

## UNIT THREE: HOW WE LIVE

### LESSON 5: THE SIXTH COMMANDMENT: 'Male and Female He Created Them'

#### CONTENTS OF LESSON:

1. WHAT DOES SEXUALITY MEAN? Sexuality means being male or female. It involves both body and spirit and every facet of our personality: how we think, feel, react etc. [CCC2332]
2. WHY DID GOD MAKE US MALE AND FEMALE?
  - God himself lives in 'personal, loving communion'. He made us in his image to live as he does. [CCC2331]
  - God made men and women different, but equal in dignity and complimentary (completing each other). Thus they can live in mutual harmony and friendship. [CCC2233-34]
  - The main purpose of our sexuality is for husband and wife to be united and fruitful. The act of sex is a way of expressing the total self-gift in marriage. It is not just physical, but touches the spirit. It brings joy and unity. [CCC2335, 2362-63]
3. HOW SHOULD WE USE THIS GIFT OF SEXUALITY?
  - I should accept my sexual identity. [CCC2333]
  - I remember I am both body and soul, and need to integrate both. Thus, I try to express my sexuality in a way that is loving, good and 'free' (not on impulse). I need to grow in self-mastery. This is known as CHASTITY. [CCC2337-42]
  - If I am married, I remain faithful to my spouse, and open to children. (Fidelity and fruitfulness). [CCC2363]
4. WHAT GOES AGAINST GOD'S PLAN FOR SEXUALITY AND MARRIAGE?
  - LUST: A disordered desire for sexual pleasure for itself alone. [CCC2351]
  - MASTURBATION: The deliberate stimulation of genital organs for pleasure. [CCC2352]
  - FORNICATION: Sexual relations between unmarried persons. [CCC2353]
  - PORNOGRAPHY: Looking at the sexual acts of others through videos etc. [CCC2354]
  - PROSTITUTION: Having sex with someone for money. [CCC2355]
  - RAPE: Forcing someone to have sex, often using violence. [CCC2356]
  - ADULTERY: Having sex with someone other than your spouse. [CCC280-81]
  - DIVORCE: Legally ending your marriage. [CCC2384]
5. *Christ desired to bring us back to God's original plan for marriage and sexuality. We must try to live chaste lives according to our state in life. [CCC2336, 2348-49]*

REFERENCES: Genesis 1:27; Matt 5:27,28.

MATERIALS NEEDED: Handouts; blackboard. (Contact and brief a couple for the sharing on marriage.)

#### I. STARTER:

*[Slowly and deliberately write the word SEX on the blackboard in very large letters.]*

- Question to ask yourself: What did you feel as you saw me writing this word?

*[As students think, write the words: INTERESTED, EXCITED, CURIOUS, EMBARRASSED, SHY..... BORED, UNINTERESTED. Write the last two words apart from the others.]*

- Hands up those who felt bored or uninterested. *[Show of hands]* Hands up those who felt any of the other words. *[Show of hands]*
- For most of us, or all of us, even the word SEX causes a reaction in us. We may feel curious, excited or embarrassed, but not bored. Why do you think this is so?  
*[Because we are programmed that way. The sexual drive is present in every adult, more or less according to age, background etc. ]*

## II. DEVELOPMENT:

- Today we are going to look at the Sixth Commandment which talks about this part of our life. When we talk of SEX we think of the act of sex or the physical sex-drive. But what about this word:

[On the blackboard, change the word SEX to SEXUALITY.]

- What do you think SEXUALITY means?  
*[Sexuality means being male or female, not just physically, but also in the way we think, feel, act etc. It is not just the way our bodies are made, but involves our whole personality.]*
- What is your opinion: Are men and women, (boys and girls) programmed differently, or are they the same in the way they think, react, feel, relate to people, play etc?

[Students discuss and give examples to illustrate their answers. Bring out:]

- Of course, each person is unique and different from everyone else, but at the same time, anyone who makes a serious study of behavior will be able to see that men and women have certain basic differences.

Eg. Boys mostly prefer to play active, noisy, competitive, fast games. Girls prefer playing 'house-house' or 'teacher-teacher'.

A boy may try to attract a girl's attention by 'showing-off' or making some positive move (maybe pulling her ponytail!). Girls use different tactics: looks, smiles, dressing up to look good etc.

At a certain conference which was being held in a college campus, there was a discussion going on about the same topic. The speaker asked the participants to look out of the window and observe the way the students carried their books. They noticed that the boys carried their books loosely, or swung them around, whereas a majority of the girls 'cradled' them in their arms, almost as if they were holding a baby!

- Another big question to think about: Why did God make us male and female? Why not all the same?

[Students think and discuss in groups. After a few minutes ask them to read Genesis 1:27-28 and Genesis 2:18, 21-24. After they have shared their answers, bring out:]

- God himself, that is, Father, Son and Holy Spirit live in personal, loving communion. Jesus often spoke about this. God made us in his image and wanted us to live in the same way.
- So God made us different and complimentary. This means that we need each other, we have different strengths, different weaknesses. When we work together we complete each other.
- At the same time, God gave man and woman equal dignity. One is not higher or better than the other. Both are made in God's image.
- The most important reason why God made male and female was for husbands and wives: for their unity, and that they might transmit new life.
- Since we have a soul, sex in a human-being is quite a different thing from sex in an animal: It is not just a physical act. God's plan for the sexual act was that it should be an act of love: giving of self totally to the other. This is why it can only be meaningful in marriage, when we commit ourselves to each other for all our lives.

