



## **A STUDY MANUAL FOR GUIDE CLASS**

**HIV/AIDS**

**SEX AND DATING**

**CHOOSING YOUR LIFE PARTENER**

**CHOOSING YOUR CAREER**

**MORAL BEHAVIOUR**

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## **AIDS, THE SINISTER KILLER**

AIDS is no joke. It is real and it kills.

**Spread through:** blood, Semen, and Vaginal fluids.

### **The main spread is through**

Sexual intercourse out of marriage (Homo sexual or heterosexual)

### **OTHER WAYS**

Sharing needles

Sharing needles by drug addicts

Blood transfusions

And mother to child

## **PRACTICAL CONSEQUENCES**

AIDS virus attack and destroy the white blood cells, eventually the body loses the ability to fight all kinds of infections. Opportunistic diseases take advantage of the infected person.

(1) T.B.

(2) Diarrhoea.

(3) Loss of weight

(4) Cancer in uterus, cervix and kaposi's sarcoma (a form of cancer involving multiple tumours of the lymph nodes or skin)

(5) Frequent serious headaches

(6) Shingles, etc.

### **What About the Use of Condoms?**

Even when condoms are used, there is still a certain % risk of becoming infected by HIV. The product itself may be defective or may not be used correctly allowing the HIV/AIDS virus to pass through. You better abstain. Stop condoms and try conduct.

Study the Story of Joseph to see the Effective Refusal Technique in his life.

### **How to Say "NO" to sex.**

1. Say a simple forceful "NO"!
2. "How can I do this thing and sin against God"
3. Leave the scene
4. Ignore the suggestion - shrug it off
5. Make an excuse
6. Change the subject
7. Act Shocked
8. Use flattery
9. Avoid persons and situations that weaken your resolve
11. Think of consequences: STDs, pregnancy and loss of self-respect

### **CONSEQUENCES OF PREMARITAL SEX**

- Premature responsibility of Parenthood
- Guilt feelings because you are always haunted by past sexual encounters memories
- Becoming emotionally attached and emotionally hurt

- Change in relationship with parents, family and friends.
- The pain associated with relinquishing a baby for adoption
- Canceling future plans
- Get HIV/AIDS or STD
- Fear and worry about future
- Become unsecured and boys or girls pursue you for sexual reasons
- It wounds the sanctity of the heart and scar the marriage covenant in the future/for lifetime
- Loss of self-respect

- **CAUSES OF PREMARITAL SEX**

- Influence of drugs and substances
- Peer pressure
- Lack of self-respect and control
- Low self esteem
- Bondage (sexual practice that involves the tying up or restraining of one partner)
- Poverty
- Seeking worldly pleasure
- Seeking knowledge about sex
- Use of pornographic material-it drives you crazy

*The only precious gift you can give to your prospective partner is virginity.*

## **SEX AND DATING**

Sex is a biological distinction for being male and female on the basis of reproductive function or system. Dating is the act of **going out** with someone of the opposite sex to know each other in terms of behavior.

## **TYPES OF DATING**

1. Single dating
2. Group dating
3. Parties

## **POSSIBLE CODE FOR DATING - GUIDELINES.**

- ☐ Relationships with parents
- Should parents meet date before going out?
- Should parents be told where you are going and what time to expect you home?
- ☐ Expected etiquette and courtesies
- Neat appearance
- To be called for properly at the door not with the sounding of the car horn
- Boys to open, close car door
- Don't talk about previous dates
- Discuss the limits you think should apply.

## **PRINCIPLES OF DATING**

- All should be prepared to talk.
- There is no need to touch one another especially in the private parts
- Avoid going out beyond darkness.
- Set rules before you start your date.
- Take bible principles as a guide to all your dates i.e. no touching, no kissing, no hugging, no nothing, (hugging is squeezing/holding tightly in ones arms. It arouses sexual feelings).

## **BENEFITS OF DELAYED DATING**

1. No neglect of your other friends
2. No feeling of being trapped
3. No feeling of being controlled
4. You can't be hurt or hurt someone by withdrawal
5. You don't miss out on some good friendships (dates) in the future
6. No mistake in emotional feeling for love
7. You can't become sexually involved.
8. Minimal danger of getting HIV / AIDS, STDs or becoming pregnant

## **CHOOSING YOUR LIFE PARTNER**

### ***Preparation for Marriage Begins at Birth***

All your life, you have been gaining impressions about what it is like to be married. If you have been brought up in a home where your mother and father showed tenderness and respect for one another, you have already learned a great deal.

## **THINGS TO BE CONSIDERED**

### **Physical Attraction**

Usually a boy and girl like the look of the other person. The feeling is not "love". This is commonly known as "falling in love" or "love at first sight". Real love grows with time.

### **Age**

A couple needs to be reasonably close to each other in years, with perhaps the girl slightly the younger. Remember you are looking for a partner, not another mother or father.

### **Intelligence**

It is a good idea to choose someone who has a mental capacity at least reasonably close to your own.

### **Background**

If you both have similar social backgrounds, success in marriage is more likely to be assured. Different cultural or racial backgrounds need to be carefully thought about.

### **Religious Background**

Religion plays an important part in our lives and the spiritual interests of your prospective partner need to be carefully considered. Does your date have similar religious beliefs to you?

### **Health**

Know something of the physical, emotional and mental health of your prospective marriage partner, and something of the family health history, too. Are there any hereditary diseases?

### **Character**

The person should be loving, considerate, kind and understanding. Avoid selfish, deceitful, irresponsible people. To think "I'll change him - when we get married", is courting disaster.

### **Love**

To love someone means to unselfishly put their interests first. Each partner cares more for the other than for himself. Real love takes time to develop.

