

✘ Restraint ✘

YOUNG PERSON BELIEVES IT IS IMPORTANT NOT TO BE SEXUALLY ACTIVE OR TO USE ALCOHOL OR OTHER DRUGS.

By Shelly - Concordia University

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1 Corinthians 6:19-20 "Your body is a temple of the Holy Spirit"

- For what reasons did you grab (or not grab) candy bars?
- Were your decisions and actions based on morals? Habits? What others did? Describe.
- At what times is it the most difficult to practice restraint?
- How is participation in at risk behaviors Influenced by...
 - Family history? -Image of self? -Being told something is right or wrong?
 - Education? -Religious beliefs? -What friends do? -Money?
 - Personal goals? -Addictions? -Culture, media advertising?
- What are addictions? How do they come to be?
- How do people recover from addictions? Or live with an addiction?
- Who are you to God? Or, in other words, how do you think God views you?
- To get the very best out of life what does God hope for you?
- How are your everyday decisions and actions based on your own relational beliefs about yourself? Other people? God?
- What helps you to practice restraint?
- What effective influence do or can you offer in helping others avoid and or recover from risky behaviors?
- How is your own health and wellness intentionally balanced?

EXPLORE

- 1 Thess. 4:3-8 "...did not call us to be impure, but to..."
- Phil. 4:8-9 "...Whatever is pure..think about such things.."
- Matt. 26:41 "Watch and pray that you many..."
- Titus 2:11-14 "...say "no" to ungodliness and world passions.."
- Romans 3:23-24 "All have sinned and fall short..."



So What?

Pick one of the following that describes your reflection on this discussion. Complete the sentence with your own thoughts.

- I need...
- I learned...
- I am still wondering...
- I am feeling...
- I will take action by...
- I hope...
- I will pray...



Candle Time

Serenity = The state of being calm, peaceful, and untroubled.

Read the Serenity Prayer, pausing after each line as participants name words and images that come to mind after that line.

God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference



Leader Page

Discussion Goal

Avoid at risk behaviors as a response to a loving creator.

Background

Candy bars are dropped in the middle of the floor with no instructions given. Why did people grab them? Or not grab them?

Maybe because they are sweet, they are free, followed what everyone else did, personal likes or dislikes, diets, get them before they are gone, the list may go on. This is a lead in to participating in at risk behaviors such as sex, drugs and alcohol. While each of these issues are complexed the goal here is talk about the tools youth have and can use to support their own resistance.

As creations and children of a loving and graceful God we respond with grateful care for ourselves, our neighbor and our world. Part of that response is learning to avoid what is not helpful and to uplift what is good, and be embrace abilities to change negative behaviors.

Motivate

Begin by dumping sack of small candy bars in the middle of the circle. Give no instructions. Watch for various reactions.

Do people dive right in without instruction or thought?

Do they follow the lead of others?

Are there questions asked?

Do people make assumptions?

Is there any hoarding?

Observe all that is done and said in order to use them as examples in the discussion.

Discuss the relevance of the candy bar and how it relates to restraint.



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