorganised until his/her passion has been satisfied.

Addiction begins with a thought process of “just a try”, out of curiosity or peer pressure. Once a person starts, there is reminiscing of the pleasure, ecstasy, comfort or calm he

went through (though shortly) and an urge to try again. The following are some social causes of addiction:

1. Expensive and seductive marketing strategies of manufacturing companies. For example, giving of free alcoholic drinks during festivals, free distribution of condoms during Hall Week celebrations on university campuses etc.
2. Peer Pressure
3. Family and relationship problems: People having relationship and family problems tend to abuse alcohol and harmful drugs in their bid to forget their problems.
4. Abuse: People who have gone through some form of abuse tend to use addictive substances (alcohol, harmful drugs) to mask their struggles with low self-esteem.

Most addictions come as a result of a particular need, whether physical, emotional, social or psychological or a means of escape from a difficulty/problem. This goes on and on until the individual becomes engrossed in it and finds it difficult to break from it. Addiction brings pain and guilt and has effect on all other issues of one's life. The addict, however, has the power of choice to overcome the state of addiction.

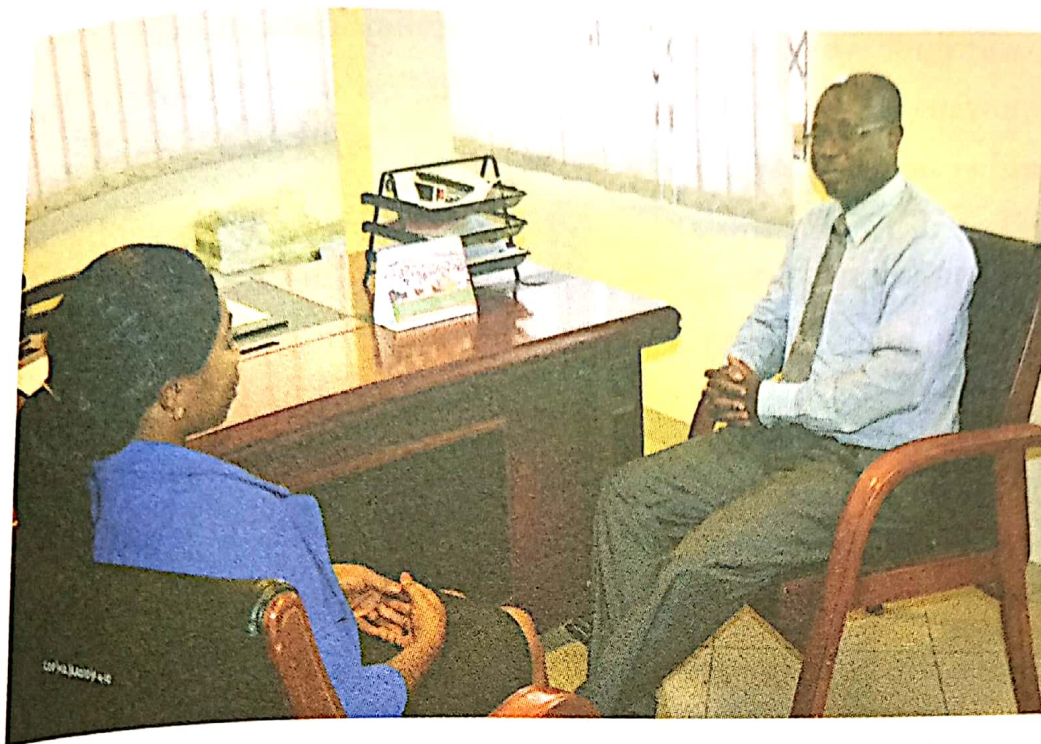
Discussion

- What are some of the things that people get addicted to? Discuss details.

- Can addiction be completely overcome?

Conclusion

Be careful of what you feed your mind with either by audio or visual. Avoid experimenting with anything that has the potency of negatively affecting your life since addictions begin with experimentation. Addiction can destroy one's whole life and dreams.



LESSON 70

BREAKING ADDICTIONS

Hebrews 4:13-16, 2 Corinthians 5:17

Overview

Addiction puts the addict in a state of misery and it is very necessary to deal with and overcome it. It is progressive and if no attempt is made to overcome it, it dares for more. It keeps calling its victims to the next level and can be very devastating. Addiction comes with a short-term gain/ pleasure but leaves a long-term

pain/ guilt which captivates the entire life of the individual. As we stated in our previous lesson, addiction can be broken. The addict has the power of choice to work towards overcoming it.

