



COMMUNICATOR GUIDE

Good to Know / Week 4

[PRELUDE](#)

[SOCIAL](#)

[WORSHIP](#)

[STORY](#)

[GROUPS](#)

[HOME](#)

SERIES SUMMARY

A 4-week series about God's design for sexual integrity.

SERIES BOTTOM LINE: The truth you need about the stuff you don't want to talk about.

WEEK 1: Sex is good, and sex is powerful.

WEEK 2: Technology is good, and technology is powerful.

WEEK 3: Confession is good, and confession is powerful.

WEEK 4: Boundaries are good, and boundaries are powerful.

SCRIPTURE

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body (1 Corinthians 6:18-20 NLT).

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure (1 Corinthians 10:13 NLT).

TEACHING SLIDES

All scripture, bottom lines, and prompts that are bolded in this script are also provided as teaching slides for Premium Tier Subscribers.

OPTIONAL MEDIA

OPTIONAL MEDIA available in the Annual Subscription to the XP3 MS Media Package:

- Good to Know Countdown (10 minutes)
 - Good to Know Teaching Video – Week 4
 - Good to Know Integrated Teaching Video – Week 4
 - Good to Know – Week 4 The Temptation Is Real
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TEACHING OUTLINE

INTRODUCTION

- While it can be awkward talking about sex, especially at church, it's important to have this conversation in a place where you're loved and supported.
- Talking about sex is the truth you need to know about the stuff you don't want to talk about.
- When we see something we really want, it's hard not to give into temptation.
- [Tell a personal story about a time you gave into a small temptation.]

TENSION

- Temptation means wanting to do something that may not be the best for us.
- We may know sex is something God created to be good, but we can be tempted to experience it in a way that's not God's best for us.
- Some of you . . .
 - Are tempted to do sexual things, and sometimes give in.
 - Are just starting to feel temptation and curiosity about sex.
 - May not feel tempted by sex, but you are tempted by other things.
- Feelings, curiosity, and desires are normal, and they shouldn't cause shame, guilt, or fear.
- God designed sex as a good thing for us to experience within a marriage as part of God's perfect plan for our lives.
- What are we supposed to do if we're tempted by sex before we're married?

TRUTH

- Paul, one of the leaders of the early church, wrote to the Corinthians about struggling with temptation when it comes to sex.
- He said: *Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body (1 Corinthians 6:18 NLT).*
- Paul encouraged us to run from the temptation of sex outside of God's design because no other sin affects the body the way sexual sin does.
- Sex includes the body, mind, heart, and emotions. This means that sex outside of God's design has the potential to hurt those parts of us and those of the other person.
- Paul continued: *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body (1 Corinthians 6:19-20 NLT).*
- Because we're God's creation, we should choose sexual integrity. Sexual integrity is choosing to respond to sexual desires we feel, think, or experience in a way that honors ourselves, others, and God.

- We should run from the temptations that encourage us to choose something other than sexual integrity.
- Because God created us to be valued both by ourselves and by others, consent – agreeing to do something or allowing something to take place – matters a lot.
- Nobody has permission to treat your body as anything other than God’s creation, something to be respected and honored.
- It’s normal to feel temptation when it comes to sex, but God gives us help to make wise choices.
- *The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure (1 Corinthians 10:13 NLT).*
- When we face temptation, God will help us with a way out. God gave us the Holy Spirit to help us identify when we feel tempted to choose something that isn’t sexual integrity.
- One of the best ways to deal with temptation is to set boundaries.
- Boundaries can protect us from making unwise choices when it comes to sex, and they can show us when we’re getting close to making a decision that isn’t best for us.
- Boundaries are good, and boundaries are powerful.

APPLICATION

- Here are three things we can do when we find ourselves tempted by sex:
 - Identify the temptation. Think about how, where, and when you’re tempted by sex or are having a hard time choosing sexual integrity.
 - Change your mindset. Instead of asking how far you can go, think about how you can honor yourself, others, and God with your actions and thoughts.
 - Set some boundaries to help you when you’re tempted.

