

Adolescence

5th Grade Lesson 1

Topics covered in this talk

- **What is adolescence?**
- **What are the developmental changes that occur during adolescence?**
- **How to deal with these changes?**
- **Learn 3 important spiritual facts.**
- **Questions and Answers.**

What is Adolescence?

- The age period after puberty (12- 18) when physical, mental, emotional/psychological, social and spiritual developmental changes occur.
- These changes occur in a relatively short period of your life, and transition you from childhood to adulthood.
- It is a wonderful and exciting time of your life.

What is Adolescence?

- If not prepared, it could be a difficult period.
- It is important to be prepared for your adolescence years by understanding these changes and how to deal with them.
- It is also important to have guidance from a trustworthy source of information during this period.

Jesus in Adolescence

His parents went to Jerusalem every year at the Feast of the Passover. And when He was twelve years old, they went up to Jerusalem according to the custom of the feast. When they had finished the days, as they returned, the boy Jesus lingered behind in Jerusalem. And Joseph and His mother did not know *it*; but supposing Him to have been in the company, they went a day's journey, and sought Him among *their* relatives and acquaintances. So when they did not find Him, they returned to Jerusalem, seeking Him. Now so it was *that* after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions. Luke 2:41-52

And all who heard Him were astonished at His understanding and answers. So when they saw Him, they were amazed; and His mother said to Him, "Son, why have You done this to us? Look, Your father and I have Sought You anxiously." And He said to them, "Why did you seek Me? Did you not know that I must be about My Father's business?" But they did not understand the statement which He spoke to them. Then He went down with them and came to Nazareth, and was subject to them, but His mother kept all these things in her heart.

***And Jesus increased in wisdom and stature,
and in favor with God and men.***

Luke 2:41-52

What are the areas of development in Adolescence?

"And Jesus increased in wisdom and stature, and in favor with God and men." (Luke 2: 52)

- ***"increased in wisdom"***: Mental development.
- ***"increased in stature"*** : Physical development.
- ***"in favor"***: Emotional/Psychological development.
- ***"with God"*** : Spiritual development.
- ***"and men"*** : Social development.

What are the physical developments?

1. Development of secondary sex characteristics.
2. Rapid gains in height and weight.
3. Development of acne (facial pimples)
4. Increased fatigue.
5. Increased need to sleep.
6. Increased appetite.
7. Variability of timing of these changes.

How do the physical developments affect you?

1. Increased sense of self consciousness
2. Increased sensitivity towards criticism
3. Increased thinking about appearance
4. Concern about fitting in and being popular
5. Confusion and superficial understanding about sexuality
6. Family conflicts

How to deal with these issues?

Remember today's first spiritual fact...

*** My value is from being
a Child of God.**

Children of God (John Chapter 1)

- But as many as received Him, to them He gave the right to become ***children of God.***
- To those who believe in His name: who were ***born,*** not of blood, nor of the will of the flesh, nor of the will of man, but ***of God.***”

As a Child of God... Feel strong inside

I Corinthians Chapter One

- For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is *the **power of God.***
- ...but we preach Christ crucified, to the Jews a stumbling block and to the Greeks foolishness, but to those who are called, both Jews and Greeks, ***Christ the power of God and the wisdom of God. Because the foolishness of God is wiser than men, and the weakness of God is stronger than men.***

**As a Child of God... we should not
boast in anything else**

(Galatians chapter 6)

**But God forbid that I should boast
except in the cross of our Lord Jesus
Christ, by whom the world has been
crucified to me, and I to the world.**

What are the mental developments?

- Advanced reasoning: Ability to think about multiple options and possibilities
- Abstract thinking: Thinking about things that are not seen, heard, or touched.
- Black and white thinking: Idealizing and devaluating people.
- Activism and cause-orientation.
- "It can't happen to me" thinking.

How do the mental developments affect you?

- Increased level of curiosity.
- Increased level of experimentation.
- Increased level of risky behavior.
- Increased level of impulsivity.
- Rapid alternations between obsessional ideas.
- Family conflicts might arise due to false or true intellectual generation gap.

How to deal with these issues?

Remember today's first spiritual fact.