Lesson Objectives

By the end of this lesson, participants must know:

1. Possible challenges with breaking from addictions.
2. How to overcome addictions.

Resources/Resource Persons

A seasoned psychologist, counsellor, or minister of the Church.

Content Exposition

Overcoming Addictions

- Most addicts deny the fact that they have become addicted. In seeking to overcome an addiction, the addict must accept that he has a challenge and needs help.
- There is the need to see a counsellor; preferably one who has specialised in helping people with such a problem.
- The addict must pray about it. Ask for God's help and surrender your will and life to Him. God is ready to help us when we call on Him. His power is made perfect in our weakness. There is nothing impossible for God.

- Positive (Healthy) family/ community support is necessary (Ecclesiastes 4:9-10). Many who face addiction feel ashamed and unworthy of God's love and, therefore, draw away from people. Rather than further rejecting them, the family and the church/ community should accept them and communicate God's love to them. God is interested in saving the lost and restoring the unwell (Luke 19:10, Matthew 9:11-13, Romans 5:8, Gal 6: 1).

Possible Challenges with Breaking an Addiction

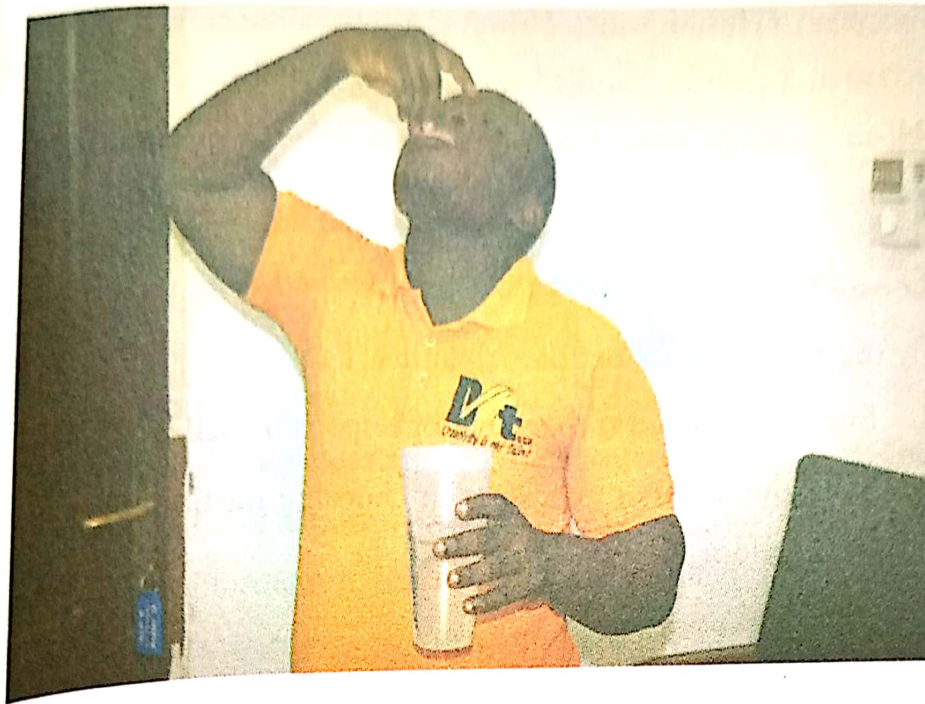
When one has had an addiction for a long period of time, especially with drugs or alcohol, some withdrawal symptoms may be experienced in an attempt to break the addiction. The extent, however, varies from individual to individual and also depends on the duration and quantity of drug/ substance usage. Symptoms such as confusion, disorientation, anxiety, impulsive shaking of the body (in severe cases of addiction) may be experienced but medical experts are able to deal with these when it becomes necessary.

Discussion

- Identify some addictions.
- How can one break away from these addictions?
- How can I help anyone who has the challenge of addiction?

Conclusion

God has given us power to overcome every negative situation we face. God's plan for all mankind is for us to gain freedom from the bondage of sin and have a free conscience. Through the power of God you can get rid of anything that entangles you (Galatians 5:1) and live a fulfilling life full of joy in the Lord Jesus Christ.