LANDING

- Boundaries are good, and boundaries are powerful.
- To help you set boundaries, talk to a trusted adult, your small group, or small group leader.
- Your small group is a great place to start figuring out what boundaries you should set and how to keep them in place.
- What’s one boundary you could set for yourself?

NOTE TO THE COMMUNICATOR

NOTE 1

We recognize that understanding God’s plan for sexual integrity needs to be contextualized for your denomination and your students. So, be sure to do just that as you unpack the subject this week!

NOTE 2

While the phrase “sexual activity” may be well-understood by adults, for middle schoolers, this phrase can be interpreted in many ways. Using language and definitions that are phase appropriate for middle schoolers is key, especially in a series like this one. If you feel that your students need a bit more explanation when it comes to what exactly “sexual activity” means, we suggest defining it as “pictures or physical touching of any body part covered by a bathing suit.” This helps students get on the same page without getting into specifics.

NOTE 3

Keep in mind that you may have students in the room who have been abused or hurt in a sexual way. If a student confides in you that an adult has been inappropriate with their words, actions, or touch, make

sure you have clarity on what steps you need to take to respond and report. Check in with your Ministry Leader to familiarize yourself with your church's procedures on navigating something like this.

THINK ABOUT THIS

So often, the word “boundaries” is used in a negative context. Here, you have the chance to change that narrative for your students! Boundaries aren't negative at all, so avoid talking about them in a negative way. Remind your students that boundaries are actually healthy and helpful, both for them and for others. So, when we're encouraging them to set boundaries, we're encouraging them to choose what's healthy and helpful. We're encouraging them to choose sexual integrity. Of course, be sure to distinguish the difference between temptation and giving in to that temptation. Curiosity or temptation toward sex or sexual things is normal, especially in this phase. It's okay for students to be curious, unsure, interested in, or tempted toward sex. That's nothing to feel guilty about! We don't set boundaries to avoid curiosity; we set boundaries to avoid acting on that curiosity in a way that will lead us to a place we didn't intend to go.

INTERACTIVE 1: TEMPTATION IS REAL

OVERVIEW

For this Interactive, you'll show video clips of well-trained and untrained dogs to help explain the challenge of resisting temptation.

WHAT YOU'LL NEED

- A video clip of a trained dog waiting patiently for a treat/food
- A video clip of an untrained dog gobbling food or stealing food from its owner
- A computer and screen large enough for everyone to watch the clips

OPTIONAL MEDIA available in the Annual Subscription to the XP3 MS Media Package:

- Good to Know – Week 4 The Temptation Is Real
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INTERACTIVE 2: OUT OF BOUNDS

OVERVIEW

For this Interactive, you'll interact with a soccer ball to provide a concrete example of how boundaries and rules are used for safety and protection.

WHAT YOU'LL NEED

- A soccer ball
- Optional: An elastic cord trainer for the soccer ball (This will help you retrieve the ball easily if you kick and throw it during your talk.)



TEACHING SCRIPT

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[PRELUDE](#)

[SOCIAL](#)

[WORSHIP](#)

[STORY](#)

[GROUPS](#)

[HOME](#)

BOTTOM LINE

BOUNDARIES ARE GOOD, AND BOUNDARIES ARE POWERFUL.

INTRODUCTION

4 MINUTES

Hi everyone! My name is _____, and I'm excited you're here today. We're in the final week of our series called *Good To Know*, where we've been talking about the truth you need to know about the stuff you don't want to talk about. And in this series, that's sex.

Now, I know sex can be an awkward thing to talk about anywhere, especially at church. But we want to keep talking about it because we know it's an important conversation to have in a place where you're loved and supported. A place like this!

So, as we get into it today, I have a question for you: How many of you have a dog? *[Pause to let students respond.]*

INTERACTIVE: The Temptation is Real

This is where you'll show video clips of well-trained and untrained dogs to help explain the challenge of resisting temptation.

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Whether you have a one or not, I think most of us know the difference between a well-trained dog and a dog that just does whatever it wants! Let me show you what I mean. *[Play the clip of the well-trained dog waiting for a treat.]* Wasn't that awesome?

