

A Chapter-by-Chapter Guide of Ministerial Options

In our experience, it is ideal to cover the material contained in *Theology of the Body for Teens* from cover-to-cover. Since we understand that this is not always possible, we offer the following ideas to help teachers and youth leaders select and present the most important elements of the program to their teens.

This *Guide to the Leader's Guide* will help you get the most out of this curriculum based on the time you have available. Coupled with your knowledge of the needs of your group, this guide will walk you through each chapter of the *Leader's Guide* step-by-step, helping you prepare quickly but well to guide your teens through this program. The *Leader's Guide* is user-friendly, offering many tips for the inexperienced teacher or youth leader; the *Guide to the Leader's Guide* simply highlights, according to your group's specific time constraints, the best way for you to use the program. This guide presents options for sessions of 120, ninety, seventy-five, and sixty minutes.

COMPANION DVD SET

The *Theology of the Body for Teens* DVD set gives you the opportunity to have the authors of the curriculum, Brian Butler and Jason and Crysalina Evert, teach the heart of each lesson to your teens. The DVD set consists of a total of 17 segments on four DVDs. There is one segment for each of the 12 workbook chapters; two *guys only* segments and two *girls only* segments for going deeper; and one Parent Overview. The recommended way to use the DVD set is to play the corresponding DVD chapter segment when you come to the "Teach" segment of each chapter session. There are other fun and informative segments on the DVDs, such as man-on-the-street interviews and summary trivia questions, so be sure to review them ahead of time.

PARENT INFORMATION SESSION

It is highly recommended that you conduct a Parent Info Session prior to beginning the study with your teens. At the parent meeting, play the Parent Overview on DVD four. In the Parent Overview DVD segment, the curriculum authors explain the entire *Theology of the Body for Teens* study to the parents, discuss the resources, give practical family applications and run through the five most frequently asked questions.

Be sure to have ample copies of the *Parent's Guide* booklet on hand to give to the parents for further study, more detailed family applications, and questions they can discuss with their teens. For more help in planning and conducting a Parent Info Session, see the free download on www.TOBFforTeens.com

OUTSIDE READING NOTE

Your ability to move through more material more quickly will be greatly enhanced if your teens are able to do reading outside of class, even if only a few pages between each session.

TIME CRUNCH

In order to cover all the components in a chapter (especially if you choose one of the shorter options) you need to prepare various items in advance—e.g., TV and DVD player, movie clips cued up, application materials set out/divided up early, etc. To vary learning styles and meet the specific needs of your teens through the learning methods suggested, set-up and preparation for each component and/or transition should be done quickly.

Here are four time options (120, 90, 75, and 60 minutes) for each of the twelve chapters of the *Theology of the Body for Teens Leader's Guide*, presented longest to shortest. *Note:* To give you some “cushion,” we have actually made each of the sessions five minutes shorter.

Chapter One

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Option #1 on p. 7 (3 min)
- **Read Aloud:** Introduction on pp. 1-3 (7 min)
- **Read Aloud:** Opening & Story Starter on pp. 5-8 (10 min)
- **Discuss:** Choose a few questions on p. 8 (10 min)

MAIN CONTENT:

- **Teach:** (40 min)
 - Summarize the “Bridging the Gap” in your own words on p. 9
 - Review the objectives on p. 5L, then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 10-12
 - Do the “Notes & Nuggets” exercise on p. 11L
- **Dig Deep:** (10 min)
 - Have the teens break into small groups to read (or individually read silently) the “Digging Deeper” on pp. 12-14
- **Movie Clip:** (5 min)
 - Show movie clips #1 or #3 on p. 16L and then summarize the point
- **Apply:** (15 min)
 - Have the teens do the application exercise on p. 13L
- **Pray/Reflect/Journal:** (13 min)
 - Have teens do the mediation and journal exercise on p. 16
- **Closing Prayer:** (2 min)
 - Do the closing prayer on p. 17

AT HOME:

Have teens, read the practical LIVE IT OUT (“Living with Purpose”) on p. 15.

Chapter One

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Option #1 on p. 7 (3 min)
- **Read Aloud:** Introduction on pp. 1-3 (7 min)
- **Read Aloud:** Opening & Story Starter on pp. 5-8 (10 min)
- **Discuss:** Choose a few questions on p. 8 (5 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize the “Bridging the Gap” in your own words on p. 9
 - Review the objectives on p. 5L, then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 10-12
 - Do the “Notes & Nuggets” exercise on p. 11L
- **Dig Deep:** (10 min)
 - Have the teens break into small groups to read (or individually read silently) the “Digging Deeper” on p. 12-14
- **Movie Clip:** (5 min)
 - Show movie clips #1 or #3 on p. 16L and then summarize the point

CHOOSE A or B:

- **A.) Apply:** (13 min)
 - Have the teens do the application exercise on p. 13L
- **B.) Pray/Reflect/Journal:**
 - Have teens do the mediation and journal exercise on p. 16

CLOSE:

- **Closing Prayer:** (2 min)
 - Do the closing prayer on p. 17

AT HOME:

Have your teens read the LIVE IT OUT (“Living with Purpose”) on p. 15.

Chapter One

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Option #1 on p. 7 (3 min)
- **Read Aloud:** Introduction on pp. 1-3 (7 min)
- **Read Aloud:** Opening & Story Starter on pp. 5-8 (10 min)
- **Discuss:** Choose a few questions on p. 8 (10 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize the “Bridging the Gap” in your own words on p. 9
 - Review the objectives on p. 5L, then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 10-12
 - Do the “Notes & Nuggets” exercise on p. 11L
- **Movie Clip:** (5 min)
 - Show movie clips #1 or #3 on p. 16L and then summarize the point

CHOOSE A or B:

- **A.) Apply:** (13 min)
 - Have the teens do the application exercise on p. 13L
- **B.) Pray/Reflect/Journal:**
 - Have teens do the mediation and journal exercise on p. 16

CLOSE:

- **Closing Prayer:** (2 min)
 - Do the closing prayer on p. 17

AT HOME:

Have your teens read the “Digging Deeper” on p. 12-14 and the LIVE IT OUT (“Living with Purpose”) on p. 15.

Chapter One

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Option #1 on p. 7 (3 min)
- **Read Aloud:** Introduction on pp. 1-3 (7 min)
- **Read Aloud:** Opening & Story Starter on pp. 5-8 (10 min)

MAIN CONTENT:

- **Teach:** (15 min)
 - Summarize the “Bridging the Gap” in your own words on p. 9
 - Review the objectives on p. 5L, then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 10-12
- **Movie Clip:** (5 min)
 - Show movie clips #1 or #3 on p. 16L and then summarize the point

CHOOSE A or B:

- **A.) Apply:** (13 min)
 - Have the teens do the application exercise on p. 13L
- **B.) Pray/Reflect/Journal:**
 - Have teens do the mediation and journal exercise on p. 16

CLOSE:

- **Closing Prayer:** (2 min)
 - Do the closing prayer on p. 17

AT HOME:

Have teens read the “Digging Deeper” on pp. 12-14 and the LIVE IT OUT (“Living with Purpose”) on p. 15.

