

## **Session 7: I'm Worth Waiting For**

*Supplies for this session: 2 random objects, 4 cups labeled: Effects on You, Effects on Your View of the Opposite Sex, Effects On Your Future Marriage, and Effects on Society, Effects of Porn paper slips - cut, print out of Effects of Porn Answer Key, laptop/projector to show video, Ted Talk Quotes printed out, tape.*

### **1. Welcome & Check In (5 minutes)**

- Welcome everyone to their seventh session!
- Introduce what the session will be about:
  - The impact of The Fall on our society
  - The value of purity
  - Difficulties we face in living a pure lifestyle
- Share what they can gain from their investment into the session:
  - An understanding of why our world is the way it is because of The Fall
  - A better grasp on why we practice purity
  - Some tips and tools to living a pure lifestyle

### **2. Play an Icebreaker (10 minutes)**

#### *Group Juggling*

- Have everyone stand in a circle and stretch out their arms with fingers touching so that they are not too close.
- Explain that you will be tossing an object to an individual while saying their name.
- The person who catches the object tosses it to someone else, saying the receiver's name.
- Remind them to pay close attention so that they know names of people are ready to toss the object when they receive it.
- Use a ball, stuffed animal, or other soft object for tossing.
- To make it more challenging, start throwing in other objects at the same time.

### **3. Review Homework from Last Week (10 minutes)**

- Share what area of church internship they chose and how they are going to complete their 3 hours before the completion of II Shim.
- Share how they designed their family mission statement and where they displayed it in their home.

### **4. Read the Session Reading (10 minutes)**

- Read through the "Session 7: I'm Worth Waiting For"
- This reading can be a bit uncomfortable, or awkward, to read in just partners. So it may be a better idea to read altogether if you're in a

small group, or split them into 2 groups. Take turns reading aloud, and stop at the end of each section to discuss and have them highlight one or two main thoughts.

#### 5. **Discussion: (20 minutes)**

- Say, “we’re going to watch a TED Talk on a woman who, growing up, was told not to date until marriage by her strict Nigerian parents. At first, she didn’t want to wait and dreamed of her first time with someone being fancy, with candles and rose petals. However, she began to learn that the vision of what she wanted wouldn’t be found by a young high schooler or college student who didn’t even know who he was yet or what he wanted in life. She decided to wait for the right person for her, saying ‘The wait is sexy’ and lays out 5 things that are worth waiting for.”
- Show video, **starting at the 7:04** min mark.
  - [www.youtube.com/watch?v=8zw7AXwnb8M](http://www.youtube.com/watch?v=8zw7AXwnb8M)
- After the video, have 3 Ted Talk Quotes sheets taped on the walls in separate parts of the room. Each one should have the following quotes from the video:
  - “Wait on purpose and not in fear.”
  - “You have to know your own standards, and you have to set them for yourself.”
  - “I don't get mad if somebody doesn't like me for me, they are just not the one for me.”
- Give some time for participants to walk to each quote. Have them write the quote in their Il Shim notebooks and what each one means to them.
- After everyone’s finished, have them turn to a partner and share each quote meant to them.

#### 1. **Personal Reflection Points (7 minutes)**

Allow some quiet time for the youth to write and/or think about these questions in their Il Shim notebooks. Feel free to play some quiet and reflective music in the background.

- What tips do you use, or want to use, to keep yourself accountable in terms of living a pure life?
- Why do you feel waiting to have a romantic relationship until marriage is important?
- What activities, adventures, and experiences do you want to invest your time in now instead of spending your time dealing with crushes, dating and/or temptation/pornography?

## 2. **Activity: Identifying the Effects of Porn (10 minutes)**

- Take the 4 cups labeled Effects on You, Effects on Your View of the Opposite Sex, Effects On Your Future Marriage, and Effects on Society.
- Mix up and evenly hand out the cut Effects strips to each person.
- Say, "Puremind.online is a great website that is connected with our faith's High Noon program. This program is working to battle and end society's pornography epidemic. We read that porn is something many youth face, especially with such easy access using the internet. This habit will often continue into adulthood. It can be satisfying and provide pleasure, but only for an instant, which can make this an addiction for many people. We're going to identify the different effects that come with the porn addiction. You were each given a few of the effects that it can have, and you're going to decide into which cup category it falls under."
- Have each participant read one of their given paper slips and think which cup it goes into. If correct, they can place it in the cup. If not, have them try again and tell them where it really goes. Use your given list to know the answers.
- After, have a quick closing, asking them what their thoughts were on hearing about the many effects porn can have.
- Tell them that if any of them are struggling with this, or would like to talk more about it, they can meet with you anytime. Porn is hard for young people to talk about, and may need a private, yet inviting space to do so. Try your best to provide that and the opportunity to talk for them if needed.

