

# Ages 11-14: Healthy Habits

Materials Needed  
for Each Student

*Healthy Habits 1&2*, pen or  
pencil

Prepare in Advance

Print *Healthy Habits 1&2*.

## New Church Concept Teacher Background

In the natural sense the sixth commandment, means not only to behave licentiously, but also to engage in obscene acts, to speak lasciviously, and to entertain filthy thoughts. In the spiritual sense it means to adulterate the Word's goods and falsify its truths. And in the highest sense to commit adultery means to deny the Lord's Divinity and profane the Word. These are all forms of adultery. See *Doctrine of Life 74*

In so far as people shun evils, so far do they will good actions. Evil and good are opposites. Evils come from hell, and what is good from heaven. So to the extent that hell, that is, evil, is removed, to that extent heaven approaches and so far does a person have good in view. In so far as anyone does not wish to commit adultery, so far does he wish to live chastely with his wife. See *True Christian Religion 330*





Establishing healthy relationship habits and personal boundaries is a wonderful way to prepare for protecting a future marriage. Since it is often easier to identify behaviors in others than in ourselves, students will first evaluate whether ways others treat them are more or less healthy. Then they will think about how they act themselves. Once students have ranked behaviors, discuss choices and healthy boundaries.



1. Everything we do now establishes the basis for what we do in the future. The Lord created us to enjoy the blessing of marriage to eternity. It is important for partners to protect marriage by caring for their partner and looking out for times when they need to adjust their actions to find even greater blessing.
2. Give each student a copy of *Healthy Habits*. Read the behaviors and circle the face that you think shows whether this is a more or a less healthy habit.
3. When you have finished, discuss answers. Be prepared to defend your choices, and to question others' choices too! Here are a few discussion prompts.
  - Has this happened to you, or to anyone you know?
  - How did you handle this?
  - How did that make you feel?
  - What made (or could make) this situation better?
  - What might you say to your friend?
  - What would you change next time this happened?

## New Church Concept Teacher Background

Evil loves falsity and wants to be one with it, so that they become joined. Likewise good loves truth and wants to be one with it, so that they become joined. Just as the spiritual source of marriage is the marriage of good and truth, so the spiritual source of adultery is the pairing of evil and falsity. That is why this pairing is meant in the spiritual sense of the Word by adultery. This principle ensures that anyone in a state of evil who marries falsity, and anyone in a state of falsity who takes evil to share his bed, by forming such a compact strengthens his attitude in favor of adultery, and he commits it so far as he dares and can. The reverse is also true: anyone in a state of good who marries truth or anyone in a state of truth who takes good to share his bed, sets himself against adultery and in favor of marriage, and embraces a blessed married life. See *Conjugal Love 428*

Is it more or less healthy when others.... ?	More Healthy			Less Healthy	
Won't look me in the eye					
Listen to what I say					
Ignore my boundaries					
Refuse to admit when they have made mistakes					
Say discouraging things to me					
Lie to me					
Trust me					
Do not respect me					
Talk too much					
Speak badly of people who are not present					
Share confidences with me					
Dress immodestly					
Try to bully me into doing something I do not want to do					
Speak for me					
Speak forcefully (i.e. shout or beg)					
Insist on getting their way					
Say I'm not listening to them					
Criticize me					
Won't accept responsibility for their actions					
Speak honestly					
Fear I'll reject them if they say 'no'					

Is it more or less healthy when I....?	More Healthy			Less Healthy	
Look others in the eye					
Listen to what others say					
Respect others' boundaries					
Admit when I have made mistakes					
Offer others encouragement					
Communicate truthfully					
Distrust others					
Speak for others					
Talk too much					
Speak badly of people who are not present					
Keep confidences					
Dress with modesty in mind					
Care more about what others think than listening to my conscience					
Respect others					
Use a steady tone of voice (i.e. not shout or beg)					
Exercise give-and-take					
Show that I feel listened to					
Criticize others					
Accept responsibility for my actions					
Fear rejection if others say 'no'					
Feel safe expressing my opinions					