Chapter Two

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Choose either one on p. 20 (3 min)
- **Icebreaker:** Do the icebreaker and explain it on p. 20-L (7 min)
- **Two Minute Drill:** Quickly do the drill on pp. 20-L/21 (2 min)
- **Read Aloud:** Opening on p. 19 & Story Starter on pp. 21-22 (10 min)
- **Discuss:** Choose a few questions on p. 22 (5 min)

MAIN CONTENT:

- **Teach:** (40 min)
 - Summarize “Bridging the Gap” in your own words on pp. 23-24
 - Use the “Notes and Nuggets” (on p. 19L) to quickly explain the “problem with analogies.” Review the objectives on the same page. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 24-28
 - Let them quietly do the “Love Test” exercise on pp. 28-30
 - Review (in general) the test with them, helping them learn from their experiences here
 - Remind them of the hope of “growing into love” on p. 31
- **Dig Deep:** (10 min)
 - Have the teens break into small groups to read (or individually read silently) the “Digging Deeper” on p. 32-33
- **Movie Clip:** (10 min)
 - Show a movie clip on p. 34L and then summarize the point
- **Apply:** (13 min)
 - Have the teens do the application exercise on p. 34L
- **Pray & Live it Out:** (15 min)
 - Have teens break into groups to read and discuss the five main points in the LIVE IT OUT (“User’s Guide to Stop Using”) on p. 34. Encourage them to conclude with their own short prayer in their group, asking for the courage to live generously and purely.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 35

AT HOME:

Have teens read and review the GLOSSARY OF KEY TERMS on p. 36.

Chapter Two

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Choose either one on p. 20 (3 min)
- **Icebreaker:** Do the icebreaker and explain it on p. 20-L (7 min)
- **Two Minute Drill:** Quickly do the drill on pp. 20-L/21 (2 min)
- **Read Aloud:** Opening on p. 19 & Story Starter on pp. 21-22 (10 min)
- **Discuss:** Choose a few questions on p. 22 (5 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on pp. 23-24
 - Use the “Notes and Nuggets” (on p. 19L) to quickly explain the “problem with analogies.” Review the objectives on the same page. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 24-28
 - Let them quietly do the “Love Test” exercise on pp. 28-30
 - Review (in general) the test with them, helping them learn from their experiences here
 - Remind them of the hope of “growing into love” on p. 31
- **Movie Clip:** (13 min)
 - Show a movie clip on p. 34-L and then follow with a short discussion
- **Pray & Live it Out:** (15 min)
 - Have teens break into groups to read and discuss the five main points in the LIVE IT OUT (“User’s Guide to Stop Using”) on p. 34. Encourage them to conclude with their own short prayer in their group, asking for the courage to live generously and purely.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 35

AT HOME:

Have teens read the “Digging Deeper” on pp. 32-33 and read and review the GLOSSARY OF KEY TERMS on p. 36.

Chapter Two

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Choose either one on p. 20 (3 min)
- **Icebreaker:** Do the icebreaker and explain it on p. 20L (7 min)
- **Two Minute Drill:** Quickly do the drill on pp. 20-L/21 (2 min)
- **Read Aloud:** Opening on p. 19 & Story Starter on pp. 21-22 (10 min)
- **Discuss:** Choose a few questions on p. 22 (10 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on pp. 23-24
 - Use the “Notes and Nuggets” (on p. 19-L) to quickly explain the “problem with analogies.” Review the objectives on the same page. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 24-28
 - Let them quietly do the “Love Test” exercise on pp. 28-30
 - Review (in general) the test with them, helping them learn from their experiences here
 - Remind them of the hope of “growing into love” on p. 31

CHOOSE A or B:

- **A.) Movie Clip:** (12 min)
 - Show a movie clip on p. 34-L and follow with brief discussion
- **B.) Pray & Live it Out:**
 - Have teens break into groups to read and discuss the five main points in the LIVE IT OUT (“User’s Guide to Stop Using”) on p. 34.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 35

AT HOME:

Have teens read the “Digging Deeper” on pp. 32-33 and read and review the GLOSSARY OF KEY TERMS on p. 36.

Chapter Two

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Choose either one on p. 20 (3 min)
- **Icebreaker:** Do the icebreaker and explain it on p. 20-L (7 min)
- **Two Minute Drill:** Quickly do the drill on pp. 20-L/21 (2 min)
- **Read Aloud:** Opening on p. 19 & Story Starter on pp. 21-22 (10 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on pp. 23-24
 - Use the “Notes and Nuggets” (on p. 19L) to quickly explain the “problem with analogies.” Review the objectives on the same page. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 24-28
 - Remind them of the hope of “growing into love” on p. 31

CHOOSE A or B:

- **A.) Movie Clip:** (12 min)
 - Show a movie clip on p. 34L and then follow with a short discussion
- **B.) Pray & Live it Out:**
 - Have teens break into groups to read and discuss the five main points in the LIVE IT OUT (“User’s Guide to Stop Using”) on p. 34. Encourage them to conclude with their own short prayer in their group, asking for the courage to live generously and purely.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 35

AT HOME:

Have teens read the “Digging Deeper” on pp. 32-33 and the “Love Test” exercise on pp. 28-30. (*Note:* Be sure to review the “Love Test” in the next session, if you ask the teens to read it at home. It deserves “unpacking.”)

Chapter Three

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 38 (2 min)
- **Icebreaker:** Do the icebreaker and discussion on pp. 38-39L (25 min)
- **Two Minute Drill:** Quickly do the drill on pp. 37-L/39 (2 min)
- **Read Aloud:** Opening on p. 37 & Story Starter on p. 39 (5 min)
- **Discuss:** Choose a few questions on p. 39 (5 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on p. 40
 - Review the objectives on p. 37-L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 40-44
- **Demonstrate:** (15 min)
 - Use the application (“God is the Magnet”) on pp. 46-47-L to help the teens understand the way the body expresses the person and the way the visible person points us to the love of God.
- **Dig Deep:** (10 min)
 - Have the teens quietly, individually read the “Digging Deeper” on pp. 44-46
- **Discuss:** (10 min)
 - Come back to large group and guide the discussion regarding what the teens read. Answer any questions they have about this section.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 35

AT HOME:

Have teens, on their own, read the LIVE IT OUT on pp. 46-47 and review the GLOSSARY OF KEY TERMS on p. 36.

Chapter Three

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 38 (2 min)
- **Icebreaker:** Do the icebreaker and discussion on pp. 38-39L (20 min)
- **Two Minute Drill:** Quickly do the drill on pp. 37L/39 (2 min)
- **Read Aloud:** Opening on p. 37 & Story Starter on p. 39 (5 min)
- **Discuss:** Choose a few questions on p. 39 (5 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - o Summarize “Bridging the Gap” in your own words on p. 40
 - o Review the objectives on p. 37L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 40-44
- **Demonstrate:** (15 min)
 - o Use the application (“God is the Magnet”) on p. 46-47L to help the teens understand the way the body expresses the person and the way the visible person points us to the love of God.
- **Closing Prayer:** (1 min)
 - o Do the closing prayer on p. 35

AT HOME:

Have teens read the “Digging Deeper” on p. 44-46 and the LIVE IT OUT on pp. 46-47.

