

Unit 1: 7 Deadly Sins

Lesson 1.8 Real Love vs. Fake Love (Lust)

Teacher Preparation and Materials Needed:

For the Lesson: Orthodox Study Bible or Holy Bible: Armenian Church Edition

Recommended Orthodox Study Bible [HERE](#).

Recommended Holy Bible: Armenian Church Edition [HERE](#).

Scripture Reference:

2 Samuel 11; Genesis 39; 2 Timothy 2:22; Job 31:1; Psalm 51:10

Activities:

Implement based on available time. Detailed instructions and materials lists are provided in the lesson.

Words of the week:

բղջախոհութիւն - pugh-cha-khoh-oo-tyoon - lust

սէր - ser - love

սիրտ - seerd - heart

Objective:

To help students understand the difference between real, godly love and selfish desire (lust), and how God invites us to love others with respect, purity, and wisdom.

Moral Character Focus:

Righteousness: Choosing what is good and respectful in our thoughts, words, and actions, even when it's difficult.

Knowledge: Students will learn that lust is a distorted form of love that turns people into objects, while real love honors others as God's beloved children.

Understanding: Students will understand that having feelings or crushes is normal, but love becomes harmful when it's selfish or dishonoring.

Application: Students will explore how to guard their hearts, respect others, and respond to temptation in healthy, faithful ways.

Values: Respect, purity, honesty, self-control, and the dignity of every human being made in God's image.

Memory Verse:

“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.”

- 2 Timothy 2:22

Lesson

Lesson Opening & Creating Interest:

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՛ւ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

Lesson Body: Real Love vs. Fake Love (Lust)

Let's Talk About Love

You're probably starting to notice more things about yourself and others. Maybe you've had someone that you felt deeply attracted to, or you've started thinking about what love means. That's totally normal. Growing up comes with new feelings and questions. Sometimes we seek answers to our questions not in the right place. We may think that the wide world will have all the answers we need, but the world doesn't always give us the correct answers.

Movies, music, and social media talk about love all the time, but it often sounds like this:

"If someone looks good, they must be worth chasing."

"If I want something, I should go for it."

"If it feels good, it must be love."

But that's not love. That's what the Church calls lust: wanting someone for selfish reasons, instead of loving them the way God does.

What Is Lust?

Lust is when we care more about what someone can give us, such as attention, feelings, popularity, or pleasure, instead of who they truly are. It treats people like objects instead of souls.

Real love says: "How can I respect and care for this person?"

Lust says: "What can I get from this person?"

Lust might show up as:

- Always staring at someone just for how they look
- Thinking about someone in a way that makes you feel guilty
- Wanting someone's attention to feel cool or important
- Watching videos or looking at pictures that treat people like objects

Words of the Week:

բղջախոհութիւն - **pugh-cha-khoh-oo-tyoon** - lust
սէր - **ser** - love
սիրտ - **seerd** - heart

Memory Verse:

“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.”

- 2 Timothy 2:22

Liking someone or thinking someone is attractive isn't wrong. That's part of growing up. But it becomes a problem when we start thinking in ways that are selfish, disrespectful, or impure.

Why Does It Matter?

It changes how we see others

Lust turns people into things and objects. But every person is made in God's image and deserves respect.

It confuses love with feelings

Real love is kind, patient, and selfless. Lust is about taking, not giving.

It pulls us away from God

Lust fills our minds with thoughts that don't help us grow in holiness. It makes prayer harder and brings feelings of guilt or shame.

So What Can I Do?

Guard your eyes: Be wise with what you watch, scroll past, or click on. Some things seem harmless at first, but they plant seeds in your mind.

Watch your thoughts: Not every thought is a sin but don't let bad thoughts grow. When something doesn't feel right, pray. Ask God to clean your heart.

Talk to someone: If you're confused or struggling, talk to a parent, priest, or trusted adult. Secrets make things worse.

Respect others: Every person you see, whether it will be online or in real life, has a soul. They are not just a picture or a body. They matter to God.

Ask for a pure heart and pray each day: *“Lord, help me see people the way You see them. Give me a heart that is kind, clean, and strong.”*

What the Bible Says About Lust

King David and Bathsheba (2 Samuel 11)

David saw a beautiful woman named Bathsheba and didn't stop to think or pray. He gave in to his desire and made choices that led to lies, heartbreak, and even death.