LESSON 71

RESPONSIBLE SELF-MEDICATION

3 John 2, 1 Thessalonians 5:23

Overview

Responsible self-medication is the practice whereby individuals treat their ailments and conditions with medicines which are approved and available without prescription, and which are safe and effective when used as directed (World Health Organization). We are not by this lesson advocating self-medication. The expertise of doctors, pharmacists and nurses must be consulted

always on all health issues. However, simple ailments of common occurrence may be handled through a well-informed system of self-medication. Some issues worthy of note are treated in this lesson.

Lesson Objectives

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

1. State and explain the concept of responsible self-medication.
2. State the factors to consider in choosing medicines for self-medication.
3. Describe the risks of self-medication.

Resources/ Resource Persons

A pharmacist, medical officer, nurse or any health worker who is versed in the subject.

Content Exposition

Responsible self-medication requires that:

1. Medicines used are of proven safety, quality and efficacy.
2. Medicines used are those indicated for conditions that are self-recognizable and for some chronic or recurrent conditions (following initial medical diagnosis). In all cases, these medicines should be specifically designed for the purpose, and will require appropriate dose and dosage forms.

As much as we are responsible for our own health, we must note that some medicines are strictly by a doctor's prescription due to safety issues.

Choosing Drugs for Self-medication

The drug or medical product must possess these qualities:

- International Non-proprietary Name (INN) of each active ingredient.
- A brief and simple description of pharmacological effects and mechanisms of action.
- Clinical information (indications, dosage regimen, contra-indications, warnings and precautions).
- Pharmaceutical information (name and address of manufacturer and/or marketer, storage conditions and expiry date, excipients, allergic reactions, pack sizes, etc.).
- Approval from an international or a national standards body.

For safety and effective results of non-prescribed drugs, the consumer must assume these roles of the physician or pharmacists to an extent:

- Accurate recognition of the symptoms.
- Setting of therapeutic objectives.
- Selection of product (drug) to be used.
- Determination of appropriate time schedule for the right dosage.
- Take into account your medical history, contra-indications, concomitant diseases, concurrent medications, among others.

- Monitoring of the response to the treatment and of possible side effects.

(Most of the time, these information are written on labels or leaflets accompanying medicines. Anyone who can read can therefore access them). In simple terms, it is important to be well informed about your condition and the medicine you intend to take before self-medication.

Potential risks / Dangers

These risks are higher in ordinary individuals with no specialised knowledge in principles of pharmacology and special characteristics of the medical product.

They include:

- Incorrect diagnoses leading to wrong therapy, inadequate or excessive dosage.
- Failure to seek immediate medical treatment which may lead to deterioration of health condition.
- Failure to recognize or self-diagnose contra-indications, precaution and warnings.
- Risk of taking same active substance under different names as products with different trademarks may have the same active ingredient – risk of double medication.
- Overdependence and abuse of drug.
- Excessively prolonged use of drug.

- Food and drug interactions.
- Risk at work or in sport.
- Incorrect route or manner of administration.
- Wrong storage.
- Increase in drug- induced diseases.

Activity

Share individual experiences of self -medication and its impact (positive and negative).

Discussion

- Under what circumstances must self-medication be avoided at all costs?
- What other means can you use to establish and maintain good health?

Conclusion

The purpose of this study has not been to promote self-medication, but to guide people towards responsible behaviour where self-medication may not be avoidable. In selecting medical products for self-medication, aim at exploiting the benefits, eliminating or minimizing the risks and dangers. Indeed, self-care does not always require use of a medicine but others such as healthy eating etc. Let us state again that we are not by this lesson encouraging people to self-medicate at the least opportunity. The services of a qualified medical doctor, pharmacist and nurse must never be replaced by the occasional need to self-medicate.



LESSON 72

HEALTHY COOKING AND EATING

1 Thess 5:23, 3 Jn 2, Leviticus 1 :13a, Leviticus 4: 8a

Overview

Our bodies are very important for us in this material world. Our inability to take care of our bodies can result in all manner of diseases and even death. Medical conditions such as diabetes, coronary heart diseases, hypertension, osteoporosis, obesity, some

cancers and arthritis are related to the kind of diet we consistently take. In the Old Testament, God gave the Israelites several laws that regulated what they could eat and not eat in order to ensure good health. One of the things that ensures good health is cooking our food in the right way. Also practising basic hygiene during food preparation prevents diseases such as typhoid fever, cholera, hepatitis and dysentery.