Chapter Three

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 38 (2 min)
- **Icebreaker:** Do the icebreaker and discussion on pp. 38-39L (20 min)
- **Two Minute Drill:** Quickly do the drill on pp. 37L/39 (2 min)
- **Read Aloud:** Opening on p. 37 & Story Starter on p. 39 (5 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on p. 40
 - Review the objectives on p. 37L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 40-44
- **Demonstrate:** (15 min)
 - Use the application (“God is the Magnet”) on pp. 46-47L to help the teens understand the way the body expresses the person and the way the visible person points us to the love of God.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on pp. 35

AT HOME:

Have teens read the “Digging Deeper” on pp. 44-46 and the LIVE IT OUT on pp. 46-47.

Chapter Three

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 38 (2 min)
- **Two Minute Drill:** Quickly do the drill on p. 37L/39 (2 min)
- **Read Aloud:** Opening on p. 37 & Story Starter on p. 39 (5 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on p. 40
 - Review the objectives on p. 37L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 40-44
- **Demonstrate:** (15 min)
 - Use the application (“God is the Magnet”) on pp. 46-47L to help the teens understand the way the body expresses the person and the way the visible person points us to the love of God.

CHOOSE A or B:

- **A.) Movie Clip:** (10 min)
 - Show a movie clip on p. 47 L, and summarize the point.
- **B.) Song + Journal:** (10 min)
 - Play one of the songs from p. 47 L and then give the teens a few minutes to journal about what it can mean for their lives.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 35

AT HOME:

Have teens read the “Digging Deeper” on p. 44-46 and the LIVE IT OUT on p. 46-47.

Chapter Four

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 52 (3 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 52L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 52L/53 (2 min)
- **Read Aloud:** Opening on p. 51 & Story Starter on pp. 52-54 (10 min)
- **Discuss:** Choose a few questions on pp. 54-55 (5 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on p. 55
 - Review the objectives on p 51L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on p. 56-61.
- **Role Play:** (10 min)
 - Use the role play (“My Response to Cross”) on p. 61-62L to help the teens understand the reality of Christ’s love for them.
- **Prayerful Journal:** (10 min)
 - Let the teens make their thoughtful response to the exercise in their journals.
- **Dig Deep:** (10 min)
 - Have the teens quietly, individually read the “Digging Deeper” on p. 61-62 and the “Live it Out” on p. 63.
- **Discuss:** (15 min)
 - Come back to large group and guide the discussion regarding what the teens read. Answer any questions they have about these sections.
- **Closing Prayer:** (1 min)
 - Choose one of the closing prayers on p. 65

AT HOME:

Have teens review the GLOSSARY OF KEY TERMS on p. 66

Chapter Four

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 52 (3 min)
- **Icebreaker:** Use an icebreaker and make the point p. 52L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 52L/53 (2 min)
- **Read Aloud:** Opening on p. 51 & Story Starter on pp. 52-54 (10 min)
- **Discuss:** Choose a few questions on p. 54-55 (5 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 55
 - Review the objectives on p 51L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 56-61.
- **Role Play:** (10 min)
 - Use the role play (“My Response to Cross”) on p. 61-62L to help the teens understand the reality of Christ’s love for them.
- **Prayerful Journal:** (10 min)
 - Let the teens make their thoughtful response to the exercise in their journals.
- **Movie Clip:** (10 min)
 - Show a movie clip from p. 64L and let the short discussion afterward lead into your closing prayer.
- **Closing Prayer:** (1 min)
 - Choose one of the closing prayers on p. 65

AT HOME:

Have teens, on their own, read the “Digging Deeper” on p. 61-62 and the “Live it Out” on p. 63. They can also review the GLOSSARY OF KEY TERMS on p. 66

Chapter Four

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 52 (3 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 52L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 52L/53 (2 min)
- **Read Aloud:** Opening on p. 51 & Story Starter on pp. 52-54 (10 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on p. 55
 - Review the objectives on p 51L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 56-61.
- **Role Play:** (10 min)
 - Use the role play (“My Response to Cross”) on pp. 61-62L to help the teens understand the reality of Christ’s love for them.
- **Prayerful Journal:** (10 min)
 - Let the teens make their thoughtful response to the exercise in their journals.
- **Closing Prayer:** (1 min)
 - Choose one of the closing prayers on p. 65

AT HOME:

Have teens, on their own, read the “Digging Deeper” on p. 61-62 and the “Live it Out” on p. 63. They can also review the GLOSSARY OF KEY TERMS on p. 66

Chapter Four

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 52 (3 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 52L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 52L/53 (2 min)
- **Read Aloud:** Opening on p. 51 & Story Starter on pp. 52-54 (10 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 55
 - Review the objectives on p. 51L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on p. 56-61.
- **Role Play:** (5 min)
 - Describe the role play (“My Response to Cross”) on pp. 61-62L (or do it quickly) to help the teens understand the reality of Christ’s love for them.
- **Prayerful Journal:** (5 min)
 - Let the teens begin their thoughtful response to the exercise in their journals. Encourage them to take more time later to complete their thoughts, maybe continuing their journal as their night prayer before bed when they go home.
- **Closing Prayer:** (1 min)
 - Choose one of the closing prayers on p. 65

AT HOME:

Have teens, on their own, read the “Digging Deeper” on pp. 61-62 and the “Live it Out” on p. 63. They can also review the GLOSSARY OF KEY TERMS on p. 66

Chapter Five

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 68 (2 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 68L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 68L/68 (2 min)
- **Read Aloud:** Opening on p. 67 & Story Starter on pp. 68-69 (10 min)
- **Discuss:** Choose a few questions on p. 70 (5 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - o Summarize “Bridging the Gap” in your own words on p. 70
 - o Review the objectives on p. 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 71-75.
- **Apply:** (15 min)
 - o Choose one of the two exercises, “Legos without a Clue,” or “Freedom to Play” skit on pp. 76-79L to help the teens understand the reality of real freedom in Christ and the Church. Have brief discussion of what was learned through the exercises.
- **God’s Word:** (10 min)
 - o Break teens into groups and lead them into another exercise, option #2 “Freedom of Choice in Scripture” on p. 77L
- **Truth Quiz:** (10 min)
 - o Walk your teens through the “quiz” on p. 78, and discuss the connections made within it.
- **Live it Out Loud:** (5 min)
 - o Have one of your teens read aloud the “Live it Out” on p. 79, which will cement their learning in the “truth quiz.”

CHOOSE A or B:

- **A.) Movie Clip:** (10 min)
 - o Show one of the clips on p. 79L and make the point afterwards.
- **B.) Dig Deep:**
 - o Have the teens quietly, individually read the “Digging Deeper” on pp. 76-78.
- **Discuss:** (5 min)
 - o Come back to large group for short discussion of whatever was read or seen on the movie clip.
- **Closing Prayer:** (1 min)
 - o Choose one of the closing prayers on p. 65

AT HOME:

Have teens (if they did not do so in class) read the “Digging Deeper” on pp. 76-78 and review the GLOSSARY OF KEY TERMS on p. 80.

Chapter Five

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 68 (2 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 68L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 68L/68 (2 min)
- **Read Aloud:** Opening on p. 67 & Story Starter on pp. 68-69 (10 min)
- **Discuss:** Choose a few questions on p. 70 (5 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 70
 - Review the objectives on p. 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 71-75.
- **Apply:** (10 min)
 - Choose one of the three exercises, “Legos without a Clue,” “Freedom to Play” skit, or “Freedom of Choice in Scripture” on pp. 76-79L to help the teens understand the reality of real freedom in Christ and the Church. Have brief discussion of what was learned through the exercises.