But untrained dogs? That's a whole other story! Let's take a look. *[Play the clip of the untrained dog eating/stealing food.]* That was totally the opposite of the first dog we saw, right?

And honestly, I get it! When we see something that we really want, it's hard not to give into the temptation to go for it.

TELL A PERSONAL STORY

Tell a story from your own life that illustrates the following thoughts or ideas . . .

- Talk about a time when you gave into a small temptation (preferably in middle school!).
- Maybe it was staying up all night to play video games, or eating so much candy that you got sick, or staying out past curfew.
- Keep this example light! The goal is to simply set up the concept of temptation for students in a way that's easy for them to understand.

TENSION

2 MINUTES

Temptation means wanting to do something that may not be the best for us. We can be tempted by so many things in our lives, especially when it comes to sex and sexual behaviors. We may know sex is something God created to be good, but we can be tempted to experience it in a way that's not God's best for us.

For some of you, this isn't new information. You know exactly what kind of temptation I'm talking about because you're dealing with it every single day. No matter how much you tell yourself you're not going to cross certain lines with your boyfriend or girlfriend, or use technology in a certain way, or send that DM or Snap, you still find yourself tempted. And sometimes, you give in.

For others of you, temptation is a newer feeling. Your body is going through changes, and you're experiencing a new curiosity about sex. And because you aren't sure what to do with that curiosity, you're tempted to experiment with sexual behaviors in ways that might not be good for you.

Or maybe you're hearing all this and thinking, *"This whole conversation grosses me out! I can't imagine being tempted by something like sex."* And honestly, I totally get that, too! Maybe you aren't dealing with any temptation specifically related to sex, but you're definitely tempted by other things. No matter what it is that tempts you, it's so important that you know how to face that temptation the right way.

But when it comes specifically to sex, here's what I want you to know. The feelings, curiosity, or desires you feel? Those things aren't bad. In fact, they're actually normal. You shouldn't feel shame, guilt, or fear over those things. Remember, sex is good. It was designed by God to be done within a marriage. So, the fact that you might find yourself curious about it or even wanting to experience it isn't wrong.

But if sex is something good that God made for us to experience, but we can't until we're married, what are we supposed to do when we're tempted by it before then?

TRUTH

5 MINUTES

The good news is that we aren't the first ones to struggle with this. There have been so many people throughout history who have wondered the same thing! In fact, we can look at what real people have documented about experiencing temptation over the years in the Bible.

Paul, one of the leaders in the early church, wrote to a group of people in place called Corinth about struggling with the temptation of sex and sexual behaviors. Here's what he said:

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body (1 Corinthians 6:18 NLT).

What was the first word Paul used here? **Run!** He knew sexual sin could harm us, so Paul encouraged us to run full speed away from the temptation of sex outside of God's design. Because, as he put it, no other sin affects the body the way this one does. That's what makes sexual sin different. It's not worse than any other mistake you might make, but the impact of it is different.

That's because sex isn't just physical. It includes the body, the mind, the heart, and the emotions. That means, when you participate in sex or sexual behaviors outside of marriage, it has the potential to hurt your body, your mind, your heart, and your emotions. It affects ALL of you. And not just that, it affects ALL of the other person, too.

Paul told us to run because the potential for hurt, pain, and regret for everyone involved is so high. But that doesn't make running from sexual temptation easy. Look at how Paul continued:

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body (1 Corinthians 6:19-20 NLT).

What I think Paul meant here is simply this: Because we are all God's creation, we should choose **sexual integrity**. That means **choosing to respond to the sexual desires we feel, think about, or experience in a way that honors ourselves, others, and God**. So, if we're doing something with our bodies or treating someone else's body in a way that doesn't honor God or the other person, we risk hurting ourselves and others. That's why we need to run from the temptations that encourage us to choose something other than sexual integrity.

What I think is really cool about this passage is that it also reminds us how important **consent** is. Giving our consent means we've **agreed to do something or allow something to take place**. And because God created us to be valued by both ourselves and others, consent matters a lot. Nobody has rights to your body but you. Nobody has permission to treat your body as anything other than God's creation, something to be respected and honored.

