

Unit 2: The Seven Virtues

Lesson 2.2: Chastity

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:

1 Corinthians 6:19-20

Activities:

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

Words of the week:

պարկեշտութիւն - bar-gesh-doo-tyoon - chastity

մաքրութիւն - mak-roo-tyoon - purity

փորձութիւն - por-tsoo-tyoon - temptation

Objective:

Students will understand that chastity is not about fear or repression, but about having the strength to love people rightly and respect both themselves and others. They will learn that chastity protects their hearts, futures, and freedom, and that it honors God by treating their bodies as temples of the Holy Spirit. Students will identify practical ways to live chastely in their daily lives through boundaries, self-control, and accountability.

Moral Character Focus:

Knowledge: Children will learn that chastity is the virtue that helps us love with purity, respect, and self-control. It means seeing people as whole human beings created in God's image, respecting boundaries, and honoring their bodies as temples of the Holy Spirit.

Understanding: Children will understand that chastity protects their hearts, shapes their future, gives them true freedom, and honors God. They will grasp that the world's messages about love often lead to emptiness, while God's way leads to wholeness.

Application: Children will identify specific areas where they need to practice chastity: what they watch and scroll, how they talk about others, respecting boundaries, being careful with their phones, and talking to trusted adults when they struggle. They will create personal action plans for living chastely.

Values: Children will value respect, self-control, purity, and courage. They will begin to see chastity not as missing out, but as waiting for something better, understanding that their choices now shape the person they will become.

Memory Verse:

"Do you not know that your body is a temple of the Holy Spirit who is in you? You are not your own; you were bought at a price. Therefore, honor God with your body."

- 1 Corinthians 6:19-20

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՛ 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: Chastity

A few weeks ago, when we were exploring the Seven Deadly Sins, we talked about lust, the counterfeit version of love that uses people rather than honoring them. Today, we're talking about the antidote, the real thing: chastity

Now, before you think, "Ugh, here it is again, another 'don't do bad stuff' class," let's pause and understand why chastity isn't what most people think it is. Chastity isn't about being afraid of your body or your feelings. It isn't about pretending attraction doesn't exist. It isn't about being boring, repressed, or "pure" in some weird, fake way. Chastity is about being strong enough to love people the right way. It's about having the courage to respect others and yourself, even when the world is telling you to do the opposite. It's about being free from the chaos that comes when we treat love like a game or people like objects.

So, what is chastity, really? It is the virtue that helps you love with purity, respect, and self-control. It means seeing people as whole human beings, not just bodies or sources of attention. It means respecting boundaries, both yours and theirs. It means saving the deepest physical expressions of love for the right time and right person. In the Christian tradition, that's marriage. It means being in control of your desires instead of letting them control you. And it means honoring your body as a temple of the Holy Spirit.

In Armenian, we might use "պարկեշտութիւն" (bar-gesh-doo-tyoon) pointing to purity and holiness in how we live and love. Here's the key difference between lust and chastity. Lust asks, "What can I get from this person?" Chastity asks, "How can I honor this person as made in God's image?"

A brief discussion: *Can someone give an example of how these two questions would lead to completely different choices in how you treat someone?*

Why Does Chastity Matter?

Let's be honest here. The world makes chastity sound boring, old-fashioned, or impossible. Media, music, apps, and even friends might tell you that everybody's doing it, that it's just physical and means nothing, that you're missing out, or that you shouldn't be so uptight. But here's what they don't tell you.

Chastity protects your heart: When you give your body to someone, you're also giving part of your heart. If that person isn't committed to you, if they're using you for attention or pleasure, you end up broken. Physical intimacy creates powerful emotional bonds. When those bonds form with the wrong person or at the wrong time, they hurt deeply.

Chastity protects your future: The choices you make now shape who you become. If you train yourself to use people or seek instant gratification, that pattern doesn't just disappear when you're older. It affects your future relationships, your marriage, and your ability to commit. You're practicing right now for the person you're going to be.

Chastity gives you freedom: This sounds backwards, but it's true. Self-control actually sets you free. When you're controlled by lust, always chasing the next look, the next text, the next thrill, you're not free. You're trapped. But when you practice chastity, you're free to focus on genuine relationships, real growth, and real love. You have mental space and emotional energy for what actually matters.

Chastity honors God: Your body isn't just yours. First Corinthians 6:19-20 says it's a temple of the Holy Spirit. That means how you treat your body, and how you treat others' bodies, is actually an act of worship or rebellion. God didn't give you these desires to torture you by saying "no." He gave them to you as a gift for the right time. Chastity is about protecting that gift until it can be given fully and freely.

Brief Discussion: Which of these reasons resonates most with you? Why do you think protecting something makes it more valuable, not less?