CHOOSE A, B or C:

- **A.) Movie Clip:** (10 min)
 - Show one of the clips on p. 79L and make the point afterwards.
- **B.) Dig Deep:**
 - Have the teens quietly, individually read the “Digging Deeper” on pp. 76-78.
- **C.) Truth Quiz:**
 - Walk your teens through the “quiz” on p. 78, and discuss the connections made within it.
- **Discuss:** (5 min)
 - Come back to large group for short discussion of whatever was read or seen on the movie clip.
- **Closing Prayer:** (6 min)
 - Allow for a few minutes of silence, encouraging the teens to pray quietly to be convicted of the truth and to be set free, then do the closing prayer on p. 80.

AT HOME:

Have teens (if they did not do so in class) read the “Digging Deeper” on pp. 76-78 and the “Live it Out” on p. 79.

Chapter Five

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 68 (2 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 68L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 68L/68 (2 min)
- **Read Aloud:** Opening on p. 67 & Story Starter on pp. 68-69 (10 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on p. 70
 - Review the objectives on p 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on p. 71-75.
- **Apply:** (15 min)
 - Choose one of the three exercises, “Legos without a Clue,” “Freedom to Play” skit, or “Freedom of Choice in Scripture” on pp. 76-79L to help the teens understand the reality of real freedom in Christ and the Church. Have brief discussion of what was learned through the exercises.

CHOOSE A, B or C:

- **A.) Movie Clip:** (10 min)
 - Show one of the clips on p. 79L and make the point afterwards.
- **B.) Dig Deep:**
 - Have the teens quietly, individually read the “Digging Deeper” on pp. 76-78.
- **C.) Truth Quiz:**
 - Walk your teens through the “quiz” on p. 78, and discuss the connections made within it.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 80.

AT HOME:

Have teens read the “Digging Deeper” on pp. 76-78 and the “Live it Out” on p. 79.

Chapter Five

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 68 (2 min)
- **Icebreaker:** Use an icebreaker and make the point on p. 68L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 68L/68 (2 min)
- **Read Aloud:** Opening on p. 67 & Story Starter on pp. 68-69 (10 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 70
 - Review the objectives on p. 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 71-75.
- **Apply:** (10 min)
 - Choose one of the three exercises, “Legos without a Clue,” “Freedom to Play” skit, or “Freedom of Choice in Scripture” on pp. 76-79L to help the teens understand the reality of real freedom in Christ and the Church. Have brief discussion of what was learned through the exercises.
- **Closing Prayer:** (1 min)
 - Do the closing prayer on p. 80.

AT HOME:

Have teens read the “Digging Deeper” on pp. 76-78, the “Truth Quiz” on p. 78, and the “Live it Out” on p. 79.

Chapter Six

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 82 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 82L (15 min)
- **Two Minute Drill:** Quickly do the drill on pp. 81L/82 (2 min)
- **Read Aloud:** Opening on p. 81 & Story Starter on pp. 82-83 (10 min)
- **Discuss:** Choose a few questions on p. 83 (5 min)

MAIN CONTENT:

- **Teach:** (40 min)
 - Summarize “Bridging the Gap” in your own words on p. 84
 - Review the objectives on p 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 84-88.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” exercise on p. 86L.
- **Movie Clip:** (10 min)
 - Show one of the clips on p. 90L and make the point afterwards.
- **Apply:** (10 min)
 - Choose one of the exercises on pp. 91-92L to help the teens understand the reality of the language spoken with the body.
- **Dig Deep:** (15 min)
 - Intentionally walk the teens through the “Digging Deeper” (*The Pornographic Lie*), into a short discussion about the sacredness of the body and the difference between sacred art that contains nudity and the reductionism in porn on pp. 88-89.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 92.

AT HOME:

Have teens read “Science and the Theology of the Body” on p. 90, “Live it Out” on p. 91 and review GLOSSARY OF KEY TERMS on p. 93.

Chapter Six

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 82 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 82L (15 min)
- **Two Minute Drill:** Quickly do the drill on pp. 81L/82 (2 min)
- **Read Aloud:** Opening on p. 81 & Story Starter on pp. 82-83 (10 min)
- **Discuss:** Choose a few questions on p. 83 (5 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 84
 - Review the objectives on p. 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 84-88.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” exercise on p. 86L.
- **Movie Clip:** (10 min)
 - Show one of the clips on p. 90L and make the point afterwards.
- **Discuss:** (10 min)
 - Allow the teens to ask whatever clarifying questions they still have regarding the material in this chapter.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 92.

AT HOME:

Have teens read “Digging Deeper” (“The Pornographic Lie”) on p. 88-89, “Science and the Theology of the Body” on p. 90, and “Live it Out” on p. 91.

Chapter Six

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 82 (2 min)
- **Icebreaker:** Quickly do the icebreaker to set it all up on p. 82L (10 min)
- **Two Minute Drill:** Quickly do the drill on pp. 81L/82 (2 min)
- **Read Aloud:** Opening on p. 81 & Story Starter on pp. 82-83 (10 min)
- **Discuss:** Choose a few questions on p. 83 (5 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on p. 84
 - Review the objectives on p 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 84-88.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” exercise on p. 86L.

CHOOSE A or B:

- **A.) Movie Clip:** (10 min)
 - Show one of the clips on p. 90L and make the point afterwards.
- **B.) Discuss:**
 - Allow the teens to ask whatever clarifying questions they still have regarding the material in this chapter.
- **Closing Prayer:**
 - Use (and explain the significance) of the closing prayer on p. 92.

AT HOME:

Have teens read “Digging Deeper” (“The Pornographic Lie”) on p. 88-89, “Science and the Theology of the Body” on p. 90, and “Live it Out” on p. 91.

Chapter Six

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 82 (2 min)
- **Icebreaker:** Quickly do the icebreaker to set it all up on p. 82L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 81L/82 (2 min)
- **Read Aloud:** Opening on p. 81 & Story Starter on pp. 82-83 (10 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on p. 84
 - Review the objectives on p 67L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on p. 84-88.
 - This chapter is full of critical issues; try to leave time for questions from your teens, because there are bound to be some.

CHOOSE A or B:

- **A.) Movie Clip:** (10 min)
 - Show one of the clips on p. 90L and make the point afterwards.
- **B.) Discuss:** (10 min)
 - Allow the teens to ask whatever clarifying questions they still have regarding the material in this chapter.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 92.

AT HOME:

Have teens read “Digging Deeper” (“The Pornographic Lie”) on p. 88-89, “Science and the Theology of the Body” on p. 90, and “Live it Out” on p. 91.

Chapter Seven

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 96 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 96L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 95L/96 (2 min)
- **Read Aloud:** Opening on p. 95 & Story Starter on pp. 96-97 (10 min)
- **Discuss:** Choose a few questions on p. 98 (5 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on p. 98
 - Review the objectives on p 95L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 99-103.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” to give explanation of the icebreaker, within the context of the chapter on p. 102L.
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“Homosexuality”) on p. 104-106 and discuss its implications, answering any questions the teens have as to why homosexual actions cannot image God’s free, total, faithful and fruitful love.

CHOOSE A or B:

- **A.) Prayerfully Apply:** (30 min)
 - If possible, you can explore Option #1 on p. 107L.
- **B.) Movie Clips:** (30 min)
 - You can show one or more of the clips on p. 108L and follow with a discussion that helps teens measure a relationship or an action against the “measuring stick” of *FTFF*.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 109.

