

RELATIONSHIPS  
WITH INTEGRITY

# YOU ARE DESIGNED FOR A GREAT STORY



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## Curriculum for Grades K-12 and Parents

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# YOU ARE DESIGNED FOR A GREAT STORY!

Dear Teacher or Youth Leader,

Welcome to The Legacy Institute's *Relationships With Integrity* foundation materials for **High School** students! We hope this journey will be positive and empowering for your students, as well as encouraging for you, their teacher. The topic of relationships and sexuality is complex, and we applaud you for taking the time needed to successfully facilitate this series! Other teachers have gone through this material with the support and involvement of parents and have seen amazing results. We trust you will as well! The parent correlate materials, *The Biblical Blueprint For Sexual Integrity DVD series* and the *Relationships With Integrity Parent Guide* may be offered to parents during the same weeks your students are learning to create the highest level of parent and student communication and encouragement.

This high school foundation material works well in a variety of settings such as youth groups, private school classes, home school settings and the like. Here are a few suggestions to make your experience as successful as possible:

- ◆ Create an atmosphere that is warm and inviting including soft lighting, a friendly seating arrangement and making sure all students can see and hear the DVD. This relationship curriculum should be different than the normal routine, so it will be a fresh experience from the start. Solicit parent help if you'd like to have snacks or decorate the classroom.
- ◆ Create an environment that allows for student interaction, but is also safe. (Please be assured that the discussion questions are appropriate and may be conducted in small, same-sex groups, or one on one discussion with a buddy, etc.)
- ◆ Test the media in the player you will be using and review each session prior to showing it to your students. This will help you navigate the rest of the lesson plan and the discussion questions with ease.
- ◆ The topic of relationships and sexuality will naturally create modesty in your class. You may find some students are less willing to talk. This is fine. Remember you don't want to force discussion. Small groups will help promote safety in discussion as well as allowing students to use the personal reflection space before discussion helps.
- ◆ Make sure each student sees every session. If they miss one, have them watch it at another time because each session builds on the previous learning.
- ◆ In almost every lesson, we have suggested activities to make the truths come to life. We know you have time constraints that may inhibit you doing these all of these activities. However, in two of the sessions, we highly recommend you add a couple of things that have made a big impact in other groups:

1. Session 3 is about young men. After the DVD and discussion, have all the young men stand and pray for them. If you have time, have some of the young ladies say what they appreciate about the young men. This time of affirmation helps cement the truths being taught. Also in this session, have the students make cards for their fathers or other significant men in their lives. This helps them understand the importance of honoring men, which has brought healing in some broken relationships!
  2. Session 4 is about young women. After the DVD and discussion, have all the young women stand and pray for them. If at all possible, have flowers available for the young men to present to the young women while affirming a positive quality. Also in this session, have the students make cards for their mothers or other significant women in their lives.
- ◆ Encourage your students to talk with their parents about questions or concerns they may have, and let your students know that you are available for talking or prayer. There are challenging issues in this material, and your students will appreciate having another trusted adult to talk to along with their parents.
  - ◆ Make sure each student has their own workbook with their name on it for each session. After you hand out the student workbooks, have them read Carrie Abbott's biography to establish her credibility as the teacher on the DVDs.
  - ◆ The homework that requires the student to download material is located on the Legacy website at [www.thelegacyinstitute.com](http://www.thelegacyinstitute.com).
  - ◆ We recommend each student read Eric and Leslie Ludy's book **When God Writes Your Love Story**, which may be purchased through Legacy at a discount. (Please allow 2 week's notice.)
  - ◆ Some groups have celebrated at the end of the unit with a dinner, coronation, etc. This would be an ideal time for students to publicly state their intentions to live with sexual integrity. For assistance, please email The Legacy Institute at [411@thelegacyinstitute.com](mailto:411@thelegacyinstitute.com). Each student should have the opportunity to sign a pledge to live with sexual integrity. They have a space in their workbooks on page 38 for this. We recommend you suggest the same language that is found in your sample pledge in your back notebook pocket, and then they can add additional thoughts if they'd like.

