

## 7<sup>th</sup> Grade Girls “Catholic Vision of Love” Study Guide

### Video- “Hot Topics”

#### Session 6 – Christian Dating by Everett Fritz

- Introduction
  - We all know the familiar words: “to have and to hold, from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, until death do us part.” They are part of the time-honored traditional vows of marriage, and they form the cornerstone of the Catholic Rite of Matrimony. However, it would seem that the popular view of dating today has nothing to do with preparing for the time-honored traditional vows of marriage. In fact, it is usually a better preparation for divorce than for a lifelong, joy-filled marriage. Popular culture needs to rediscover principles of healthy dating based upon the dignity of the human person and the vocation to love.
- Part 1 (5:40) – Why Dating?
  - Many people don’t get out of the middle school dating mindset which is “I like you, you’re cute, there’s something about you that I like. Let’s date.” And then eventually you’re like “ehh this is kind of boring now. Let’s break up.” They’re simply looking for a good time and fun time, but dating is about so much more than that
  - The other mentality with middle school dating is “Let’s just date each other until it gets boring.”
- Part 2 (5:41) – The Purpose of Dating
  - The purpose of dating is about discerning marriage
  - The mindset you need to have when dating is a journey towards marriage
  - Marriage is more than about the love between two people. Marriage is a sacrament where the couple tries to help lead each other to holiness
  - When am I ready to date?
    - When you know it is God’s plan for holiness in your life
  - If you do dating well. If you do dating following God’s plan for your life it should make you a holier person.
- Part 3 (14:26) – Ten Principles of Christian Dating
  - Every dating relationship ends in one of two ways- marriage or break up
  - Your boyfriend/girlfriend may become someone else’s spouse
  - Pray for and with your boyfriend/girlfriend
    - God’s plan is that you would be given away in love in the priesthood, consecrated life, or marriage
    - God’s plan for your life is better than anything you could ever dream and it will fulfill every desire of your heart. The only way to know that plan is to pray
  - St. Ignatius Loyola said, ‘do not make life decision when in desolation’
  - A boyfriend/girlfriend that does not build you up is not worth your time
  - Maximize time in groups- minimize exclusive time with each other
  - It is OK to be single
  - Talk about and set boundaries for physical affection
  - Know the difference between affection and arousal

- Sexual intimacy communicates a lifelong commitment of love
  - Never engage in pre-marital sex
  - How do I find the person I am called to marry?
    - God has a plan for your life, and as you grow closer and closer to God, He reveals that plan for your life
    - Is God enough for you in your life? Have you gotten to a point of intimacy with God in your prayer life, in your love of God and relationship with God, that if that person never comes into your life you will be totally satisfied because you love God with all of your heart? Are you at a point where God fills every deep desire of your heart?
    - When you get to this point, then this is when God brings forth your vocation and that person into your life. I don't need that person in my life because God is enough
  - The whole point to dating is to draw us closer to Christ and grow in holiness, so pursue Christ with all your heart, soul, and mind. Lord I want to know you deeply and intimately
- Discussion Questions
  - What are your thoughts about this statement: "It is not that sex before marriage goes too far; rather, it does not go far enough!"
  - Everett compared the way some middle-age people date to the way a middle-schooler "dates." What do you think that says about our culture?
  - Let's take a look at one other movie about the greatest love story ever told: The Passion of the Christ. What message does this movie have to offer romantic love?
  - How did Everett and his wife date in a way that proved the chastity speaker right?
- Scripture
  - Matthew 19:4-6
  - Everett compared the way some middle-age people date to the way a middle-schooler "dates." What do you think that says about our culture?

## Video- “True Beauty: Chastity for Girls”

### Session 1: Passion & Purity, Part 1, by Mary Bielski

- Introduction
  - Many young women want to experience a fairy tale love story. But in the confusion to find true love, they often make choices that jeopardize their purity and integrity. This first of two sessions explores how young women can be lured into a false idea about love and sex, and what they can do to claim the truth for themselves. Presented by Mary Bielski.
- Part 1 (2:21) – Chastity
  - Chastity- virtue of purity and integrity; It’s not a ‘no’ or a repression of our sexuality, but it’s a ‘yes’
- Part 2 (4:11) – Modesty
  - Know who you are in Christ because the world distorts the dignity of a woman
  - You were created with dignity and with love
  - Christ made you and knows your heart’s desire and He has called you into an intimate relationship for Him
  - If you don’t have a relationship with Christ you’ll start looking for love and attention in all the wrong places
  - Sometimes we are so starving for love in our lives that we settle for scraps. Guys who don’t treat us well, don’t treat us with respect, and don’t lead us to the Lord
  - Our intention in how we dress is not to have a man lust after us
  - You want to have a man cherish you, not lust after you
  - The opposite of love is not hate. The opposite of love is too use someone for our own needs and gratification
  - We are called to love as Christ loves. To give our lives as a gift for the other
- Discussion Questions
  - Why do you think the images that over-sexualize women have a negative effect on how women perceive themselves?
  - If ads are designed to manipulate women, why do you think women continue to buy those types of magazines?
  - What effect do you think the false perception that “to be beautiful you have to be sexy” has on women?
  - What do you think makes your heart beautiful?
- Scripture
  - Daniel 13:1-64
  - 1 Corinthians 6:19
  - 1 Samuel 16:7

### Session 2: Passion & Purity, Part 2

- Introduction
  - The Church has a beautiful vision of human sexuality that is often buried in the confusion of our culture. In this second session, we'll look at sex in the context of the

love Jesus models for us. Here we will see how marriage was designed by God as a reflection and witness to his love. Presented by Mary Bielski.