AT HOME:

Have teens read “Live It Out” on p. 107-108 and review the GLOSSARY OF KEY TERMS on p. 110.

Chapter Seven

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 96 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 96L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 95L/96 (2 min)
- **Read Aloud:** Opening on p. 95 & Story Starter on pp. 96-97 (10 min)
- **Discuss:** Choose a few questions on p. 98 (5 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 98
 - Review the objectives on p 95L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 99-103.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” to give explanation of the icebreaker, within the context of the chapter on p. 102L.
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“Homosexuality”) on pp. 104-106 and discuss its implications, answering any questions the teens have as to why homosexual actions cannot image God’s free, total, faithful and fruitful love.

CHOOSE A or B:

- **A.) Prayerfully Apply:** (15 min)
 - If possible, you can explore Adoration in Option #1 on p. 107L.
- **B.) Movie Clips:**
 - You can show one or more of the clips on p. 108L and follow with a discussion that helps teens measure a relationship or an action against the “measuring stick” of *FTFF*.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 109.

AT HOME:

Have teens read “Live It Out” on pp. 107-108 and review the GLOSSARY OF KEY TERMS on p. 110.

Chapter Seven

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 96 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 96L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 95L/96 (2 min)
- **Read Aloud:** Opening on p. 95 & Story Starter on pp. 96-97 (10 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on p. 98
 - Review the objectives on p 95L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 99-103.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” to give explanation of the icebreaker, within the context of the chapter on p. 102L.
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“Homosexuality”) on pp. 104-106 and discuss its implications, answering any questions the teens have as to why homosexual actions cannot image God’s free, total, faithful and fruitful love.

CHOOSE A or B:

- **A.) Prayerfully Apply:** (10 min)
 - If possible, you can explore Adoration in Option #1 on p. 107L.
- **B.) Movie Clips:**
 - Show one of the clips on p. 108L and make the point to help teens measure a relationship or an action against the “measuring stick” of *FTFF*.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 109.

AT HOME:

Have teens read “Live It Out” on pp. 107-108 and review the GLOSSARY OF KEY TERMS on p. 110.

Chapter Seven

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 96 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 96L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 95L/96 (2 min)
- **Read Aloud:** Opening on p. 95 & Story Starter on pp. 96-97 (10 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on p. 98
 - Review the objectives on p 95L. Then teach (or have teens take turns reading aloud) the “To the Core” sections where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 99-103.
 - This chapter is full of critical issues; be sure to leave time for questions from your teens, because there are bound to be some.
 - Utilize a few minutes with the “Notes & Nuggets” to give explanation of the icebreaker, within the context of the chapter on p. 102L.
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“Homosexuality”) on pp. 104-106 and discuss its implications, answering any questions the teens have as to why homosexual actions cannot image God’s free, total, faithful and fruitful love.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 109.

AT HOME:

Have teens read “Live It Out” on p. 107-108 and review the GLOSSARY OF KEY TERMS on p. 110.

Chapter Eight

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 112 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 112L (10 min)
- **Two Minute Drill:** Quickly do the drill on pp. 111L/112 (2 min)
- **Read Aloud:** Opening on p. 111 & Story Starter on pp. 112-114 (10 min)
- **Discuss:** Choose a few questions on p. 114 (5 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on pp. 114-115
 - Review the objectives on p. 111L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 115-119.
 - Utilize a few minutes with the exercise on p. 120 (and the “Notes & Nuggets” on p. 120L).
- **Dig Deep:** (20 min)
 - Read aloud the “Digging Deeper” (“The History of Contraception”) on p. 120-121 and discuss its implications, answering any questions the teens have about contraception or Natural Family Planning.

CHOOSE A, B or C:

- **A.) Apply:** (25 min)
 - You can explore Option #1 or #2 (or both) on p. 123L.
- **B.) Movie Clips:**
 - You can show one or more of the clips on p. 123L and follow with a discussion that helps teens identify the authentic gift of spouses in a holy marriage and to see marriage as the primordial sacrament.
- **C.) In His Own Words:**
 - Choose a few of the passages from John Paul II on p. 125L and discuss them (maybe in a Socratic way) with your teens.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 124.

AT HOME:

Have teens read the “Science and Theology of the Body” on p. 122 and the “Live It Out” on p. 123 and review the GLOSSARY OF KEY TERMS on p. 125.

Chapter Eight

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 112 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 112L (10 min)
- **Two Minute Drill:** Quickly do the drill on pp. 111L/112 (2 min)
- **Read Aloud:** Opening on p. 111 & Story Starter on pp. 112-114 (10 min)
- **Discuss:** Choose a few questions on p. 114 (5 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on pp. 114-115
 - Review the objectives on p. 111L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.115-119.
 - Utilize a few minutes with the exercise on p. 120 (and the “Notes & Nuggets” on p. 120L).
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“The History of Contraception”) on pp. 120-121 and discuss its implications, answering any questions the teens have about contraception or Natural Family Planning.

CHOOSE A, B or C:

- **A.) Apply:** (15 min)
 - You can explore Option #1 or #2 on p. 123L.
- **B.) Movie Clips:**
 - Show one of the clips on p. 123L and follow with a short discussion that helps teens identify the authentic gift of spouses in a holy marriage and to see marriage as the primordial sacrament.
- **C.) In His Own Words:**
 - Choose one of the passages from John Paul II on p. 125L and discuss them (maybe in a Socratic way) with your teens.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 124.

AT HOME:

Have teens read “Science and Theology of the Body” on p. 122 and “Live It Out” on p. 123 and review the GLOSSARY OF KEY TERMS on p. 125.

Chapter Eight

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 112 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 112L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 111L/112 (2 min)
- **Read Aloud:** Opening on p. 111 & Story Starter on pp. 112-114 (10 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on pp. 114-115
 - Review the objectives on p. 111L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 115-119.
 - Utilize a few minutes with the exercise on p. 120 (and the “Notes & Nuggets” on p. 120L).
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“The History of Contraception”) on pp. 120-121 and discuss its implications, answering any questions the teens have about contraception or Natural Family Planning.

CHOOSE A, B or C:

- **A.) Apply:** (10 min)
 - You can explore Option #1 or #2 on p. 123L.
- **B.) Movie Clips:**
 - You can show one or more of the clips on p. 123L and follow with a discussion that helps teens identify the authentic gift of spouses in a holy marriage and to see marriage as the primordial sacrament.
- **C.) In His Own Words:**
 - Choose a few of the passages from John Paul II on p. 125L and discuss them (maybe in a Socratic way) with your teens.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 124.

AT HOME:

Have teens read “Science and Theology of the Body” on p. 122 and “Live It Out” on p. 123 and review the GLOSSARY OF KEY TERMS on p. 125.

Chapter Eight

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 112 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 112L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 111L/112 (2 min)
- **Read Aloud:** Opening on p. 111 & Story Starter on pp. 112-114 (10 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on pp. 114-115
 - Review the objectives on p. 111L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 115-119.
 - Utilize a few minutes with the exercise on p. 120 (and the “Notes & Nuggets” on p. 120L).
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“The History of Contraception”) on pp. 120-121 and discuss its implications, answering any questions the teens have about contraception or Natural Family Planning.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 124.

