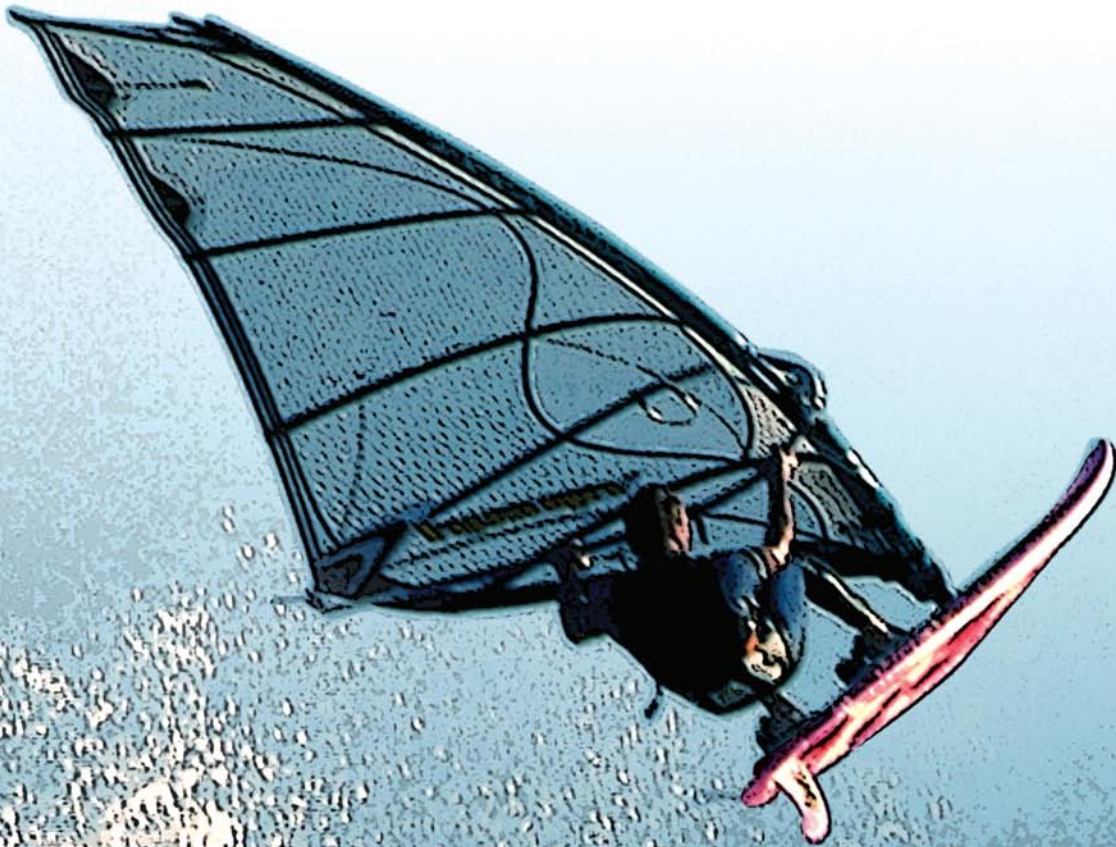
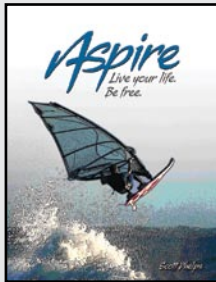


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Scott Phelps



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Aspire

*Live your life.
Be free.*

To aspire is to dream. It is to believe that tomorrow can be better than today. It is to pursue great goals for your future and to make the wise choices that are necessary to get you there. *Aspire. Live your life. Be free.*

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All we have to decide is what to do with the time that is given to us.

Gandalf
Fellowship of the Ring



Living Life on Purpose

Teacher Overview

Chapter 1

Goal: Clearly assess life direction in light of current decisions and future goals.

Essential Chapter Highlights:

- ✓ Consider and list their dreams and goals for the future.
- ✓ Put into perspective this “critical moment” in relationship to rest of their life.
- ✓ Learn to define and explain the meaning of sexual abstinence.

Affirmation #1: I will live my life with a sense of purpose.