Lesson objectives

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

1. Understand what good nutrition entails.
2. Know how cooking can affect nutrition.
3. Make the necessary changes to improve your health through healthy cooking and eating.
4. State the importance of hygiene during food preparation.

Resource person/resources

- A health worker
- A nutritionist/ dietician
- A caterer

Content Exposition

Cooking goes beyond getting food ready to be eaten. One has to choose ingredients from the six food groups to ensure adequate supply of all the necessary nutrients. Cooking should retain most

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- **Fats and oils:** they are found in butter, all types of oils, nuts etc. Fats and oils provide energy to fuel the body. They are also needed for the absorption of fat soluble vitamins. Fat deposits beneath the skin help in regulating body temperature and around major organs (such as heart and brain), nerves, tissues and bones protect them from trauma and injury. Fats should always be regulated in our diets due to the risk of hypertension, heart diseases, strokes, diabetes and certain cancers.
- **Water :** the human body is about 60-70% water. It acts as a medium to support many metabolic reactions. As the main component of blood, water carries nutrients, hormones and other compounds to cells as well as aids in the excretion of metabolic wastes from the body. Regular intake of water prevents dehydration and its associated problems.
- **Roughage :** found in foods such as whole grains, fruits and vegetables. Though roughages are not digested, they aid in digestion by keeping bowel movement smooth and preventing constipation.

To derive the best from the food we eat, we must observe some guidelines:

1. Eat less refined foods.
2. Do not over-cook your vegetables.
3. Wash your fruits and vegetables well with vinegar or salt solution.

4. Snack on fruits instead of sweets and other high-calorized diets.
 5. Avoid late night eating.
 6. Your calorie intake should match your daily activity level.
- “We are what we eat.” If this statement is true then we must put in effort to eat right by observing the following rules.

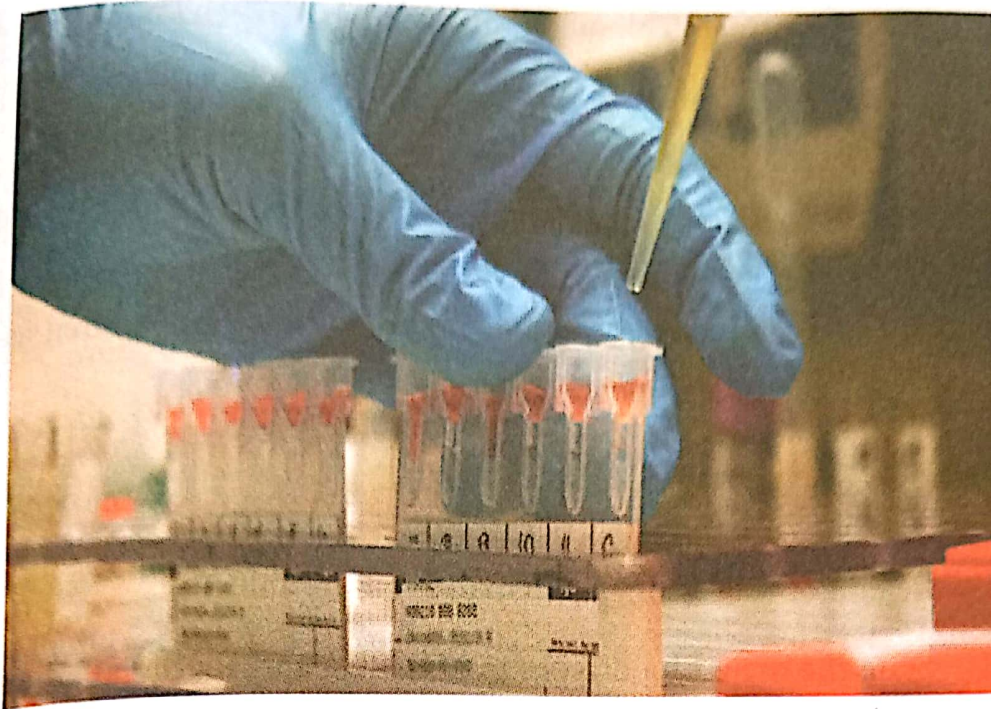
1. Enjoy your food, but do not over eat.
2. Make half your plate fruits and vegetables.
3. Make at least half your grains whole grains.
4. Switch to fat free or low fat (1%) milk.
5. Drink water instead of sugary drinks.
6. Observe basic hygiene such as handwashing with soap and water when handling food to avoid food poisoning or contamination.
7. Try and eat food in their natural state eg banana, orange, pawpaw, water melon etc.