AT HOME:

Have teens read “Science and Theology of the Body” on p. 122 and “Live It Out” on p. 123 and review the GLOSSARY OF KEY TERMS on p. 125.

Chapter Nine

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 128 (5 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on pp. 128L (10 min)
- **Two Minute Drill:** Quickly do the drill on pp. 127L/129 (2 min)
- **Read Aloud:** Opening on p. 127 & Story Starter on pp. 129-130 (10 min)
- **Discuss:** Choose a few questions on p. 130 (5 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on pp. 130-131
 - Review the objectives on p. 127L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.131-137.
 - Utilize a few minutes with the exercise in the “Notes & Nuggets” on p. 132L.
- **Movie Clips:** (25 min)
 - Show the video “Fishers of Men” or one of the other clips on p. 140L and follow with a brief discussion about priesthood and religious life, leading into the deeper exploration of celibacy as an eschatological sign (next section below). (Note: If you choose “Fishers of Men,” one option is to set up this video by asking the teens to watch for “language of the body” and signs of “free, total, faithful and fruitful” love in the celibate life of the priesthood as portrayed in the film. Then, follow up on these points in the post-video discussion.)
- **Dig Deep:** (15 min)
 - Read aloud the “Digging Deeper” (“Celibacy as an Eschatological Sign”) on pp. 138-139 and discuss its implications priestly and religious vocations.
- **Closing Prayer:** (3 min)
 - Use (and explain the significance) of the closing prayer on p. 141.

AT HOME:

Have teens read “Live It Out” on pp. 139-140 and review the GLOSSARY OF KEY TERMS on p. 142.

Chapter Nine

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 128 (5 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 128L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 127L/129 (2 min)
- **Read Aloud:** Opening on p. 127 & Story Starter on pp. 129-130 (5 min)
- **Discuss:** Choose a few questions on p. 130 (5 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on pp. 130-131
 - Review the objectives on p. 127L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.131-137.
 - Utilize a few minutes with the exercise in the “Notes & Nuggets” on p. 132L.

CHOOSE A or B:

- **A.) Movie Clips:** (25 min)
 - Show the video “Fishers of Men” (18 min) or one of the other clips on p. 140L and follow with a brief discussion about priesthood and religious life, leading into the deeper exploration of celibacy as an eschatological sign, including a few points from the “Digging Deeper” on p. 138-139. (Note: If you choose “Fishers of Men,” one option is to set up this video by asking the teens to watch for “language of the body” and signs of “free, total, faithful and fruitful” love in the celibate life of the priesthood as portrayed in the film. Then, follow up on these points in the post-video discussion.)
- **B.) Dig Deep:**
 - Read aloud the “Digging Deeper” (“Celibacy as an Eschatological Sign”) on pp. 138-139 and discuss its implications priestly and religious vocations.
- **Closing Prayer:** (3 min)
 - Use (and explain the significance) of the closing prayer on p. 141.

AT HOME:

Have teens read “Live It Out” on pp. 139-140 and review the GLOSSARY OF KEY TERMS on p. 142.

Chapter Nine

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 128 (5 min)
- **Icebreaker:** Quickly do the icebreaker on p. 128L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 127L/129 (2 min)
- **Read Aloud:** Opening on p. 127 & Story Starter on pp. 129-130 (10 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - o Summarize “Bridging the Gap” in your own words on pp. 130-131
 - o Review the objectives on p. 127L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.131-137.
 - o Utilize a few minutes with the exercise in the “Notes & Nuggets” on p. 132L.

CHOOSE A or B:

- **A.) Movie Clips:** (25 min)
 - o Show the video “Fishers of Men” (18 min) or one of the other clips on p. 140L and follow with a brief discussion about priesthood and religious life, leading into the deeper exploration of celibacy as an eschatological sign, including a few points from the “Digging Deeper” on p. 138-139. (Note: If you choose “Fishers of Men,” one option is to set up this video by asking the teens to watch for “language of the body” and signs of “free, total, faithful and fruitful” love in the celibate life of the priesthood as portrayed in the film. Then, follow up on these points in the post-video discussion.)
- **B.) Dig Deep:**
 - o Read aloud the “Digging Deeper” (“Celibacy as an Eschatological Sign”) on pp. 138-139 and discuss its implications priestly and religious vocations.
- **Closing Prayer:** (3 min)
 - o Use (and explain the significance) of the closing prayer on p. 141.

AT HOME:

Have teens read “Live It Out” on p. 139-140 (and if not in class, also “Digging Deeper” on p. 138-139) and review the GLOSSARY OF KEY TERMS on p. 142.

Chapter Nine

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 128 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 128L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 127L/129 (2 min)
- **Read Aloud:** Opening on p. 127 & Story Starter on pp. 129-130 (5 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on p. 130-131
 - Review the objectives on p. 127L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.131-137.

CHOOSE A or B:

- **A.) Movie Clips:** (18 min)
 - Show the video “Fishers of Men” (18 min) or one of the other clips on p. 140L and follow with a brief discussion about priesthood and religious life. Allow a few moments of silence after the film, and then move directly into the closing prayer (below), maybe also asking in your own words for God to courage to your teens for them to listen to his call and respond with generous hearts.
- **B.) Dig Deep:**
 - Read aloud the “Digging Deeper” (“Celibacy as an Eschatological Sign”) on pp. 138-139 and discuss its implications priestly and religious vocations.
- **Closing Prayer:** (3 min)
 - Use (and explain the significance) of the closing prayer on p. 141.

AT HOME:

Have teens read “Live It Out” on pp. 139-140 (and if not in class, also “Digging Deeper” on p. 138-139) and review the GLOSSARY OF KEY TERMS on p. 142.

Chapter Ten

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 144 (5 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 144L (10 min)
- **Two Minute Drill:** Quickly do the drill on pp. 143L/145 (2 min)
- **Read Aloud:** Opening on p. 143 & Story Starter on pp. 144-145 (10 min)
- **Discuss:** Choose a few questions on p. 145 (5 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - o Summarize “Bridging the Gap” in your own words on p. 146.
 - o Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on p.146-150.
 - o Take time before class to familiarize yourself with the “Notes & Nuggets” on pp. 144-146L, in order to best be able to answer questions the teens may have in this regard.

CHOOSE TWO OF THESE THREE:

- **1.) Adoration:** (20 min)
 - o Refer to p. 155L to help your teens learn to listen in God’s presence.
- **2.) Movie Clips:**
 - o Show one or more of the movie clips on p. 155L and follow with a discussion about discerning God’s call in one’s life.
- **3.) Dig Deep:**
 - o Either individually, or in small groups, have teens read aloud the vocation discernment stories in the “Digging Deeper” on pp. 150-154 and discuss their relevance to the teens’ lives.
- **Closing Prayer:** (3 min)
 - o Use (and explain the significance) of the closing prayer on p. 156.

AT HOME:

Have teens read “Live It Out” on p. 155 (and if they did not read it in class, read the vocation discernment stories in the “Digging Deeper” on pp. 150-154) and review the GLOSSARY OF KEY TERMS on p. 157.

Chapter Ten

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 144 (5 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 144L (10 min)
- **Two Minute Drill:** Quickly do the drill on pp. 143L/145 (2 min)
- **Read Aloud:** Opening on p. 143 & Story Starter on pp. 144-145 (10 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on p. 146.
 - Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.146-150.
 - Take time before class to familiarize yourself with the “Notes & Nuggets” on pp. 144-146L, in order to best be able to answer questions the teens may have in this regard.