Learning Objectives

Possible Activities

Vocabulary

1. Appreciate the value of having a life plan.
2. Understand that planning now can determine future outcomes.
3. Identify special talents and abilities along with hopes and dreams.
4. Evaluate a life span timeline regarding where they are, where they have been, and what time lies ahead.
5. Assess the importance of major life decisions relative to current time line of life.
6. Recognize the negative pressures impacting healthy decision making.
7. Learn to define and explain the meaning of abstinence.
8. Relate abstinence to future life success.

EXPECTATIONS

LIFE HIKE

LIFE HIKE WITH A METER STICK

SEX WITHIN THE BOUNDARIES

Aspire
Abstinence
“Critical moment”
Genital

Homework Assignment: Chapter 4 – Assign page 36, Media Journal.

Discovering Your Purpose

Planning for the future is one of the best things that you can do to accomplish your future goals and dreams.

Everyone has a different purpose in life, although there are over six billion people in the world at this moment. No two people are exactly alike. Everyone is different. People have different skills, talents, and abilities. People have different interests, personalities, and temperaments. Every person is unique and every person has a different purpose in life.

What about you? What's your purpose? What are your dreams? Your purpose and plan won't be written in the sky. It will come about as the result of making a plan for your life and then staying committed to it. It has been said that "People don't plan to fail – they fail to plan."

1. How much thought have you given to planning your future? Have you ever thought about making a plan for your life? Yes No If some one were to ask you what you wanted your life to be about, what would you say?

Many students have a vague notion of what they want their life to be about. The point of these introductory pages is to help students begin to make some of these ideas concrete.

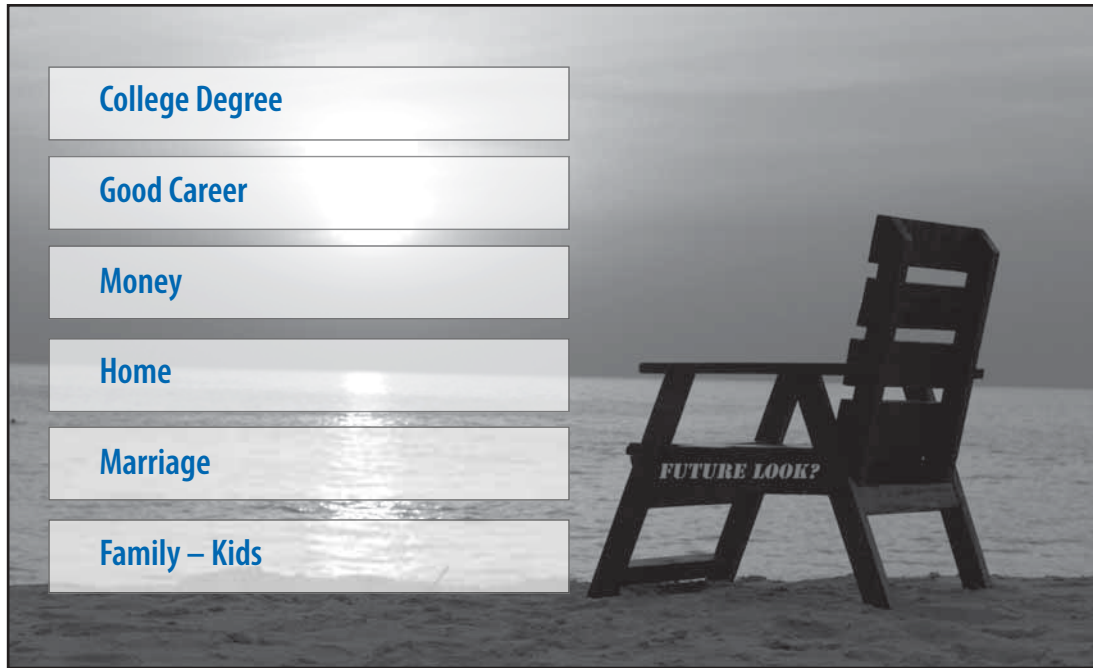
2. Now is the time to think about what you would like to do with your life. If you could do anything in the world, what would you do? The purpose of this question is to begin to break open the student's imagination. It is an unlimited question which helps students explore a number of possibilities for their future and begins the brainstorming process. The next page will help focus this with more specific questions about future goals and dreams. Encourage students to share some of their ideas. If their goal is to be a sports star or celebrity – don't discourage it. Instead, on the following page emphasize the point that they will need to make a plan, and stick with it to accomplish their future goals.

