

# #1 IS PURITY POSSIBLE?

THE **BARE FACTS** TEACHING OUTLINE

Total time: 60–90 minutes

## Start Youth Group Discussion 10-15 minutes

**Intro:** Say: “When it comes to sex, our culture has told you some whopper lies. One of the biggest lies is that waiting is unrealistic. We’re going to tackle that lie head on during this session and look at some proof that sex is at its best when it is saved for marriage.”

**Hook:** Ask students to come up with a top 10 list of the ten biggest lies about sex told by our culture.

**Big Question:** Is purity possible?

## Video and Discussion 30-45 minutes

- Group watches chapters 32-39 on the *Bare Facts DVD*. Estimated viewing time 31 minutes.
- Students break into discussion groups. Peer leaders ask the questions under Section 4 found on pages 124-125 in the *Bare Facts* book. Estimated discussion time: 10-20 minutes (depending on the group)

## Wrap Up 20-30 minutes

### Action steps for the leader

1. Bring the group back together as a whole.
2. Remind students that it is realistic to expect them to wait because God would not call them to purity if it was impossible. Ask students to write down as many answers as possible to the following prompt. “I will stick to God’s plan for sex because...”
3. Allow time for a few students to share their answers.
4. Give the **big answer** to the **big question**  
Say: “Purity is possible. Don’t let the culture lie to you by telling you that waiting is impossible or that you need to give marriage and all

Is purity  
possible?



# #9 IS PURITY POSSIBLE?

THE BARE FACTS TEACHING OUTLINE

Total time: 60–95 minutes

of its benefits a trial run. In order to experience maximum sex and intimacy, make it a goal that on your wedding night you will be an amateur in sex and a professional at your relationship.”

5. Leader tells a story to illustrate the **big answer**

Ask one or two students to briefly share their commitment to purity and why they have decided to wait.

Remind students that 47 percent of graduating seniors are virgins by their own admission. Tell them that if they are waiting, they might be tempted to feel like the only virgin on the planet, but it simply isn't true. There are millions of young people around the world who are choosing to wait to have sex until they are married. Those who have made it to the altar without giving away the gift of their virginity will tell you it was worth it.

6. Leave the students with a challenge.

Ask students to find a friend with a shared commitment to purity and to set up specific ways to hold each other accountable to continue to make the choice to wait.

7. Leader (or selects volunteer) to close in prayer.

## End Youth Group Discussion

Is purity  
possible?