CHOOSE ONE OF THESE THREE:

- **1.) Adoration:** (20 min)
 - Refer to p. 155L to help your teens learn to listen in God’s presence.
- **2.) Movie Clips:**
 - Show one or more of the movie clips on p. 155L and follow with a discussion about discerning God’s call in one’s life.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud the vocation discernment stories in the “Digging Deeper” on pp. 150-154 and discuss their relevance to the teens’ lives.
- **Closing Prayer:** (3 min)
 - Use (and explain the significance) of the closing prayer on p. 156.

AT HOME:

Have teens read “Live It Out” on p. 155 (and if they did not read it in class, read the vocation discernment stories in “Digging Deeper” on pp. 150-154) and review the GLOSSARY OF KEY TERMS on p. 157.

Chapter Ten

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 144 (5 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 144L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 143L/145 (2 min)
- **Read Aloud:** Opening on p. 143 & Story Starter on pp. 144-145 (10 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - o Summarize “Bridging the Gap” in your own words on p. 146.
 - o Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on p.146-150.
 - o Take time before class to familiarize yourself with the “Notes & Nuggets” on pp. 144-146L, in order to best be able to answer questions the teens may have in this regard.

CHOOSE ONE OF THESE THREE:

- **1.) Adoration:** (15 min)
 - o Refer to p. 155L to help your teens learn to listen in God’s presence.
- **2.) Movie Clips:**
 - o Show one or more of the movie clips on p. 155L and follow with a discussion about discerning God’s call in one’s life.
- **3.) Dig Deep:**
 - o Either individually, or in small groups, have teens read a few of the vocation discernment stories in the “Digging Deeper” on pp. 150-154 and discuss their relevance to the teens’ lives.
- **Closing Prayer:** (3 min)
 - o Use (and explain the significance) of the closing prayer on p. 156.

AT HOME:

Have teens read “Live It Out” on p. 155 (and if they did not read it in class, read the vocation discernment stories in the “Digging Deeper” on pp. 150-154) and review the GLOSSARY OF KEY TERMS on p. 157.

Chapter Ten

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 144 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 144L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 143L/145 (2 min)
- **Read Aloud:** Opening on p. 143 & Story Starter on pp. 144-145 (10 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on p. 146.
 - Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 146-150.
 - Take time before class to familiarize yourself with the “Notes & Nuggets” on pp. 144-146L, in order to best be able to answer questions the teens may have in this regard.

CHOOSE ONE OF THESE THREE:

- **1) Adoration:** (10 min)
 - Refer to p. 155L to help your teens learn to listen in God’s presence.
- **2) Movie Clips:**
 - Show one of the movie clips on p. 155L and follow with a discussion about discerning God’s call in one’s life.
- **3) Dig Deep:**
 - Either individually, or in small groups, have teens read one of the vocation discernment stories in the “Digging Deeper” on p. 150-154 and discuss their relevance to the teens’ lives.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 156.

AT HOME:

Have teens read “Live It Out” on p. 155 (and if they did not read it in class, read the vocation discernment stories in the “Digging Deeper” on pp. 150-154) and review the GLOSSARY OF KEY TERMS on p. 157.

Chapter Eleven

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 160 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 160L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 161L/161 (2 min)
- **Read Aloud:** Opening on p. 159 & Story Starter on pp. 161-162 (10 min)
- **Discuss:** Choose a few questions on p. 163 (5 min)

MAIN CONTENT:

- **Teach:** (40 min)
 - Summarize “Bridging the Gap” in your own words on p. 163.
 - Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp. 163-171.
 - This chapter is set up in a Q & A format, as teens have many good questions on this topic; it’s not a bad idea to run this session the same way, exploring their concerns to their satisfaction.

CHOOSE TWO OF THESE THREE:

- **1) Apply:** (20 min)
 - Choose option #1 or #2 on p. 173L
- **2) Movie Clips:**
 - Show one or more of the movie clips on p. 175L and follow with a brief discussion about making daily choices to pure.
- **3) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss “Digging Deeper” on pp. 172-173 and “Live it Out” (“Modesty”) on p. 175. Come back to the large group to summarize the learning from these readings.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

Have teens read “Science and Theology of the Body” (“Chemistry of Attraction”) on p. 174, and if they did not read it in class, have teens read the “Digging Deeper” on pp. 172-173 and “Live It Out” on p. 175.

Chapter Eleven

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 160 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 160L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 161L/161 (2 min)
- **Read Aloud:** Opening on p. 159 & Story Starter on pp. 161-162 (10 min)
- **Discuss:** Choose a few questions on p. 163 (5 min)

MAIN CONTENT:

- **Teach:** (30 min)
 - Summarize “Bridging the Gap” in your own words on p. 163.
 - Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.163-171.
 - This chapter is set up in a Q & A format, as teens have many good questions on this topic; it’s not a bad idea to run this session the same way, exploring their concerns to their satisfaction.

CHOOSE TWO OF THESE THREE:

- **1.) Apply:** (10 min)
 - Use option #1 on p. 173L, in large group format, to help the teens see the wisdom of being pure in their relationships.
- **2.) Movie Clips:**
 - Show one of the movie clips on p. 175L and make the corresponding point.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss either the “Digging Deeper” on pp. 172-173 or the “Live it Out” (“Modesty”) on p. 175. Come back to the large group to summarize the learning from these readings.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

Have teens read “Science and Theology of the Body” (“Chemistry of Attraction”) on p. 174, and if they did not read it in class, have teens read “Digging Deeper” on pp. 172-173 and “Live It Out” on p. 175.

Chapter Eleven

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 160 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 160L (5 min)
- **Two Minute Drill:** Quickly do the drill on p. 161L/161 (2 min)
- **Read Aloud:** Opening on p. 159 & Story Starter on pp. 161-162 (10 min)

MAIN CONTENT:

- **Teach:** (35 min)
 - Summarize “Bridging the Gap” in your own words on p. 163.
 - Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.163-171.
 - This chapter is set up in a Q & A format, as teens have many good questions on this topic; it’s not a bad idea to run this session the same way, exploring their concerns to their satisfaction.

CHOOSE TWO OF THESE THREE:

- **1.) Apply:** (10 min)
 - Use option #1 on p. 173L, in large group format, to help the teens see the wisdom of being pure in their relationships.
- **2.) Movie Clips:**
 - Show one of the movie clips on p. 175L and make the corresponding point.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss either the “Digging Deeper” on pp. 172-173 or the “Live it Out” (“Modesty”) on p. 175. Come back to the large group to summarize the learning from these readings.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

Have teens read “Science and Theology of the Body” (“Chemistry of Attraction”) on p. 174, and if they did not read it in class, have teens read “Digging Deeper” on pp. 172-173 and “Live It Out” on p. 175.

Chapter Eleven

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 on p. 160 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 160L (5 min)
- **Two Minute Drill:** Quickly do the drill on pp. 161L/161 (2 min)
- **Read Aloud:** Opening on p. 159 & Story Starter on pp. 161-162 (10 min)

MAIN CONTENT:

- **Teach:** (25 min)
 - Summarize “Bridging the Gap” in your own words on p. 163.
 - Review the objectives on p. 143L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.163-171.
 - This chapter is set up in a Q & A format, as teens have many good questions on this topic; it’s not a bad idea to run this session the same way, exploring their concerns to their satisfaction.