[Give out handouts and ask the students to look at the 'Word Bank' and write down the answers to the first two questions.]

### 1. WHAT DOES SEXUALITY MEAN?

Being male or female. It involves both body and soul; the way we think, feel, act etc.

### 2. WHY DID GOD MAKE US MALE AND FEMALE?

- God himself (Father, Son and Holy Spirit) lives in 'personal, loving, communion'. He calls us to live in the same way.
- Men and women different, but equal. They are complimentary (They complete each other).
- Main purpose: For husband and wife to be united and fruitful.

- Do you feel you understand God's plan for us a little better? What about us? How can we live as God wants? How do I use this gift of sexuality?

[Students work on the 3<sup>rd</sup> question and fill in the blanks from the Word Bank:]

### 3. HOW SHOULD I USE THIS GIFT OF SEXUALITY?

- I should accept my sexual identity.

Remember that God has made each one with a special plan. So instead of wanting to be someone else, I thank him for who I am and try to live as he wants me to.

- Remember I am both body and soul, so I express my sexuality in a way that is loving, good and 'free' (not on impulse). I need to grow in self-mastery. This is known as CHASTITY.

When I just do what I feel like doing, I am not really free, I am a slave to my body. But when I act as I choose, and do what I know is good, then I am the master of my body and my feelings. Self-mastery takes a lot of effort and time, but God is with us to help us.

Everyone has to practice chastity; even married people. We cannot just do whatever we feel like, whenever we want. We always check: Is this loving? Is this good? Is this what God wants?

- If I am married, I remain faithful to my spouse, and open to children.

- Let's finally look at the acts that go against God's plan for us. Choose the correct words from the 'Bank' and write it in the blocks.

### 4. WHAT GOES AGAINST GOD'S PLAN FOR SEXUALITY AND MARRIAGE?

- LUST: Seeking sexual pleasure for itself alone.

When we separate sex from love and marriage, it becomes ugly and sinful. If we feel or think of someone in a sexual way, we should try to overcome this thought, and avoid the situation that leads to these thoughts. Just feeling is not a sin, but if we purposely keep thinking about the person and even start imagining having sex with them etc, then this is lust, and it is sinful.

- MASTURBATION: The deliberate stimulation of genital organs for pleasure.

It may be that we didn't realize that masturbation is wrong. But it is harmful and sinful, so we should try our best to stop. If this act has become a habit with us we should get help to stop. *[Give the name of a loving counselor who is available.]*

- FORNICATION: Sexual relations between unmarried persons.

- PORNOGRAPHY: Looking at the sexual acts of others through videos etc.

The act of sex is meant to be a private and intimate act between husband and wife. But nowadays movie makers and even private individuals are using sex to make money. It is very easy to fall into this sin, almost unconsciously. The internet is full of pictures and videos which stimulate our sexual feelings. That's why we have to be all the more determined to fight against this sin. We can block any pornographic sites; or put in an app which shares what we are looking at with your parents. If you want to keep your mind pure, you need to fight for it.

- PROSTITUTION: Having sex with someone for money.

Prostitution treats a person as an object, a tool for your pleasure. It robs people of their dignity. Sometimes women are forced into prostitution just so as to feed their families or just stay alive. There are many good people who help such women to escape this degrading life by helping them find employment.

- RAPE: Forcing someone to have sex, using violence.

This is very evil crime and can scar the victim for life. When it is done to children it is even more terrible.

- ADULTERY: Having sex with someone other than your spouse.

Even if you are unmarried and you have sex with a married person you are committing adultery. Adultery is going against your promise which you made at marriage. It harms not only your marriage relationship, but the children, and in fact the whole of society.

- DIVORCE: Legally ending your marriage.

A marriage is forever. Jesus said very clearly that divorce goes against God's plan.

### III. TESTIMONY AND Q&A SESSION:

[Invite a married couple to come and speak to the students. Look for a couple who is very united and open about their love for each other. Ask them to share their attraction for each other, physical, mental and spiritual.]

[If they are willing, the students could ask them questions (or write them if they feel embarrassed). The aim is to help students realize that God's plan, when fulfilled in a good marriage, is something very beautiful.]

[Alternatively, the students could view a video presentation E.g. A session by Jason and Christina Evert.]

### IV. INTERIORIZATION/PRAAYER:

- Jesus came to bring us back to God's original plan for us. [Read Matthew 5:27-30.]  
God knows that we are weak, and he is ready to help us fight and win the battle for purity and chastity. If we fail, we can go to Confession and get strength to try again. We can get the help of others if we are ready to be open about our weaknesses. Let's pray and ask the Holy Spirit to help us.

[Students spend some time in silent prayer.]

#### HOME ASSIGNMENT:

⇒ Read the handout. ⇒ Share what you have learnt with your family.