Discussion

- What is the importance of the various nutrients to the body?
- What are the hindrances to healthy cooking and nutrition?

Conclusion

If we abuse our bodies by eating wrong foods, the body reacts by getting sick which may lead to death. For us to accomplish our God-given task on earth, our physical bodies must be in good condition to house our soul and spirit.



LESSON 73

BLOOD GROUPINGS AND CRITICAL HEALTH CONDITIONS

3 John 2, Thess 5 :23, 1 Thess. 5:23

Overview

The blood volume of an adult is approximately 5 litres. The primary components of blood are Red blood Cells (RBCs), white blood cells (WBCs), platelets and plasma. RBCs have inherited antigenic substances (blood group antigens) on the surface of their membranes. An individual's blood type is one of many possible combinations of blood group antigens. Over 600 different blood

group antigens and 35 blood group systems have been found. The most important of these blood group systems for safe transfusions are ABO and RH systems. The sickle cell disease (SCD) is a genetic blood disorder that affects the haemoglobin within the red blood cell leading to very critical health condition. It has major social and economic implications for affected children as well as their families.

Lesson Objectives

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

1. State the main blood types in the ABO and Rh blood group system.
2. State some main health implications of blood groups.
3. Take steps to identify their blood groups and types, and the associated weaknesses.
4. State the importance of knowing one's sickling status before marriage.

Resources/ Resource Persons

Health worker: pharmacist physician, biomedical scientist or a nurse.

Content Exposition

The ABO system is the most important blood-group system in human-blood transfusion. There are four major blood groups determined by the presence or absence of two antigens – A and B – on the surface of red blood cells:

- Group A – has only the A antigen on red cells (and B antibody in the plasma)
- Group B – has only the B antigen on red cells (and A antibody in the plasma)
- Group AB – has both A and B antigens on red cells (but neither A nor B antibody in the plasma)
- Group O – has neither A nor B antigens on red cells (but both A and B antibody are in the plasma).

Each of these blood types can be either RhD positive or negative. A person's blood type is inherited from the two parents.

Phenotype	Genotype
A	AA or AO
B	BB or BO
AB	AB
O	OO

Sickle-cell disease (SCD) is also a group of genetically transferred blood disorders which results in an abnormality in the oxygen-carrying protein haemoglobin found in red blood cells. This leads to a rigid, sickle-like shape under certain circumstances. Sickle cell patients are prone to anaemia and a number of crises.

When the hemoglobin S gene is inherited from only one parent and a normal hemoglobin gene is inherited from the other, a person will have sickle cell trait. People with sickle cell trait are generally healthy. However, if the other parent also has sickle cell trait or another abnormal hemoglobin gene (like thalassemia, haemoglobin C, hemoglobin D, haemoglobin E) and transfers that abnormal gene to the child, he/ she then gets the sickle cell disease.

Significance of Blood Group

1. **Blood Transfusion:** A person's blood type determines who he can donate or accept blood from. People with blood group O are universal donors but cannot accept blood from any other blood group. Blood group AB can accept blood from all the other blood groups but cannot donate to any other.

2. **Pre- Marriage Considerations**

Couples who are both sickle cell carriers have 25% chances of given birth to a child with sickle cell disease. When such couples understand the risks involved before they marry, they are able to

decide whether or not they wish to proceed with their marriage.

3. Pregnancy

The knowledge of a couple's rhesus (Rh) factor status is also very important in pregnancy. When an Rh negative mother's blood comes into contact with an Rh positive baby's blood, the mother's blood develops antibodies which fight against the baby's red blood cells. This may lead to haemolytic anaemia leading to the death of the baby. This problem can be prevented by given a shot of Rhesus Immunoglobulin (RhIg) to the mother.

Discussion

1. Why do you think it is necessary to know your blood group and type?
2. How can you reduce any risk associated with your blood group or type?

Conclusion

It is important to know your blood group and sickling status because it will guide decisions you make concerning choosing a spouse, blood transfers etc.