### **Friends**

It is important you should be good friends with the one that you choose as your life partner.

### **Money Matters**

This is an area where many marriages falter, so it is a good idea to find out how your prospective mate handles money. Is he or she thrifty, or extravagant?

### **Family Background**

Spend time in the home of the person that you are considering as a life partner. Observe the way he treats his parents, and his brothers and sisters.

### **Seek Counsel**

Ask parents first, and then from relatives and friends. Then, too, pray and seek God's guidance.

### **Becoming the Right Person**

A happy marriage is not so much dependent on "finding the right person" as "becoming" the right person. The type of person you are determines the kind of person you will attract.

## **CHOOSING YOUR CAREER**

### ***The Bible Encourages Work:***

- ☐ Genesis 2:15            To dress and keep Eden
- ☐ Genesis 3:23           To till the ground
- ☐ Exodus 20:9           Six days shalt thou labor
- ☐ II Thes 3:10-12        Would not work neither should he eat

### ***What Work Will Provide:***

- a. *Satisfaction:* just by doing what you like it's fulfilling.
- b. *Sustenance:* For self, companion and family. Many marriages break up because of instability and lack of sufficient sustenance.
- c. *Service:* directly such as a doctor, minister, teacher, etc, but also indirectly, as providing essential services. Remember Christ's whole life was spent in the interest of others.

### ***Qualities That Make for Success:***

- a. *Integrity* - honesty, truthfulness
- b. *Dependability* - reliability, punctuality, assumption of responsibility.
- c. *Emotional Stability and Maturity* - self-control, good judgment, mental health.
- d. *Perseverance* - stick-to-itiveness, drive and enthusiasm.
- e. *Ability to Communicate* - both oral and written expression.
- f. *Attitude Toward Work* - willingness to learn, interest in career as opposed to mere salary, and loyalty to employer.
- g. *Physical Appearance* - cleanliness, well-dressed presentation, poise, self-confidence.
- h. *Sense of Humor* - not taking self too seriously, ability to be laughed at, and genuine humility.

- i. *Normal Family Life* - happy marriage to the "right" partner.
- j. *Wise Choice of Friends* and Extra-curricular Activities.
- k. *Active Participation in Community*.

#### ***How Will I Choose?***

- a. Ask yourself, "Am I interested in *ideas*, *people*, or *things*?"

Depending on your answer, you may narrow your choices.

For example, if your answer is:

- √ **Ideas:** then pursue work such as art, designing, journalism.
- √ **People:** then pursue work such as a doctor, minister, teacher, social worker.
- √ **Things:** then pursue work such as mechanics, plumbing, or trades in general.

- b. You should **select a career within your educational limits**.

- c. **Evaluate your potential:**

Look at your natural abilities.

- d. **Pray about it.**

- e. **Look around, visit, and inquire.**

### **MORAL BEHAVIOR**

As Christians we believe Jesus' life is a perfect example of how to live. He demonstrated what is right and wrong by His life and teachings. The principles are summarized in Luke 10:25-28; "Thou shalt love the Lord with all thy heart and thy neighbor as thyself. To illustrate this passage further, Jesus told the story of the "Good Samaritan", who risked his life to save a Jew, while two very religious people who specialized in the law, left him to die. In scripture a person who makes decisions as the Samaritan did, is said to have the law of God "written on the heart." This is true morality.

Martin Luther King has said: "Law may not change the heart but it can restrain the heartless." It is because men and women are so often heartless, that law enforcement bodies are required. However, when we are encouraging moral development in young people, it is never our goal to depend on the "fences", but rather to have the Spirit of God to soften their hearts that the principles of true morality can be written on them. "

Let's look at the Ten Commandments and see if we can discover what moral principle lies behind each of these. See Exodus 20 and Patriarchs and Prophets, pages 305-309.

#### **Commandment 1: Thou shalt have no other gods before me.**

Recognizing a Creator and a Sustainer of our life. Men and women are individually responsible to the creator first.

#### **Commandment 2: Thou shall not make unto thee any graven image.**

Recognizing the futility and impossibility of attempting to reduce the Creator to the image level of any creature of human conception.

#### **Commandment 3: Thou shalt not take the name of the Lord God in vain**

Recognizing the need to respect the character and nature of an omnipotent being. Note: "Name" in Old Testament times was representative of the. . . character of the bearer.

#### **Commandment 4: Remember the Sabbath Day to keep holy...**

Recognizing the need for worship and contemplation of the character of God.

**Commandment 5: Honor thy father and thy mother.**

Recognition of the respect due to parents and authority figure that operate within the framework of respect and love.

Note: This is not a blanket statement requiring obedience to all authority figures, but those who reflect the will of God. "We ought to obey God rather than man" where conflict of this sort surfaces.

**Commandment 6: Thou shalt not kill.**

Recognition of the sanctity of life, and our need to preserve life wherever possible.

**Commandment 7: Thou shalt not commit adultery.**

Recognition of the need for purity, honesty and loyalty in human relationships.

**Commandment 8: Thou shalt not steal**

Recognition of the property rights within a society. Acknowledgment of the rights of others in business dealings, and employer or employee relationships.

**Commandment 9: Thou shalt not bear false witness. . .**

Recognition of the need for honesty in human relationships, and condemnation of gossip or innuendo.

**Commandment 10: Thou shalt not covet**

Condemnation of clinging to selfish desires, that is seeking that which belongs rightfully to another. Condemnation of cherishing desires which can only be satisfied at the expense of someone else.

**These groom a moral character**

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**GO YE THEREFORE AND TEACH OTHERS THESE THINGS!**