What Chastity Looks Like Right Now

Okay, so you're 11, 12, or 13. You're not getting married anytime soon. So what does chastity actually look like right now, in your everyday life?

Guard what you watch and scroll. Avoid content that treats people like objects. You know what I'm talking about: certain music videos, TikToks, TV shows, websites. Be honest with yourself. If it makes you feel guilty or ashamed, it's probably not good for you. If you accidentally see something inappropriate, close it immediately. Don't let it replay in your mind.

Control how you talk. Don't make jokes that reduce people to their bodies. Don't participate in group chats that share inappropriate content. Don't gossip or spread rumors about people's relationships or bodies. Speak about others, especially people you're attracted to, with respect. Your words reveal what's in your heart.

Respect boundaries. Don't pressure anyone to do something they're uncomfortable with. Don't let anyone pressure you either. Understand that "no" is a complete sentence. Physical touch, even hugs or holding hands, should always be mutual and respectful.

Words of the Week:

պարկեշտութիւն - bar-gesh-doo-tyoon - chastity

մաքրութիւն - mak-roo-tyoon - purity

փորձութիւն - por-tsoo-tyoon - temptation

Memory Verse:

Do you not know that your body is a temple of the Holy Spirit who is in you? You are not your own; you were bought at a price. Therefore, honor God with your body."

-1 Corinthians 6:19-20

Biblical Examples

Joseph: Running From Temptation

We talked about this before, but it's worth repeating. When Potiphar's wife tried to seduce Joseph, he didn't negotiate. He didn't think, "Maybe just this once." He didn't rely on his will-power alone. He ran. Sometimes the most chaste thing you can do is remove yourself from the situation entirely. There's no shame in running from temptation. It's wisdom.

Jesus: Perfect Purity

Jesus lived a completely chaste life. He related to women and men with perfect respect, never using anyone, never crossing boundaries, never reducing people to their bodies. He showed us that it's possible to love deeply and purely, without lust, without selfishness, without compromise. If Jesus lived chastely, and we're called to be like Him, then chastity isn't optional. It's essential.

Be careful with your phone. Don't send or ask for inappropriate pictures, ever. This is also illegal for minors. Be wise about private conversations that could lead to temptation. Don't use your phone late at night when you're tired and more likely to make bad choices. Remember that screenshots exist. Nothing is truly private.

Talk to someone you trust. If you're struggling with thoughts or temptations, talk to a parent, your priest, or a trusted adult. Don't let shame keep you silent. That's how problems grow. If someone is pressuring you or making you uncomfortable, tell someone immediately.

Brief Discussion: *What's one of these that you think is hardest for people your age? Why?*

Chastity is a counter-cultural concept. It isn't easy, and we mustn't pretend that it is easy. Choosing chastity means going against pretty much everything the world is selling you. Music glorifies hookups and using people. Movies treat sex like it's casual and meaningless. Social media rewards revealing pictures and flirty content. Friends might make fun of you for "not doing anything."

Here's what you need to know. The people who mock chastity are often the ones who are most hurt by not having it. Behind the jokes and the bravado, there's usually insecurity, loneliness, and broken hearts.

The world offers you pleasure without commitment. God offers you love with commitment. One leaves you empty. One makes you whole. Chastity isn't about missing out. It's about waiting for something better.

Commonly Asked Questions about Chastity

"Isn't it unrealistic to expect teenagers to be chaste?"

Is it hard? Yes. Is it impossible? No. You're capable of way more than the world gives you credit for. Millions of young people throughout history have chosen chastity, and so can you. Don't believe the lie that you can't control yourself. You can.

"What if I've already messed up?"

Then you start again. Today. Right now. God's grace is bigger than any mistake. Chastity isn't about being perfect. It's about choosing purity again and again, even after you fall. Every saint has a past, and every sinner has a future.

"How do I know where the line is?"

If you have to ask "Is this okay?", it probably isn't. But here's a good test: would you do this in front of your parents? In front of a teacher? In front of Jesus? If the answer is no, don't do it. When in doubt, err on the side of caution.

"What if someone pressures me?"

Then that person doesn't respect you. Real love is patient. Real love waits. Real love never pressures. If someone is pushing you to compromise your values, they're not the right person for you. Period.

Activity: My Chastity Action Plan

Materials: Paper, markers, envelopes (optional)

Instructions for the teacher: Give students time to work. Play soft instrumental music if available. When finished, offer envelopes so they can seal their plans and keep them private.

Each student will create a personal, private action plan for living chastely. This is between them and God and they don't have to share it with anyone unless they want to.