Without a plan for the future, people often press ahead in life without really knowing where they're going. Years later they are discontent, discouraged, and unsure of what their life is all about. It is especially important to begin thinking through your plan for the future now, during the teen years, before launching out into adulthood.



Looking Forward

1. Your life is like a blank piece of paper. Now is your chance to write your dream. How do you picture your future? How would you like it to be? In the spaces below write some one-word descriptions of what you would like to see in your future. List your greatest hopes, goals and dreams.



2. Will it be easy for you to accomplish your future goals and dreams? If you are serious about having a meaningful and fulfilling life, what are some things you will have to do to make it happen?

Study

Avoid risky, pressure situations

Work Hard

Develop self-discipline

Earn good grades

Respect parents' guidance and wishes

Choose good friends

Make good decisions

3. Are you planning to go to college? Yes No If yes, do you know which one? If no, what are your plans?

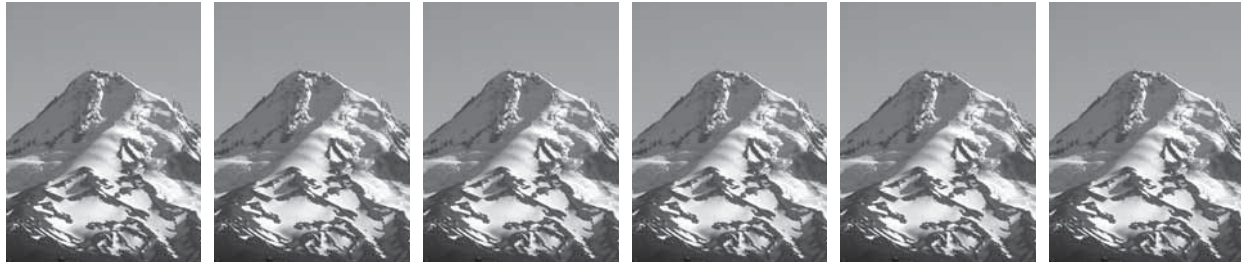
Note: College isn't for everyone. Be sure to encourage non-college careers and achievements such as trade school or possible delayed college plans for military service.

4. If you are hoping to get married and have a family someday, do you have an idea of what you would like your family to be like? Describe:

As documented in Chapter 6, 90% of teens hope to have a good marriage and family someday. This question helps students to begin to consider this particular goal, and to make it more concrete by putting it in writing.

Life Hike

1. Think of your life as a hiking trip through the Rocky Mountains. You've got a number of peaks to climb as you go through life, and each one represents opportunities and accomplishments. On the series of mountains below, put a mark on the spot where you are now. How much of your life is behind you, and how much is ahead?



The numbers here – represent the years of your life.

2. Consider your present location. What is the significance of where you are right now?

Most of your life is ahead of you. Choices you make now can have long-term effects. It is very important to

think about the relationship between present choices and future outcomes.

How far along this hike will your life take you? Will everyone make it to that last mountain or beyond? Will you make it to the end? Life is short. It is important to choose wisely what you will do with your life, and how you will spend your days.

3. Look over the six time periods represented by the mountains above and think about the major life decisions that will take place during each of them. Which mountain would you say represents the most important period of time for you to be thinking about now, and why?

2nd mountain (15-30) represents the time in which the major life decisions will take place.

The Critical Moment

- As you stand at the base of the second mountain or time period, consider the significance of the decisions that you will make between the ages of 15 and 30. Make a list of the major decisions and events that will take place during this period and write them on the mountain at right.
- As you stand at the base of this second mountain, consider that by the end of this time period, you will probably have made many or all of the most important decisions in your life. In light of this, how important are the decisions you will make now and over the next few years?
 - My choices now will have *no* effect on my future.
 - My choices now will have *some* effect on my future.
 - My choices now will have a *significant* effect on my future.



- Ages 15 to 20 represent the “critical moment” of your life. What specifically is the relationship between decisions made between ages 15 and 20 and the opportunities you will have between ages 20 and 30?

15-20 represents the beginning of what is perhaps the most influential time in your life. Choices and events during these years have a lot to do with whether and to what extent these life events will be accomplished the way that you desire.

