

*TRUE BEAUTY  
WOMANHOOD  
SESSION 2*



**THE HEART OF A WOMAN**

***PART 2***



# SESSION 2

# THE HEART OF A WOMAN

## PART 2

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## SESSION OVERVIEW

In this session, the young women will learn how Jesus is the one man who will always fulfill their emotional desires and lead each of them to a man who is worthy of her heart. Each young lady will leave the session with concrete ways to avoid the temptation to use others as objects of emotional fantasy while growing closer to Christ and His unfailing love for her.

## SESSION SNAPSHOT

Review the entire lesson plan in advance so you are prepared to lead and discuss comfortably. Gather necessary supplies and review video segments prior to your gathering. Below is the outline for the session. Use the time allotments as a guideline, as the length of time spent on each section will vary from group to group.

TIME	SECTION	SECTION OVERVIEW
20 minutes	 CONNECT	Introduce the session topic with an activity called "Fantasy Identity." For the opening prayer, have a group experience of Ignation meditation with Luke 7:36-50.
50 minutes	 DISCUSS	Watch and discuss these video scenes:  Scene 3: Sentimental and Sensual Attraction  Scene 4: Emotional Fantasy and Sin  Scene 5: Overcoming Temptation
20 minutes	 COMMIT	Summarize the discussion, commit to living out the virtues discussed, and close in prayer.

## SUPPLIES NEEDED

- » Media device to show video segments
- » Slips of paper and pens
- » Bibles
- » Teen Sheets

## PREPARE IN ADVANCE

- » Have snacks ready.
- » Create a welcoming environment.



## LEADER TIPS

- » Be aware that teens in your group may have already experimented sexually, and this behavior can take its toll on young emotions. A survey conducted by the University of California–San Francisco revealed that girls are twice as likely as boys to feel bad about themselves after having engaged in sexual activity and are three times more likely to say they felt used as a result of sex. Teens in your group that are struggling need your guidance to begin to heal and restore their sense of self-worth. Take care not to cast judgment, but instead love unconditionally and with grace.



*“Passions are said to be voluntary, ‘either because they are commanded by the will or because the will does not place obstacles in their way.’” (St. Thomas Aquinas) —CCC 1767*

*“Emotions and feelings can be taken up in the virtues or perverted by the vices.” —CCC 1774*



## CONNECT



## ACTIVITY

### FANTASY IDENTITY

**SAY:** Today, we are going to discuss how Jesus is the one man who will always fulfill our emotional desires and lead each of us to a man who is worthy of our heart. But let’s start with talking about our daydreams and imaginations. Here are some questions to help you describe your fantasy identity. Be sure to tell why you chose those characteristics.

*Allow five to ten minutes for group members to share their fantasy identities according to the following questions:*

- » *Who would you like to be?*
- » *Where would you live?*
- » *How old would you like to be?*
- » *What time in history (past, present, or future) would you live?*
- » *What would your personality be like?*
- » *Who would you have as friends?*
- » *What would be your occupation?*



## INTRODUCTION

In this session we're going to learn how Jesus is the one man who will always fulfill your emotional desires and lead you to a man who is worthy of your heart. We're going to talk about concrete ways to avoid the temptation to use others as objects of emotional fantasy while growing closer to Christ and His unfailing love for you.



## OPENING PRAYER

**SAY:** We are going to do a type of prayer called Ignatian meditation. St. Ignatius of Loyola taught that our imagination is a powerful tool that we can use to come to know and love God. He invites us to place ourselves in a story from one of the Gospels and use our imagination to engage our senses. For example, when reading a story about Jesus, read it slowly and imagine what you see, hear, feel, taste, and smell. Most importantly, focus on Jesus: the look in His eyes, the expression on His face, the way He talks, and His movements. Listen to His words but also imagine what He might be saying to you.

We are going to read Luke 7:36-50 twice. Picture the scene and be attentive to whatever stands out to you.

- » *Are you a main character or a spectator?*
- » *What are you wearing?*
- » *Who is with you?*
- » *What are the sights, sounds, smells?*
- » *Is Jesus looking at you?*
- » *Is He speaking to you?*

*Open your Bible to Luke 7:36-50, and read the passage twice before continuing.*

**SAY:** Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen

*Go around the circle and ask if anything stood out from their prayer experience with the Scripture.*



*“Man and woman have been created, which is to say, willed by God: on the one hand, in perfect equality as human persons; on the other, in their respective beings as man and woman. ‘Being man’ or ‘being woman’ is a reality which is good and willed by God: man and woman possess an inalienable dignity which comes to them immediately from God their Creator. Man and woman are both with one and the same dignity ‘in the image of God.’ In their ‘being-man’ and ‘being-woman,’ they reflect the Creator’s wisdom and goodness.”*

—CCC 369



## DISCUSS

**SAY:** Let’s watch the next video segment.



Watch the Scene 3 video segment. (Since this is Part 2 of “The Heart of a Woman,” the videos begin with Scene 3.) The video will last about five minutes. At the end of the segment, discuss.

**SAY:** Let’s summarize what Lisa said:

Emotional images like chick flicks and love songs can tempt a woman away from Jesus. As women, we see these images and get impatient. Temptations are played out in our minds through “mentally stalking” and “creeping.” By allowing our emotions to take over, we find ourselves completely attached to a person in our own imaginary relationship.