We are blessed to partner with you in this endeavor, so please contact us at any time by emailing [RWI@thelegacyinstitute.com](mailto:RWI@thelegacyinstitute.com) if you need anything!

*The Legacy Team*



## Lesson 1

# GOD DESIGNED YOU ON PURPOSE - WITH A DIVINE PURPOSE

### OBJECTIVES

- ◆ Students will understand mankind is made in God's image: male and female.
- ◆ Students will discover they have five aspects.
- ◆ Students will be introduced to the concept of sexual integrity and begin to apply it to their lives.
- ◆ Students will demonstrate their ability to set goals by choosing future plans for themselves and their "legacy."

### LESSON PLAN

**Start the class** with prayer, asking God to prepare hearts for this positive truth about to be revealed. Remind students they will be respected throughout the lessons, and they can come to you with any need they might have.

1. **Pass out student workbooks, and have students put their name on it.**
  - Read Carrie Abbott's biography and summarize with the class to establish credibility.
2. **Have the students read the introduction paragraph.** (See below)

#### What Makes A Great Story?

A great story is one that impacts people and is usually full of adventure, drama, romance and other intense moments. Most teens want a **life** story that will leave a positive legacy for others, and most teens want a **love** story that will be amazing. It is possible to have both. This session is about the reality that God, the King of the Universe has already started an amazing story creating mankind for relationship with Him. He created men and women to uniquely reveal His nature and to accomplish wonderful things using their individual gifts and talents. In order to understand how to live out **your wonderful story**, we need to first understand why God designed male and female (Genesis 1:26); what purpose He intends for men and women's influence in His Kingdom plan (Genesis 1:27-28); and what it means to live with sexual integrity throughout all parts of our lives.

3. Start Session one on the DVD. (approx. 20 min.)

Your Own Notes during the DVD

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4. Once the DVD is over, have students review the definition below with you and remind them of the five aspects, which they need to write in the blanks.

Sexual Integrity: Expressing the gift of your sexuality in agreement with God’s intentional design. It is walking out your nature (male or female) throughout all five aspects of your being.

List the five aspects:

Physical

Intellectual

Emotional

Social

Spiritual

5. Adam & Eve

**Teacher Read:** God has designed men and women to be different, but that doesn’t mean one is better than the other. While men and women can “do” a lot of the same things, they cannot “be” the same in everything. Even when doing the same task, you will find men and women may do the job differently. We start out in this session describing men and women symbolically through Adam and Eve. This list is just the beginning and by no means a complete list. Let’s take a look: *(review with the class)*

## Adam

**Prince** - Royalty, possessing admirable qualities, son of the King of the Universe.

**Warrior** - A soldier in a cause greater than himself.

**Strong** - Powerful, competent.

**Handsome** - Attractive in behavior and demeanor.

**Masculine** - Overall qualities of a man lived out in agreement with his male design.

**Regent** - Ruling on behalf of a sovereign who is not present.

## Eve

**Princess** - Royalty, possessing admirable qualities as a daughter of the King of the Universe.

**Noble** - Excellent, honorable, influential.

**Strong** - Powerful, competent.

**Beautiful** - Attractive in behavior and demeanor.

**Feminine** - Overall qualities of a woman lived out in agreement with her female design.

**Regent** - Ruling on behalf of a sovereign who is not present.

### 6. Have the students read the following section and fill in the practical application:

#### Student Reflection

The above terms are symbolic in nature. Royalty means being a member of God's family, and it is a spiritual reality for those who have chosen to follow Christ. Galatians 4:7 says, "Therefore you are no longer a slave, but a son; and if a son, then an heir through God." Many of the terms above are interchangeable. For instance, a man should also be noble, and a woman may be a warrior. Spiritually speaking, both are necessary to fight the good fight of faith. (1 Tim. 6:12) Joan of Arc is a great example of a "princess warrior" who was able to influence her countrymen. Many masculine leaders have also shown compassion and sensitivity. King David was a mighty man of war, but he was also very musical and poetic. The point is this: we want to celebrate and notice the differences in our design, but not over generalize.