For the Students:

Ask students to fold their paper into four sections and label them:

1. MY BOUNDARIES (What I will not do)

Write down specific lines you won't cross. For example: *"I will not watch or share inappropriate content"* or *"I will not be alone in certain situations with someone I'm attracted to."*

2. MY PROTECTIONS (How I'll guard myself)

Write down practical steps. For example: *"Phone stays in the living room at night"* or *"I'll use accountability apps or talk to my parents about struggles."*

3. MY REMINDERS (Why this matters to me)

Write down your reasons. For example: *"Because I want a healthy future marriage"* or *"Because my body is a temple of the Holy Spirit"* or *"Because I don't want to hurt someone I care about."*

4. MY ESCAPE PLAN (What I'll do when tempted)

Write down specific actions. For example: *"Leave the room immediately"* or *"Text my accountability partner"* or *"Pray: 'Jesus, help me honor You right now.'"*

Activity Option 2: Draw Your Shield

Materials: Paper, colored pencils or markers

Introduction: In medieval times, knights had shields to protect themselves in battle. Today, you're going to design your own shield to protect your heart and mind.

Instructions:

1. Draw a large shield shape on your paper (like a knight's shield).
2. At the top of your shield, write a short motto or prayer.
Examples: *"Guarded by God," "Respect Always," "Strong and Pure,"* or *"Jesus, help me."*
3. The section below the motto divide it into three sections.
4. In each section, draw or write:
Top section: One thing you'll protect (your heart, your future, your body, your relationships)
Middle section: One danger you'll guard against (inappropriate content, peer pressure, bad influences)
Bottom section: One strength God gives you (self-control, courage, wisdom, the Holy Spirit)
5. Decorate your shield however you want. Make it yours.

Optional: Students can share their shields with the class if they're comfortable, or keep them private. They can take them home and put them somewhere they'll see daily (bathroom mirror, desk, etc.) as a reminder.

Take Home Challenge: One Chaste Choice Daily

Every day this week, make one deliberate choice toward chastity. Here are some examples. On Monday, follow one social media account that posts inappropriate content. On Tuesday, change a conversation when friends start talking disrespectfully about someone. On Wednesday, close your eyes during an inappropriate scene in a show. On Thursday, pray for purity when tempted thoughts come up. On Friday, have an honest conversation with a parent about what you're learning. On Saturday, delete one app or website bookmark that's a stumbling block. On Sunday, thank God for the gift of your body and ask for strength to honor it.

Pick what works for you. Just make one choice every day.

Review

Memory Verse Review:

Do you not know that your body is a temple of the Holy Spirit who is in you? You are not your own; you were bought at a price. Therefore, honor God with your body.” (1 Corinthians 6:19-20)

Words of the Week:

պարկեշտութիւն - bar-gesh-doo-tyoon - chastity

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Life Application

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

This week, you'll face real choices about chastity. Maybe it's deciding whether to click on something you know you shouldn't watch. Maybe it's choosing what to say when your friends start talking about someone's body. Maybe it's standing up for yourself when someone crosses a line. These moments might seem small, but they're actually training your heart. Every time you choose respect over using someone, every time you guard what goes into your mind, every time you honor boundaries, you're becoming the kind of person who can truly love others well. Chastity isn't just about what you don't do. It's about who you're becoming. And every choice matters.

Lesson Review:

Questions:

1. What's the difference between the question lust asks and the question chastity asks? (*Lust asks "What can I get from this person?" Chastity asks "How can I honor this person as made in God's image?"*)
2. Name two ways that chastity protects you. (*Any two of: protects your heart from being broken by uncommitted relationships; protects your future by forming good patterns now; gives you freedom from being controlled by desires; honors God by treating your body as a temple of the Holy Spirit*)
3. Why does self-control actually give you more freedom instead of less? (*When you're controlled by lust, you're trapped, always chasing the next thrill. Self-control frees you to focus on real relationships, real growth, and things that actually matter. You have mental space and emotional energy for what's important*)
4. What did Joseph do when Potiphar's wife tried to seduce him? What does this teach us? (*He ran away. He didn't negotiate or rely only on willpower. This teaches us that sometimes the most chaste thing we can do is remove ourselves from tempting situations entirely. There's no shame in running from temptation*)
5. If someone pressures you to compromise your boundaries, what does that tell you about whether they really respect you? (*That person doesn't respect you. Real love is patient, waits, and never pressures. If someone pushes you to compromise your values, they're not the right person for you*)
6. The lesson said "the people who mock chastity are often the ones most hurt by not having it." What do you think this means? (*Behind the jokes and bravado about not needing boundaries, there's usually insecurity, loneliness, and broken hearts. People mock what they don't have but secretly need*)
7. What does it mean that your body is a temple of the Holy Spirit? (*Your body isn't just yours. It belongs to God. How you treat your body and others' bodies is an act of worship or rebellion. God lives in you through the Holy Spirit*)

* *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.