Listen, we're all going to face temptations when it comes to sex and sexual behaviors. *That's normal*. But simply knowing that isn't enough. Understanding *why* God wants us to run from these temptations and knowing God gives us the help to do that is key to making choices that honor God, others, and ourselves.

Let's go back to Paul one more time:

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure (1 Corinthians 10:13 NLT).

Did you catch that? When you're facing a temptation, God will show you a way out. In other words, God wants you to beat temptation. So, when you're being tempted, God promises to show you how to get out of it.

Here's what's awesome about this whole thing: We don't have to do it alone. God gave us the Holy Spirit to help us identify when we feel tempted to choose something that isn't sexual integrity. When

we decide to follow Jesus, the Holy Spirit helps us as we try to follow the way God calls us to live. And with the Holy Spirit in us, we have the power to beat temptation.

Maybe the way out will be that sinking feeling in your stomach that you just can't shake when you're a few clicks further than you should be online.

Maybe it's a text from your parent or small group leader in a tempting moment.

Maybe it's a friend checking in to see how you're doing.

I'm not sure what the way out will be for you, but I am sure the Holy Spirit will show you one. And when that happens, take it! Like Paul said, run!

So, as a middle schooler, how can you run from sexual sin and deal with temptation when it comes? Well, I think one of the best ways to start is to set a boundary. A boundary is something that exists to protect you or someone else from experiencing something hurtful or dangerous.

INTERACTIVE: Out of Bounds

This is where you'll interact with a soccer ball to provide a concrete example of how boundaries and rules are used for safety and protection.

Think of it like this: Imagine playing soccer with no rules or boundaries. How would you even play the game? Would you know when to start? When to stop? If the ball went out of bounds, would you keep playing? Could players just pick up the ball and start running toward their goal? It sounds like a mess to me! Not only would this not be soccer anymore, it would be confusing and even dangerous! The boundary lines that create the soccer field would be ignored, and the rules of soccer wouldn't really exist anymore.

In the same way boundaries are important when it comes to sports, they're also important when it comes to sex.

Boundaries can protect you from making unwise choices when it comes to sex. They can let you know when you're getting too close to making a decision that's not best for you. They can give you a stopping point to keep you safe. And when something or someone tempts you to go further than your boundaries, that's when you know it's time to run.

When it comes to sex and sexual behaviors, remember: **Boundaries are good, and boundaries are powerful.**

APPLICATION

1 MINUTE

Sometimes it can be difficult to figure out what boundaries we need to set for ourselves. But I think there are three things we can all do if and when we find ourselves tempted by sex.

1. **Identify the temptation.** Think about how, where, and when you're tempted by sexual sin. Identify where in your life you feel tempted by sex or are having a hard time choosing sexual integrity so that you can decide to make a change.
2. **Change your mindset.** If you're asking, "How far can I go?" you probably need to change the way you're trying to avoid temptation. Instead of trying to figure out how close you can get without crossing the line, ask, "How can I honor God, myself, and others in this?" Think about how you can choose sexual integrity in that situation instead.

3. **Set some boundaries.** Think about what you want for your relationship with God, others, and yourself, both today and in the future. Then, set some boundaries that help you get there and protect you from giving in to temptation. Not sure where to start? Open up to a trusted adult to help you create those boundaries for yourself.
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LANDING

1 MINUTE

Remember, **boundaries are good, and boundaries are powerful.**

Look, I know setting boundaries can be really, really hard. If you're wondering what a good boundary might be for you, I'd encourage you to talk it through with a trusted adult or with your small group and small group leader today. The whole reason we have small groups is to help each other figure out what the stuff we talk about here looks like in our everyday lives.

So, when it comes to boundaries, a conversation with your small group or small group leader may be a good place to start! They want to help you set boundaries and encourage you as you work to keep those boundaries in place.

Now, as you head to group, I want you to think on this question: **What's one boundary you could set for yourself?**



TRANSITION INTO SMALL GROUPS