## 3. **This Week's Homework: (5 minutes)**

- Fill out the "My Plans for My Internet" form in your packet and go over your answers with your parents.
- Write 2-3 paragraphs in response to the prompt, "The Kind of Husband/Wife I want to be."
- Read from the Cheon Seong Gyeong Book 1, Chapter 4, Section 1: The Parent whose position was usurped (pages 98-100). At the end of each paragraph share a summary with your parents about the meaning of that section.
- Here are some optional resources to learn more about the impact of pornography on your mind and body:
  - [www.fightthenewdrug.org](http://www.fightthenewdrug.org)
  - [www.youtube.com/watch?v=Bb1hkljcSJQ](https://www.youtube.com/watch?v=Bb1hkljcSJQ)
  - [www.youtube.com/watch?v=flh8gnC6J1s](https://www.youtube.com/watch?v=flh8gnC6J1s)

#### 4. **Closing Prayer (3 minutes)**

Offer a closing prayer focusing on surrounding ourselves with a good environment so that we can nurture our purity and prepare for our future blessings and marriages.

### **Session 7 Reading: I'm Worth Waiting For**

In Session 2, we learned when God created us He/She envisioned each of us building lives of love, joy, and fulfillment. We also learned that God invested His/Her entire self into creation with the hope that it would become a world full of happy families living in happy communities. And yet, when we look at the world around us, we see that it is far from God's hope. We can't help but ask ourselves, what happened? How did the world stray so far from God's ideal? The answer to that can be found by looking at the story of our first human ancestors: Adam and Eve.

#### What Really Happened in The Fall?

You've probably heard the story of the Human Fall a few times before, which is told in the beginning of the Bible. However, let's break it down. After creating Adam and Eve, God shared with them all the wonderful things that they had in store for their lives. God expressed His/Her excitement over being able to experience their lives through them. God also asked them to wait to have a romantic relationship until they were mature people and could receive God's blessing. As time went on, however, the Bible states that a serpent tempted Eve to fall, from which Eve then tempted Adam (*Genesis 3*). The Divine Principle explains how since this serpent has the ability to talk, especially to spiritual beings such as Adam and Eve, it must be a symbol for a spiritual being. This serpent was none other than the angel Lucifer.

Lucifer was one of the top angels who was ranked highly, was entrusted by God, and was allowed in the Garden of Eden (*Ezekiel 28:13*). However, after Adam and Eve were created, he began to turn when he saw the love and attention they were receiving from God. He felt he deserved the same, if not more. The Bible states that Adam and Eve were tempted by Lucifer to eat from the "fruit from the tree that is in the middle of the garden." Most people believe that this was a real fruit, but the Divine Principle questions how God would put something so simple as a fruit to be attractive and appealing enough to cause the Fall. In addition, Adam and Eve "ate from the fruit" and suddenly felt naked and sewed fig leaves like aprons to cover their parts (*Genesis 3*). Jude 6-7 compares the falling of angels to the people of Sodom and Gomorrah, who "gave themselves up to sexual immorality and perversion." The Divine Principles makes the connection that Lucifer must have tempted Eve (who later tempted Adam) to fall through a sexual act, which is why they felt naked after.

Eve suddenly felt ashamed of her actions and, realizing that God created her to be with Adam, turned to Adam for love, comfort, and an attempt to be who she was before her mistakes with Lucifer. However, Adam also gave into her temptation, and they both fell together. Because sin is passed down through lineage and children, their sin was passed down to their children, which multiplied into today's society.

**// Section Recap:** The Divine Principle and the Bible both show proof of how Lucifer wanted more, and tempted Eve to walk away from God's plan by diving into a sexual relationship prematurely - before receiving God's blessing. Eve turned to Adam, unknowingly convincing him to Fall as well. Their sins and mistakes evidently were passed down to today's society.