The Girl Scout Research Institute discovered that reality shows such as *The Bachelor* and *The Bachelorette* are watched mostly by females. In fact, the survey found that 75% of teen girls believe that these shows are not scripted but rather depict real life. Why do you think these kinds of shows are so appealing to females?



**LEADER TIP:** If you don’t understand why “The Bachelor” is problematic, go to: [everettfritz.com/?p=79](http://everettfritz.com/?p=79) to read a blog by YD staff member Everett Fritz on the subject.

The exercise we did coming up with our fantasy identities points to the fact that we all have hopes and dreams for our futures. Most likely, one aspect of those dreams is who your future husband will be. Take a few minutes to write down the “Top Ten” qualities you would like your future husband to have, and then we can discuss them.

*Allow time for brainstorming and sharing of ideas. Then continue.*

What help do you think young men need in their lives to develop the qualities you are looking for?

**SAY:** Let's watch the next video segment.



Watch the Scene 4 video segment. The video will last about four minutes. At the end of the segment, discuss.

**SAY:** Let's summarize what Lisa said:

Our hopes and dreams about the future are good, but we need to make sure we're not trying to fill a void. Oftentimes, we think that being in a relationship with a guy will fix everything and fill that void. The only person who can truly fill us is Jesus. Mental stalking and creeping cause us to sin by using a person to fill a void. No person should be used for mental fantasy—whether it is a physical mental fantasy or an emotional one. As women, to be truly pure, we must begin with our hearts. Where our hearts go, our bodies will follow.

Many teenage girls want to become romantically involved with a boy, but it very rarely leads to marriage—rather it most often leads to heartache and regret.

» Why do you think this is the case?

*(Teenagers are not in a position to seriously consider a lifelong commitment to another person, and the style of dating so prevalent in Western culture is little more than a series of short-term relationships—a training ground for divorce.)*

» What do you think are positives of dating in high school?

**SAY:** The phrase “pay now or pay later” can be applied to so many things in life. For example, you can either study now or pay later with a bad grade; you can exercise and eat well now or suffer health problems later; parents can work hard to instill character in their children when they are young or they can pay later when their grown child experiences a number of problems like substance abuse, unemployment, living at home, divorce, etc.

» How do you think this applies to dating and marriage?

» **SAY:** Let's finish up with the last scene.



Watch the Scene 5 video segment. The video will last about six minutes. At the end of the segment, discuss.

**SAY:** Let's summarize what Lisa said:

Jesus desires to be number one in our hearts, and He will help us to not use other people emotionally. Guard your heart. Say “no” to mental stalking and creeping. Have good girlfriends. They understand what you are going through. Instead of mentally stalking guys, mentally stalk Jesus. Fix your eyes and heart on Him.

Let's return now to the “Top Ten” qualities you are looking for in a future husband.

- » What “Top Ten” qualities do you think he will be looking for in a future wife?
- » Why do you think guys are generally more attracted to girls who are “playing hard to get”?

In the last session, we talked about two types of attraction: physical and emotional. While a guy might be initially attracted to a woman physically (remember he is visual), he will propose to the woman that he is attracted to emotionally. Research has shown that men are emotionally attracted to women who are:

- Confident: she knows her worth and is not seeking approval from guys
  - Independent: she doesn’t need a guy to fill a void and make her happy
  - Virtuous: strength of character; she can be strong for him when he is weak
- » Who or what do you think are the influences in the lives of the confident, independent, and virtuous women you know?

*(The more you grow in your relationship with Jesus, the more confident, independent, and virtuous you will become. Secondly, close friendships with women who encourage you to grow in virtue and in your relationship with Jesus are a great source of strength. That is what small group discipleship is all about!)*



## COMMIT



## ACTIVITY

### TAKE-AWAY

**SAY:** I am going to go around the circle, starting with the person on my right, and I’d like each of us to share something we remember that this person said tonight.

*Give everyone time to share. Then follow up on last week’s commitments before discussing the new challenge.*

I want to go around the circle again, starting with the person on my left, and I’d like each of us to share one “take-away” from tonight. In other words, share something that resonates in your heart as a truth to live by.

Last session we talked about the virtue of charity and holding each other accountable in the following areas.

- » *I will dress modestly.*
  - » *I will not gossip.*
  - » *I will avoid negative humor.*
  - » *I will not emotionally manipulate*
- How did this week go? Allow time for discussion.*

In response to this session, are you willing to be honest and accountable to this group in the following areas?

- » *I will commit to daily prayer and reading from one of the Gospels.*
- » *I will avoid mentally stalking.*
- » *I will avoid creeping.*
- » *I will talk to a close friend when struggling in these areas.*
- » *I will renounce lies from the devil that make me doubt my worth.*

## CLOSING PRAYER

In our closing prayer, I want to read to you a portion of a letter Mother Teresa wrote the sisters in her community.

*“My dearest children,  
 Jesus wants me to tell you again, how much is the love He has for each one of you, beyond all that you can imagine. I worry some of you still have not really met Jesus—one to one—you and Jesus alone. We may spend time in chapel, but have you seen with the eyes of your soul how He looks at you with love? Do you really know the living Jesus, not from books, but from being with Him in your heart? Have you heard the loving words He speaks to you? Ask for this grace, He is longing to give it. Never give up this daily intimate contact with Jesus as a real living Person, not just an idea. How can we last even one day living our life without hearing Jesus say ‘I love you’—impossible.”*