CHOOSE ONE OF THESE THREE:

- **1.) Apply:** (10 min)
 - Use option #1 on p. 173L, in large group format, to help the teens see the wisdom of being pure in their relationships.
- **2.) Movie Clips:**
 - Show one of the movie clips on p. 175L and make the corresponding point.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss either the “Digging Deeper” on pp. 172-173 or the “Live it Out” (“Modesty”) on p. 175. Come back to the large group to summarize the learning from these readings.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

Have teens read “Science and Theology of the Body” (“Chemistry of Attraction”) on p. 174, and if they did not read it in class, have teens read the “Digging Deeper” on pp. 172-173 and “Live It Out” on p. 175.

Chapter Twelve

120-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 180 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 180L (15 min)
- **Two Minute Drill:** Quickly do the drill on p. 180L/180 (2 min)
- **Read Aloud:** Opening on p. 179 & Story Starter on pp. 180-182 (10 min)
- **Discuss:** Choose a few questions on p. 182 (5 min)

MAIN CONTENT:

- **Teach:** (20 min)
 - Summarize “Bridging the Gap” in your own words on p. 183.
 - Review the objectives on p. 179L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.183-186.
 - This chapter is a synthesis of the entire curriculum. Use this time to review anything the teens didn’t quite understand and to solidify the rest one last time.

CHOOSE TWO OF THESE THREE:

- **1.) Apply:** (20 min)
 - Choose option #1, #2 or #3 on p. 188L
- **2.) Movie Clips:**
 - Show one or more of the movie clips on p. 189L and follow with a brief discussion about committing to live in the freedom of Christ.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss the “Digging Deeper” on pp. 187-188. Come back to the large group to summarize the learning from this reading.
- **SUMMARIZE:** (15 min)
 - Read aloud and discuss with your teens the “Live it Out” on pp. 188-190, which is a practical review and encouragement to live out all that they have learned.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

You may encourage your teens to practically and immediately put a plan into practice by creating a S.M.A.R.T. Plan Project, which is found in “Notes & Nuggets” on p. 190L, as well as on pp. 191, 199, 200, and 201. (If they did not read it in class, encourage your teens to read “Digging Deeper” on pp. 187-188.

Chapter Twelve

90-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 180 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 180L (15 min)
- **Two Minute Drill:** Quickly do the drill on pp. 180-L/180 (2 min)
- **Read Aloud:** Opening on p. 179 and Story Starter on pp. 180-182 (10 min)
- **Discuss:** Choose a few questions on p. 182 (5 min)

MAIN CONTENT:

- **Teach:** (15 min)
 - Summarize “Bridging the Gap” in your own words on p. 183.
 - Review the objectives on p. 179-L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.183-186.
 - This chapter is a synthesis of the entire curriculum. Use this time to review anything the teens didn’t quite understand and to solidify the rest one last time.

CHOOSE ONE OF THESE THREE:

- **1.) Apply:** (20 min)
 - Choose option #1, #2 or #3 on p. 188-L
- **2.) Movie Clips:**
 - Show one or more of the movie clips on p. 189-L and follow with a brief discussion about committing to live in the freedom of Christ.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss the “Digging Deeper” on pp. 187-188. Come back to the large group to summarize the learning from this reading.
- **SUMMARIZE:** (10 min)
 - Read aloud with your teens the “Live it Out” on pp. 188-190, which is a practical review and encouragement to live out all that they have learned.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

You may encourage your teens to practically and immediately put a plan into practice by creating a S.M.A.R.T. Plan Project, which is found in “Notes & Nuggets” on p. 190L, as well as on pp. 191, 199, 200, and 201. (If they did not read it in class, encourage your teens to read “Digging Deeper” on pp. 187-188.)

Chapter Twelve

75-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 180 (2 min)
- **Icebreaker:** Use the icebreaker to set up the chapter on p. 180-L (15 min)
- **Two Minute Drill:** Quickly do the drill on p. 180-L/180 (2 min)
- **Read Aloud:** Opening on p. 179 & Story Starter pp. 180-182 (10 min)

MAIN CONTENT:

- **Teach:** (15 min)
 - Summarize “Bridging the Gap” in your own words on p. 183.
 - Review the objectives on p. 179L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.183-186.
 - This chapter is a synthesis of the entire curriculum. Use this time to review anything the teens didn’t quite understand and to solidify the rest one last time.

CHOOSE ONE OF THESE THREE:

- **1.) Apply:** (20 min)
 - Choose option #1, #2 or #3 on p. 188L
- **2.) Movie Clips:**
 - Show one or more of the movie clips on p. 189L and follow with a brief discussion about committing to live in the freedom of Christ.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss the “Digging Deeper” on pp. 187-188. Come back to the large group to summarize the learning from this readings.
- **SUMMARIZE:** (10 min)
 - Read aloud to your teens (or have them read aloud) the “Live it Out” on pp. 188-190, which is a practical review and encouragement to live out all that they have learned.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

Encourage your teens to put a plan into practice by creating a S.M.A.R.T. Plan Project, which is found in “Notes & Nuggets” on p. 190L, as well as on pp. 191, 199, 200, and 201. (If they did not read it in class, encourage your teens to read the “Digging Deeper” on pp. 187-188.)

Chapter Twelve

60-MINUTE SESSION

START HERE:

- **Opening Prayer:** Use Option #1 or #2 on p. 180 (2 min)
- **Icebreaker:** Quickly do the icebreaker on p. 180L (10 min)
- **Two Minute Drill:** Quickly do the drill on p. 180-L/180 (2 min)
- **Read Aloud:** Opening on p. 179 & Story Starter pp. 180-182 (10 min)

MAIN CONTENT:

- **Teach:** (15 min)
 - Summarize “Bridging the Gap” in your own words on p. 183.
 - Review the objectives on p. 179-L. Then teach (or have teens take turns reading aloud) the “To the Core” section where these key points are found, allowing teens to ask questions or discuss relevant discussion questions along the way on pp.183-186.
 - This chapter is a synthesis of the entire curriculum. Use this time to review anything the teens didn’t quite understand and to solidify the rest one last time.

CHOOSE ONE OF THESE FOUR:

- **1.) Apply:** (15 min)
 - Choose option #1, #2 or #3 on p. 188-L.
- **2.) Movie Clips:**
 - Show one or more of the movie clips on p. 189-L and follow with a brief discussion about committing to live in the freedom of Christ.
- **3.) Dig Deep:**
 - Either individually, or in small groups, have teens read aloud and discuss the “Digging Deeper” on pp. 187-188. Come back to the large group to summarize the learning from this reading.
- **4.) Summarize:**
 - Read aloud to your teens the “Live it Out” on pp. 188-190, which is a practical review and encouragement to live out all that they have learned.
- **Closing Prayer:** (1 min)
 - Use (and explain the significance) of the closing prayer on p. 176.

AT HOME:

You may encourage your teens to practically and immediately put a plan into practice by creating a S.M.A.R.T. Plan Project, which is found in “Notes & Nuggets” on pp. 190L, as well as on pp. 191, 199, 200, and 201. (In addition, encourage your teens to read “Digging Deeper” on pp. 187-188 and “Live it Out” on pp. 188-190 if they have not studied them in class.)

THEOLOGY OF THE BODY FOR TEENS



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