- Part 1 (2:59) – Sex
  - The Church teaches that sex is good and it was created by God
  - Love is: total, faithful, fruitful, and free (best example is Jesus on the cross)
  - Love that is total, faithful, fruitful, and free is marital love
  - When you have sex outside of marriage you are lying with your body
- Part 2 (3:33) – St. Maria Goretti
  - God has a plan for our sexuality. That it was made for marriage
  - As women as we called to guard and protect this wonderful gift that God has given us
  - We are created for a life-giving love and a sexuality that is full of goodness
  - Christ comes into our wounds and conquers them to bring new life
- Discussion Questions
  - Where do you see that kind of love (total, faithful, fruitful, free)? Where don't you see it in your life?
  - What does it mean that God's love for you is total? Faithful? Free? Fruitful?
  - What would you say to someone who says, "Chastity is a nice ideal but too difficult and not practical; I'm not sure there are any guys who would want to guard my chastity"?
  - What are some of the practical ways you can live out chastity that you learned in this session?
  - Why is contraception a violation of these promises (to be total, faithful, fruitful, and free)?
- Scripture
  - Psalm 51:1-2, 10

### **Session 3: Broken, Healed & Holy, Part 1, by Crystalina Evert**

- Introduction
  - With all the so-called freedom our culture claims that sex can bring, little is said about the heartbreak, emotional pain, and life-changing impact sex has on a young woman. In this session, we'll talk frankly about the consequences of sex outside of God's design—and the wounds it brings. But there is hope. God's grace, forgiveness, and love are greater than the mistakes any young woman can make. In him, there is always a fresh new start. Presented by Crystalina Evert.
- Part 1 (2:23)
  - God is inviting you to go deeper, to overcome those fears, insecurities, and things that may have happened too you. It's only with Him and through His grace can we go there.
- Part 2 (6:18) – Crystalina's Story
  - If you want to turn your life around you have to do it with the grace of God or it's not going to happen
  - "I have seen enough evidence to be unshakably convinced that no difficulty, no fear is so great that it can completely suffocate the hope that springs eternal in the hearts of the young. You are our hope, the young are our hope. Do not let that hope die! Stake your lives on it! We are not the sum of our weaknesses and failures; we are the sum of

the Father's love for us and our real capacity to become the image of his Son." -Homily of the Holy Father St. Pope John Paul II

- Discussion Questions
  - What can you relate to in Crystalina's story?
  - How has peer pressure been present in your life? How do/did you respond?
  - Why do you think there's so much pressure today for teenagers to be sexually active?
  - What are the world's expectations for you? How do they compare with God's expectations?
  - What were some behaviors of Crystalina's boyfriend that indicated that he did not truly love her?
- Scripture
  - Psalm 147:3
  - Ephesians 5:8-11

#### **Session 4: Broken, Healed & Holy, Part 2**

- Introduction
  - In this session we will continue to look at the hope God offers, as he is ready to heal and restore us from our worst mistakes. But the journey to a complete healing will require us to break free from our hurt, pain, and sin. Saying "yes" to God's invitation to heal us also means saying "yes" to a new way of life. Presented by Crystalina Evert.
- Part 1 (4:19)
  - So much depends on that 'yes' that we give God.
  - Our fears prevent us from getting to the root of the problem and we put on these masks
  - No one is perfect; you are not defined by your weaknesses and past
  - Only God can undo the damage that we have caused our self
  - Give all the shame that you are feeling and had it over to Christ
- Part 2 (4:59) – Concrete Ways to Live a Chaste Life
  - The closer you get to God. The more you become yourself. The more self-confidence and self-respect that you gain
  - Try to go once a month or every 2 weeks to confession
  - Go to Adoration. Go to Mass as often as you can
  - Find Sisters in Christ
  - Avoid the false consolation (empty relationships, sexualizing problems, parties, etc.)
  - Know your standards and your self-worth; don't ever lower your standards
- Part 3 (3:51) – Abuse and Counseling
- Discussion Questions
  - Describe a time you've experienced hurt. What emotions did you go through? Did you experience healing? If so, how?
  - Is there an area in your life where you feel a battle raging? How can you begin to restore this area of your life?
  - How do you think Jesus sees you? What are you like, looking through His eyes?
  - How can I help you when you get discouraged about a weakness or failure?

- The Samaritan woman's life was clearly changed in her encounter with Jesus—so much so that others noticed something was different about her. What do you think was different about her?
- Scripture
  - John 4:1-30