- Looking at the mountains in the diagram on the preceding page, what would you say is the most significant difference between the first and second time periods in your life? Why is this important to consider?

Dependence vs. independence. During 0-15, your parents are making most of your choices for you, but in 15-30 you have to take responsibility to make those decisions yourself. Right now you’re in between these two time periods – you are beginning to take on responsibility.

The valley between the first and second mountain is steep and the river running through it is difficult to cross. Some get caught in the current. Others slip on the rocks. Successfully crossing the valley of these transition years is critical in protecting your future. Where are you in this transition? Have you felt the current of the river? Stepped on the sharp rocks? Are you making it across? Do you have a plan to make it across the river? If so what is it? If not, what should it be?



The Future is Now!

This is the best possible time in your life to consider some of the most important decisions you will ever make. Everyone has times when critical choices and decisions must be made. That time is now. It’s not enough to just think about your future. Now is the time to do something about it – to prepare for your future, no matter what others might think or say. Now is the time to resist the pressures to look only at today, and to look instead at your future and where you’re going with your life.

Pressed on Every Side

1. Although the importance of making good choices and decisions for the future may be clear, there is constant pressure from every side to compromise and make poor choices. Using one-word descriptions, identify some of the negative pressures teens face that could significantly compromise their future.



2. Which of these negative pressures do you think have the greatest potential to keep a person from accomplishing his or her plan for the future?

There is no right answer here (subjective). The purpose of this question is to get them thinking about and considering the consequences of each of the items on their list. Although *Aspire* is addressing the pressure of sexual activity, it is important to point out and discuss the relationship between all of these pressures and behaviors.

One of the pressure spots that causes many people to miss out on their plan for the future is the pressure to be sexually active before marriage. Fortunately, increasing numbers of teens are realizing that choosing to resist this pressure provides significant benefits and greatly increases their chances of achieving their future goals and dreams. Even those who have been sexually active in the past are realizing that it's never too late to start over again, and are now choosing abstinence for their future. ¹

3. What is abstinence? If someone at your school were to ask you what abstinence means, how would you explain it?

The term will be defined on the following page, but this question gives students an opportunity to share what they already know about abstinence at the outset. It is important that students aren't just listening to the instructor, but are also participating in the discussion. Questions like this are designed to give students latitude to share their thoughts on the subject. You may want to even challenge them a bit and press them to defend their answer. If they say "not having sex until marriage" ask them why. This will help prepare them for the objective discussion on the following page.

Considering the Benefits of Abstinence

In reference to sexual activity:

Abstinence is choosing to save all sexual activity for marriage.
“Sexual activity” includes any type of genital contact or sexual stimulation. Abstinence is the only sure way to protect your body, mind, and heart from the various consequences of premarital sexual activity. Abstinence is the safest, healthiest, lifestyle and one of the best ways to prepare for a healthy future marriage.

1. Why is it important to have a clear understanding of what “abstinence” means?

Students may not know what “abstinence” means, or may have a faulty understanding of what it means. Common misconceptions are that it only refers to intercourse, or that it means waiting until you’re “ready” or “old enough” rather than “until marriage.”

2. Consider the *three key components* of the abstinence definition above:

• **Choosing:** Abstinence is described as a choice. Whose choice is it, and why is this an important part of the definition?
It’s not your boyfriend’s choice or your girlfriend’s choice. It’s not your teacher’s choice or your parent’s choice. You should respect your parents but they won’t be there when pressure comes.

• **Sexual Activity:** Why does abstinence refer to “all sexual activity?”
Because sexual activity short of intercourse can lead to intercourse and can also spread STDs and can cause emotional pain. Not safest, healthiest choice.

• **Marriage:** Why is abstinence defined as until “marriage?”
Because “ready,” or “older” is subjective and is not safe. It doesn’t matter how old you are. Sex outside of marriage has consequences.

3. Do you believe it is possible for someone who has already been sexually active to still choose abstinence? Yes No Not sure

Abstinence is an option for everyone whether or not you have been sexually active in the past. If you’ve already chosen abstinence for yourself, *Aspire* will encourage you to remain committed to that decision by giving you practical and helpful guidance in this area. It can also help you be an encouragement to others who might be wondering what they should do.