God has intentionally chosen to create male and female. In this series, you will be examining the differences as well as learning how compatible we really are! You will also learn how important it is for you to walk out your nature with joy, power and success. God has a great story for you and the more you live with sexual integrity (integrating your nature in all five aspects of your being) the more successful you will be!

Practical Application

Take a moment and list some people in your life who exhibit the qualities above, describing Adam and Eve. It can be a friend, parent, coach or teacher.

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**7. Lead a discussion using the questions provided.**

**8. Have students fill out the worksheet.**

Gifts and Goals

Although God has designed each of us with a sexual nature (male or female) we also have unique personalities, talents and gifts. It is this whole package tied together, or integrated that creates your potential! You can achieve all that God has for you because He designed you for a purpose. Keep in mind your nature is not limiting you, but enhancing you with an internal power. Sexual integrity is living in agreement with your design rather than pretending it doesn't affect you. Once you realize this, the sky's the limit on your possibilities!

Take a moment and fill out the worksheet titled Gifts and Goals and be prepared to share some thoughts with a friend or the class.

**9. Have students fill in their Personal Journal.**

**10. End the class with prayer.**

## Discussion Questions

1. Why do you think the Bible describes God as a King? (*He is the King of the Universe, the creator of all things*)
2. In the beginning, God created many things... including light. How can He do this? (He is light, the actual source of all light. I John 1:5 says “God is light, and in Him there is no darkness at all.”)
3. In Genesis 1:2 it says the earth was formless and void. What does that mean? Useless. It reveals God’s ability to speak in to anyone’s life regardless of what they have done. **(Remind students every day is a do over!)** It also shows the power when God speaks.
4. God did an amazing job creating. What is the centerpiece of His whole creation? (*The Human Person!*)
5. Genesis 1:26 says “Let Us make man in Our image” Father, Son, Holy Spirit, a communion or union of persons. Unite means to join or combine to a whole for a common purpose. Does anyone play a sport or are you in a team event? How does it feel to be on a team, especially when you’re winning? (*It feels great!*) Have students give examples of their experiences. *The feelings you experience happen because we are actually created for being unified with other people. We like wholeness! When we have our lives organized, homework done, our rooms clean, we feel good. This is due in part to our design. (You can tell you like things whole-how do you feel when you can’t find the last puzzle piece!) We should also make wholeness a priority in our relationships. If you are in a relationship that creates division, either with friends or family, it’s possible it’s not the best thing for you. A healthy relationship creates unity and wholeness not fracture.*
6. In Genesis 1:27, it says God made mankind, male and female. Mrs. Abbott talked about God wanting to reveal part of His nature through the male nature, and part of His nature through the female nature. Can you think of a male attribute or female attribute that would remind us of God? (Answers will be diverse: *Generally men protect and women nurture, but both sexes do this, just differently*). The male and female natures are noticeably different in relationships... how are they different?
7. What happens to a culture that does not “regulate” sexuality (create boundaries and laws and morals)? (*Historically, those cultures<sup>1</sup> that did not regulate their relationships declined and eventually fell. Those that did set up healthy boundaries flourished and thrived.*)

## Your Gifts and Goals Impact Your Story

List some of your primary gifts and your goals for this year, next year, and even a few years down the road.

### Gifts

List the things you do well such as singing, football, computers, cooking, mountain climbing, counseling, teaching, serving, organizing, math, decorating, acting etc.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

## Goals

List what you want to accomplish this year, next year and down the road a few years in the following areas: Physical, Intellectual, Social, Emotional and Spiritual.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.