### The Process to Maturity

God told Adam and Eve the consequences of "eating the fruit" before they were mature, so why is it that they could make such a mistake? The Divine Principle teaches us that the power of love is stronger than the power of the Principle (or in this case, God's commandment). God designed the world this way so that we could freely choose to love in a mature, Godly way. If the power of the Principle were stronger than love, we would consider following the rules and principles as more important than loving others. We would put studying scripture above freely loving God as our Heavenly Parent. Instead of this, God made love the most powerful force of the universe so that we could lead dynamic and meaningful lives with Him/Her at the center, despite the chance that this freedom and choice to love could cause us to fall.

While this is a great blessing, the time in our lives in which we are growing towards maturity can be difficult. We call this time the *period of indirect dominion*. In order to go through this time period, we will need to follow God's principles so that we can reach the *period of direct dominion* in which our desires and God's desires become one - to freely live and love in maturity.

This is why God asked Adam and Eve to wait for their marriage until they were mature. If we don't wait until we are mature enough, we end up with hurt hearts or hurting others because we weren't ready to fully love and care for someone else. When we talk about saving ourselves for marriage, we're talking about more than just having sex. Our faith teaches us that we are both physical and spiritual beings. So that means there is both a physical and spiritual aspect of purity and that means that purity has many aspects and levels to it.

**// Section Recap:** God made love more powerful than His/Her principles, despite knowing that his children could potentially fall from this freedom. We need to take time during the period of indirect dominion to work on ourselves to become mature people, who are able to follow God's principles. When ready and mature, we can then look towards caring for another person through marriage.

### Caring For Our Spiritual Purity

The spiritual aspect of our purity has to do with what we allow our spirit to interact with. This includes what you surround yourself with - the types of movies and T.V. shows you watch, the types of books you read, and the types of music you listen to. It also includes making important decisions regarding pornography.

Pornography includes materials that displays vivid sexual activity and include pictures, videos and even books. Because pornography is so easy to access online, you will probably be exposed to it in the near future if you haven't already been. But it's important to know the whole story about pornography. There's a whole science about the negative impact of pornography on your brain and your ability to have meaningful, romantic relationships in the future. It can also distort your image of what true love is, what sex is, and how you will view your future spouse. All of the research surrounding pornography says the same thing; it is not healthy for you or your future marriage.

**// Section Recap:** You improve your spirit by surrounding it with healthy things. Certain habits, such as porn, can become an addiction that can negatively impact your spirit, your life, and eventually seep into your future marriage and family.

### Making the Choice to Work on "Me" First

Nurturing our purity on both of the spiritual and physical planes is the reason we, as Unificationists, choose not to date. It may be hard to explain to your friends why you don't date when they may already have boyfriends and girlfriends. We choose not to date because we want to give our whole heart, soul, and body to our future spouse. If we were to have other romantic relationships before marriage, then when we eventually get married, we will be bringing our full selves into that marriage - including our memories, emotions, and experiences from our past relationships. Instead, we want to be able to share every "first" with our spouse and begin our journey of love on a clean slate. True Parents have taught us that it is only through

our spouse that we are able to understand God and understand all people of the opposite gender.

The awesome part of working on yourself while you are in this stage of your life is that it gives you the freedom to focus on the things that make **you** happy, and improve the skills and talents that you have! This is the time for you to build your future and think about what kind of life you want to live. This is your time to have adventures, discover yourself and the world around you, and become the person you want to be. Choosing to save romantic relationships for when you are mature and ready to love and care for someone else means you have the freedom to live your life to the fullest! So enjoy it, because God certainly wants to enjoy your life with you. One day, you'll find someone with the same values as you, get engaged through the Unification matching ceremony, and receive the Marriage Blessing - experiencing marriage the way God intended it to be. But in the meantime, it's important to continue to be invested in your purity so that you can be the best future husband or wife for your spouse.

Here are a few tips and tools to help you in maintaining an abstinent lifestyle and becoming a mature person:

- Choose your music, movies, and T.V. shows well
- Tell your parents, or a respected Unificationist, when you have feelings for someone of the opposite gender
- Hang out with friends of different genders in groups, instead of one-on-one
- Let your friends know where you stand in terms of dating and purity

The most important tip having an abstinent lifestyle is to fill your time with activities and experiences that you love. That way you can focus on being the best version of you!

**// Section Recap:** We view the abstinent lifestyle as a **choice** - a choice that we want to choose because we know it'll lead to a bigger and brighter future. Now is the time when we work on improving ourselves and fixing our bad habits. Then, when the time comes to look into a committed, long-lasting relationship with someone else, we are able to bring in less baggage and more possibilities for joy.