This is the “critical moment.” The decisions you make now will likely shape your life for years to come. The high school years are a time when the pressure is the greatest, and sexual activity has the potential to take your life in a very different direction than you ever imagined. Resisting pressures toward sexual activity is one of the best things you can do to keep your life on track and to accomplish your future goals and dreams.



Worth the Wait TY GOOCH

I grew up in an affluent suburban culture. I was high school homecoming king, a star football player, basketball player, and track athlete. After reviewing a number of college scholarships, I attended Northwestern University where I played on the football team. My first year on the team, we were undefeated in the conference and went to the Rose Bowl against USC. College life was much of what I dreamed it would be, and yet I also had to make some of the toughest decisions of my life.

I was in newspapers and magazines. I was on the front cover of a newspaper co-headlining with Michael Jordan, and our team was on the *Wheaties*® box. The pressure all around me got pretty crazy. Girls would tell my friends that they wanted to be with me. If I would go out with a girl, the guys I knew would encourage me to do as much as she would let me if I got the chance – and the chance was almost always there. Women were even daring each other to go out with me and women would tell me over and over again “no commitment has to be involved, we can just have a little fun”.

At times I thought I was making a mistake by not giving in. What was I missing out on, I wondered. But something inside of me just kept saying hold on, it will be worth it, stand strong. I kept thinking that women aren't just “something” to have fun with but that every woman I went out with was someone's daughter, or sister, and would one day be someone's mom and someone's wife. I would think about the fact that one day I would have daughters and how guys would treat them or try to take advantage of them. I wanted to be able to tell my daughters or sons, if I had them, that I was the kind of guy who respected women and saved myself for their mother. I would think about how some other guy was treating my future wife and sometimes get upset to think he could be treating her poorly. One of the only things I could do to make a difference was to treat women the way they deserved to be treated by helping them meet their husbands in the same manner that I wanted to meet my wife! So I did.

To be clear, I was fully attracted to women and I went on plenty of dates with some wonderful women. Through it all, it was my commitment to my future wife who I hadn't even met yet that helped me to make the only choice I knew I should make. I didn't know the statistics about STDs or pregnancy – and I didn't care. I wasn't planning on putting myself in a situation where I would be at risk for any of that. And even though some of the guys loved to make fun of me when I didn't take advantage of the girls, I reminded myself that these were the guys who already had children and weren't even taking care of them. They left the women to go it alone. To them, there wasn't anything special about marriage – it was never part of the picture. I wanted something different – something greater for myself.

Fortunately, I made it through that “critical moment” of my life. I was able to resist the pressures – and to save myself for my future wife. Although the pressure was steady, I found that the more I used self-control and resisted the pressure, the stronger my ability became to resist that pressure.

When I finally met Renee, the woman who would become my wife, I was able to tell her I had saved myself for her. She knew she could trust me because I had waited my whole life just for her. Now that we have been married for a number of years and have belonged only to each other, we have a relationship more special and intimate than any other relationship we have ever had. We have two beautiful little girls and we are so thankful that we were able to make it through those challenging years. We have had the joy of starting a family together and we wouldn't wish for anything else.

If Renee and I made it, I know you can make it too. Choose for yourself friends who support you, and exercise self-control. By building your character and exercising self-control, you will build a solid foundation for your future.



• What are some of the reasons Ty gives for choosing abstinence?

He thought it would be “worth it.” He didn’t think that women were objects to be used. He thought that he should treat women the way he would want others to treat his future wife.

• Ty said he was fortunate to make it through the “critical moment.” What did he mean by that? How could that “moment” have changed his life?

He realized that he could have made choices that would have compromised his future. He was at the age where his choices would have long-term effects.



• What do you think of Ty’s decision?

Because he thought about his future and how important it was to protect his future goals and dreams.

• Do you think that Renee was glad that he turned down the pressures from other women? Yes No

He showed that he was a person of character and that he thought of others. He thought of the other women, and he thought about her.

• Do you think that she respects him more or less because of his decision and why?

She will respect him more because he knew what he should do, and he had the strength to do it.

Affirmation #1:

I will live my life with a sense of purpose..

For student reflection and discussion with parents.