LESSON 74

ENVIRONMENTAL STEWARDSHIP

Deut 23:12-14, Genesis 2: 15

Overview

The environment is everything that makes up our surroundings and affects our ability to live on the earth—the air we breathe, the water that covers most of the earth's surface, the plants and animals around us, and much more. The involvement of today's youth in caring for the environment, development, decision-making and programme implementation is critical to sustainable

development. Future generations are vulnerable to environmental risks associated with, for example, access to clean and safe drinking water if we fail to protect our environment today. God loves and enjoys all that He has created (Ps. 145:16-17). He, thus, instructed man to take good care of them in Genesis 2:15. Where do we draw the line between using creation for our own good, and abusing it?

Lesson Objectives

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

1. Explain what environmental stewardship means.
2. Explain some practices that destroy the environment.
3. Describe the effects of environmental destruction on human life.
4. Mention how the youth could contribute to environmental protection.
5. Discuss the benefits involved in protecting the environment.

Resources/Resource persons

Environmentalist or Natural Resource Manager, health worker.

Content Exposition

It is important for a Christian to be concerned about the environment. Psalm 19:1 says: *"The heavens are declaring the glory*

of God and the firmament proclaims his handiwork." Throughout the process of creation, God pronounced what he had created as "good", even "very good" (Genesis 1). How should a Christian respond if that goodness is being damaged through human activity?

The primary purpose of the earth is twofold: to manifest God's glory and to serve man's need of a habitat where he can fulfil the purposes of God. As stewards, we are expected to manage God's creation. Stewardship is collective, the service provided to man by a particular resource is not intended for only one man. Rather, the resources of the earth are intended for all humanity, and our use of them should reflect this solidarity.

Youth participation in environmental protection ranges from grass-root activism and participation in conservation projects to policy-making and formation of NGOs for environmental protection. The following are examples of ways in which we can contribute to the protection of the environment:

- Avoidance of practices such as littering, urinating and defecating in water bodies.
- Emission reduction: Avoiding the use of cars when destination is within a walking distance, conserving electricity and creating less waste can reduce our carbon footprint and help fight global warming.
- Participation in public education in churches, communities

as well as to our families and friends.

- Environmental awareness: the role of youth is central, for it is in the rising generations that heightened awareness can most easily be achieved.
- Organize clean-up exercises.
- Participation in afforestation and reforestation programmes.
- Formation of environmental protection groups.
- Participation in recycling programmes.
- Avoidance of chemical pollution, oil spillage, bush burning, choking of gutters, bush clearing, effluent disposal, smoking.

Discussions

Lead participants to discuss the following:

- Ways through which the youth could destroy the environment.
- Benefits derived from the protection of the environment.
- Effects of “galamsey on our health and the environment.

Conclusion

The youth can play key roles in protecting the environment through grass-root activism, participation in conservation projects, involving in policy making on environment and implementation within your locality as well as observing their personal hygiene.

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 (2 Timothy 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; Romans 3:23).

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 1:21; 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 13 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 28:19-20; 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 5:22-23).

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).

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; 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

O ALL YE YOUTH

STANZA 1

O all ye youth, arise and shine
For the trumpet of the Lord
Is sounding soon
O youth! (O youth!)

CHORUS

Arise and shine
Remember your Creator now
We are the saints
Waiting for the Lord Jesus
Are you ready to be raptured?

STANZA 2

Dead bodies can never
Ever praise the Lord
O youth, arise and shine
O youth! (O youth!)

CHORUS

Arise and shine
Remember your Creator now
We are the saints
Waiting for the Lord Jesus
Are you ready to be raptured?

ARISE, ARISE AND SHINE

Arise, arise and shine
All Youth of Pentecost
To serve your Lord (and) Maker
With all your heart

CHORUS

Arise and shine
Arise and shine
To serve the Lord your Maker
With all your heart

SYLLABUS FOR YOUNG ADULTS

In this era of knowledge explosion, the Youth Ministry of THE CHURCH OF PENTECOST recognizes its duty to equip the youth and for that matter, all Christians, to be able to serve God in a complex, sophisticated and morally challenging post-modern world.

Effective youth work in contemporary times requires well balanced, spiritually stimulating, intellectually sound and culturally contextualized teaching and learning materials.

This syllabus is therefore designed to help leaders as well as our most treasured YOUNG ADULTS to engage with everyday issues of life, using scriptures as "Pathfinder" and hermeneutic; showing the way and giving meaning to our day to day choices and actions.

Unlike the content of a traditional syllabus, some teaching notes have also been infused into the material to make it easy for teachers to teach everywhere they may find themselves.

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