

HOW DO I KNOW?

THE **BARE FACTS** TEACHING OUTLINE

Total time: 70–90 minutes

Start Youth Group Discussion 5-10 minutes

Intro: Say: “Talking about sex can bring up some tough questions. Did you know that God promises that when we have questions, we can come to Him for answers?”

Read James 1:5

The Bible says we can ask God for answers to our questions and He will give generously, without finding fault. During this session, we are going to listen to God’s answers to some tough questions about sex and love.”

Hook: Ask students if they know of any Bible verses that can answer each of the following questions. If they don’t know any Bible references off the top of their heads, assure them that you are going to dig up the answers together during the session.

- How can I be and feel forgiven?
- How can I know the person loves me?
- How do you know God’s will?

Big Question: How do I know God’s plan for me?

Video and Discussion 55-65 minutes

- Group watches chapters 40-44 on the *Bare Facts DVD*. Estimated viewing time 46 minutes.
- Students break into discussion groups. Peer leaders ask the questions under Section 5 found on pages 125-126 in the *Bare Facts* book. Estimated discussion time: 10-20 minutes (depending on the group).

Wrap Up 10-15 minutes

Action steps for the leader

1. Bring the group back together as a whole.
2. Ask students to role play talking to a friend with each of the following questions. Have them practice what they would say in each scenario.

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#6 HOW DO I KNOW?

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- A friend sinned sexually and feels like God will never forgive him/her.
- A friend is in a serious dating relationship and wants to know if they are experiencing true love.
- A friend is a new Christian and is unsure how to determine God's will in the area of romantic relationships.
- A friend desires to save sex until marriage but worries that when the temptation arises he/she won't be able to say "no."
- A friend is in a romantic relationship and is wondering, "How far is too far?"

3. Give the **big answer** to the **big question**

Say: "We know from God's Word that it is His will for us to abstain from sexual immorality. We also know, from the Word, that God wants us to be filled with His Spirit. He wants to teach us to be more and more like Him. He has promised that when we need answers we can ask Him. You can know God's plan for you because He has already revealed it through His Word and desires a relationship with us where we can learn more and more about Him."

4. Leave the students with a challenge.

Ask students to write out the progression of physical activity from eye contact to intercourse. Invite them to pray about their commitment to purity for one week and specifically ask God where He would like them to draw the line of physical activity. Then encourage them to draw a line on the paper where they outlined the steps toward sex at the point where they want to stop until marriage. Encourage them to share their answers with a parent or trusted mentor and to ask for continued accountability and prayer.

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

End Youth Group Discussion

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