Talking It Over

*This section is designed for parents to review and discuss the chapter with their student.
Parents may want to answer these questions on a separate sheet and compare answers with the student.*

1. Consider your goals for the future. How would you summarize in a sentence or two your hopes for your future?

2. On a scale of 1-10, how much do you think decisions made in the teen years affect a person's future?

(1 = None 10 = A lot)



3. Of all the events that will take place in your life between ages 15 and 30, which do you think are most important (page 9)?

4. Why are ages 15 to 20 considered the “critical moment” of your life (p. 9), and what are some of the important decisions you will have to make during this time?

Decisions during this time, particularly in the area of sexual activity can have significant long term effects. Students need to be encouraged to think about how their decisions during this time have the potential to shape their future.

5. What is the relationship between choosing abstinence and protecting your future?

The central thesis of this workbook is to help students discover for themselves that resisting the pressure of sexual activity will help them to prepare for the future and will provide a certain degree of protection for their future marriage and family.

6. Why do you think that increasing numbers of teens are choosing abstinence?¹

The reality is that the numbers of teens choosing abstinence are increasing. Many teens are realizing that sex isn't risk free as it is often portrayed in the media and popular culture. They are realizing that abstinence has benefits and provides freedom.



Class Expectations

Activity: Page 6

Materials

- Poster board or paper from a flip chart
- Marker

Explain

We are going to be discussing some sensitive issues over the next few days including healthy relationships and sex. As a class I would like us to come up with what we expect out of each other when we are discussing these issues.

Instructions

1. The students will then share their thoughts. Make sure the following get up on the chart: Respect, Maturity, Confidentiality, Don't talk while others are talking, etc.
2. Give them permission to hold each other accountable.
3. Have everyone in the class sign the paper.
4. Keep it posted until you are through teaching *Aspire*.

Life Hike

Activity: Page 8

Materials

1. Life hike cards – print on white cardstock and laminate

Instructions

1. Invite 6 students to the front of the room to hold each of the cards.
2. Have them spread out equally spaced in a line across the room.
3. Explain to the students that each mountain represents different stages of their lives.

Discussion

1. What stage will you make the most important decisions of your life?
2. How did you come to that conclusion?
3. What kind of decisions will you make during this time?
4. When you look over the span of a lifetime, how do you think these decisions will affect your entire life?

Explain

The decisions you make today will either positively or negatively impact your entire future. Look at the span of your life. It makes sense to spend some thought on where you want to end up and what decisions will need to be made to get there. What kind of decisions will you make today?

Life Hike with a Meter Stick

Activity: Page 8

Materials

- Meter Stick

Instructions

1. In addition to the Life Hike activity, you may want to use a meter stick for further demonstration.
2. Using the centimeters as a gauge for each year of a person's life, put your fingers over ages 13-19 to show how small the teenage years are in comparison to their whole life.

Sex within the Boundaries of Marriage

Activity: Page 11

Materials

- 2 pie dishes
- Whip cream or shaving cream
- Spoon
- Newspaper or something to cover the table
- Towel

Instructions

1. Ask two students to come to the front to make a pie
2. Ask one student to spray the cream in the pie pan and the other student to spray the other pie pan that is upside down.

Discussion

1. If these were actual pies with all the ingredients, and you put them in the oven to cook, what would happen to each one?
2. Why wouldn't the second pie be the same? It has the exact same ingredients and pie pan?

Explain

You may have heard that sex is okay when you find the right person or feel in love. As you can see here, both pies have all the same ingredients, but one will be better. The first pie will work because it has boundaries. The first pie represents sex within marriage. Sex is wonderful inside the boundaries of marriage because you have a solid commitment. I understand in a class this size, we have people from very different backgrounds. Some of you have already committed to abstinence until marriage. The next several classes are for you to be encouraged on your decision. Some of you may not have had sex, but have not decided if you are going to wait until marriage or not. This is a very important decision you are going to make for your present and your future, so please listen to all the reasons for waiting. Some of you may have already had sex and I am not here to judge you about your past. Today is a new day. I am asking that while we talk about abstinence that you at least be open to hearing the benefits of abstinence before making the choice to have sex again. You can always start over. (As you say this part, use the spoon and scrap the whip cream into the trash. Clean off the bottom of the pan and turn it over.) Ultimately, it is YOUR CHOICE, but before you make your choice, make sure that you are informed

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60-75

75-90