Even good people can fall if they don't guard their hearts.

Joseph and Potiphar's Wife (Genesis 39)

Joseph was a servant in Egypt when his master's wife tried to tempt him. Joseph knew it was wrong and ran away. He chose to honor God, even when it was hard.

Sometimes the best way to deal with temptation is to walk (or run) away.

Special Prayer to the Holy Spirit

Holy Spirit, true God, with your peace that surpasses all wisdom and understanding, comfort us your servants, by accepting our supplications. Through your benediction, blot out our transgressions worthy of dreadful punishment. Expiate and hear us, remit and forgive our sins. Make us worthy to thankfully glorify you, together with the Father and the Only-begotten Son, now and always and unto the ages of ages. Amen.

Խաղաղութեամբ քով Յոգիդ Սուրբ Աստուած ճշմարիտ, որ ի վեր է քան զամենայն միտս եւ զխորհուրդս, մխիթարեա զանձինս ծառայից քոց, ընդունելով զաղաչանս մեր. անցո ի մէջ զցատումն պատուհասի յանցանաց մերոց բարերարութեամբ քով: Ներեա եւ լուր մեզ, քաւեա եւ թող զմեղս մեր, արժանաւորեա գոհութեամբ փառաւորել զքեզ ընդ Յօր եւ ընդ Որդւոյն Միածնի, այժմ եւ միշտ եւ յաւիտեանս յաւիտենից: Ամէն:

Khaghaghootyamp kov Hokeet Soorp Asdvadz jshmareed, vor ee ver eh kan zamenayn meedus yev uzkhorthoortus, mukheetarya zantseenus dzarayeets kots, untoonelov zaghachanus mer. Antso ee mench uzsaomun badoohasee hantsanats merots parerarootyamp kov. Nerya yv loor mez, kavya yev togh uzmeghus mer, arjhanavorya kohootyamp paravoreyl uzkez unt Hor yev unt Vortvoyn Meeadznee, ayjhm yev meeshd yev haveedyanus haveedeneets. Amen.

Activity 1. Bible Verse Art: “Pure Heart Posters”

Materials: Cardstock, markers, stickers, washi tape, magazines for cut-outs

How to Do It: Have students decorate a poster with 2 Timothy 2:22 or Job 31:1, then illustrate what a “pure heart” looks like. They can draw, write affirmations, or include magazine images that reflect real love, purity, and respect.

Goal: They’ll leave with a visual reminder for their bedroom or locker.

Activity 2. “Heart Check” Journaling Exercise

Materials: Paper hearts or journals, pens

How to Do It:

Ask students to draw or write about:

- A time they felt confused about love or friendship
- A time they were tempted to act in a way that didn’t feel right
- A hope or prayer they have for future friendships or relationships
- They can fold their papers and keep them private, or offer them to God during a closing prayer.

Optional Add-On: Place the hearts in a prayer box titled “*Create in Me a Clean Heart*” (Psalm 51:10).

Review

Memory Verse Review:

“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.”
(2 Timothy 2:22)

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Life Application

What are we going to do with what we have learned today?

This week, take time to notice how you treat others and what you allow into your heart and mind. When you feel tempted to think or act in a selfish way, pause and ask God to help you choose love and respect instead. Remember that every person you see is made in God’s image and deserves to be treated with kindness. Real love begins with small choices, and the habits you form now will shape the kind of person you become.

Lesson Review:

Questions:

1. What is the difference between real love and lust? (*Real love wants what’s best for the other person; lust only wants something for yourself*)
2. Is it a sin to have a crush or find someone attractive? (*No, having feelings is not a sin. What matters is how you act on those feelings*)
3. Why is lust dangerous? (*It changes how you see people, leads to bad habits, and confuses you about what love really is*)
4. How did Joseph respond when he was tempted? (*He ran away and chose to honor God instead of sinning*)
5. What are some examples of lust that people your age might experience? (*Looking at inappropriate pictures, using someone for attention, or having unhealthy thoughts*)
6. What is one way you can guard your eyes or thoughts this week? (*Unfollow a bad account, turn off your phone at night, say a quick prayer when tempted*)
7. Why is it important to remember that everyone is made in God’s image? (*It helps us treat others with respect and not as objects*)
8. What simple prayer can you say when you’re tempted? (*“Jesus, help me see this person like You do”*)

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sa-sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.