*** My value is from being
a Child of God.**

Then remember today's second spiritual fact

*** My body is holy.**

My body is holy

I Corinthians Chapter 6

- **Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot? Certainly not! Or do you not know that he who is joined to a harlot is one body with her? For "the two," He says, "shall become one flesh." But he who is joined to the Lord is one spirit with Him.**
- **Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's**

Holiness of The Body

My Body

1. **Is created in His likeness and His image.**
2. **Was shared by The Lord when He took flesh.**
3. **Is a member of Christ's body.**
4. **Is a temple of the holy spirit.**
5. **Interacts with God through the sacraments.**
6. **Is bought by the precious blood of God.**
7. **Is not my own but belongs to God.**
8. **Needs to glorify God during lifetime.**
9. **Needs to be given back to God at the end glorified.**
10. **Needs to qualify for the eternal heavenly life with God.**

How can I positively use my mental development?

Advanced reasoning and abstract thinking

- Think deeper than peers
- Think of the concept of eternal life

Idealization/devaluation

- Idealize the saints, parents and role models but don't think they are without sin.
- Devalue Satan with all his thoughts and doings but don't judge people.

What are the emotional and psychological developments?

1. Establishing identity: Sense of who you are.
2. Establishing autonomy: Ability to be independent.
3. Establishing intimate friendship: Development of close relationships in which people are open, honest, caring, trusting and loving.
4. Attraction to the opposite sex: This is a normal and important psychological milestone, that is created by God. It starts by the onset of puberty and the development of sex hormones. Its importance is to prepare you for future marital relationship.
5. Emotional instability.

How do the emotional and psychological changes affect you?

1. Mood swings.
2. Rebellious behavior.
3. Immaturely trying to prove yourself.
4. Recklessly following peer pressure.
5. Inappropriate relationships.
6. Possibility of initiation of psychiatric disorders.
7. Family Conflicts.

How to deal with these issues?

Remember today's first spiritual fact.

*** My value is from being
a Child of God.**

Then remember today's second spiritual fact.

*** My body is holy.**

Then remember today's third spiritual fact.

*** We ought to obey God
rather than men. Acts 5: 29**

Acts 5: 26-29

Then the captain went with the officers and brought them without violence, for they feared the people, lest they should be stoned. And when they had brought them, they set *them* before the council. And the high priest asked them, saying, "Did we not strictly command you not to teach in this name? And look, you have filled Jerusalem with your doctrine, and intend to bring this Man's blood on us!"

But Peter and the *other* apostles answered and said: "**We ought to obey God rather than men.**"

“We ought to obey God rather than men”

- Do not follow the crowd but follow God.
- Learn how to say “NO” when it is appropriate.
- Prove your autonomy by doing what’s right rather than what’s popular.
- Prove your independence by refusing to be led.
- Prove your sense of identity by having your own opinion.
- Remember, a sign of life in a fish is that it swims against the flow of the stream.

Social Development and Its Effects

- Groups of friends: could lead to gang formation.
- Issues of popularity, isolation and fitting in
- Best Friends: Issues of jealousy, and relationship instability
- Relationship with parents: conflicts, less in amount, but more trustful
- Reluctance to show affection to the parent of opposite sex.
- Distancing from family and closeness to peers.

How to deal with these issues?

Remember today's first spiritual fact.

*** My value is from being
a Child of God.**

Then remember today's second spiritual fact.

*** My body is holy.**

Then remember today's third spiritual fact.

*** We ought to obey God
rather than men. Acts 5:29**

Spiritual Development and Its Effects

- Deeper understanding of spiritual concepts
- Asking why? Searching for and enjoying answers
- Developing a personal relationship with God
- Enjoying the personal prayers and bible studies
- Learning different church studies(hymns, praises, etc..)
- Establishing a spiritual father of confession.
- Tendency to high levels of spiritual activities.
(Should be encouraged with caution)
- Converting heightened sexual energy into cultivating a loving emotional relationship with God via praising and serving Him.
- And

Practice today's spiritual facts

Remember today's first spiritual fact.

*** My value is from being
a Child of God.**

Then remember today's second spiritual fact.

*** My body is holy.**

Then remember today's third spiritual fact.

*** We ought to obey God
rather than men. Acts 5:29**



Q & A