

Introduction:

Here are some of the key messages taken from a research snapshot 'Online Pornography: Effects on children and young people' from the Australian Institute of Family Studies.

- Nearly half of children between the ages of 9-16 experience regular exposure to sexual images.
- Young males are more likely than females to deliberately seek out pornography and to do so frequently.
- Pornography use can shape sexual practices and is associated with unsafe sexual health practices.
- Pornography may strengthen attitudes supportive of sexual violence and violence against women.

Quadara, A. & Lathan, J. (2017). The effects of pornography on children and young people: An evidence scan. Melbourne, Australian Institute of Family Studies.

This lesson is suitable for children in Years 6 and above but use your discretion. You know your children and their families best. It has been written to encourage children to 'turn their eyes away from what is worthless'. (*Psalm 119:37*)

Bible Story: David and Bathsheba

Bible Reference: 2 Samuel 11&12

Visuals You Will Need:

1. Eyes (different shapes and colours)
2. Child looking at cupcakes or lollies
3. King David sees Bathsheba
4. David and Uriah
5. Uriah killed
6. Nathan the Prophet
7. The ewe
8. David accused
9. David sad
10. Closed (praying) eyes

Words:

1. Here are some fun eye facts for you:
 - The world's most common eye colour is brown. 70-79% of people have brown eyes, 8-10% have blue eyes and only around 2% have green.

- God designed our eyes to close automatically to protect them from danger. If our brain detects something dangerous coming towards us at high speed, we automatically close our eyes to protect them from harm.
- Your eyeballs have over two million working parts and more than one million nerve fibres connect each one to the brain. Only your brain is more complex.
- If only one of our eyes were a digital camera it would have 576 megapixels. The best cameras in the world only have around 50 megapixels.
- Every second your eyes change focus over 50 times.
- God gave us two eyes so we have a depth of perception. Seeing an object from two angles enables our brain to determine how far away it is.
- Our eyes contain more than 100 million light-sensitive cells so we can see or process light. On the darkest night, we can detect a candle flame over 22 kilometres away.
- Your iris (the coloured part of the eye) has 256 distinct features. Your fingerprints have only 40.
- The average person blinks 12 times a minute.
- God made sure your eyes are well protected. Eyebrows prevent sweat from reaching your eyes, while eyelashes serve to keep dirt out of them.

2. God's eye design is perfect.

It's what you see with those eyes that can bring you a lot of trouble.

The eyes lead the mind, and the heart, and what they see can cause the whole body to sin.

The direction of your eyes (what you look at) can affect your whole life.

If you lose sight of God and focus on others, idols, or even yourself, you are going to get into trouble!

3. In the spring, David sent his army under the command of Joab to lay siege to the Ammonite city of Rabbah.

David chose to stay at home in Jerusalem.

One evening David walked around on the roof of the palace and saw a very beautiful woman washing.

David sent someone to find out who she was.

He was told she was Bathsheba, the wife of Uriah the Hittite who was away fighting in David's army.

David sent messengers to get Bathsheba and he treated her like she was his wife.

Bathsheba then returned home.

A while later Bathsheba sent a message to David.

'I am pregnant.'

4. David sent a message to Uriah the Hittite to come and see him.

Uriah left the siege and returned to Jerusalem.

Uriah had been one of David's 'mighty men'.

He joined Israel's army and became one of David's elite soldiers.

He was brave, trustworthy, and committed to his king.
David asked Uriah how the siege was going and then sent him to spend the night at home with his wife.
He was hoping that Uriah would stay with Bathsheba and later think the child she was pregnant with was his own.
But Uriah did not think it was fair that he should be at home while the other troops were living in tents. So he slept at the entrance of the palace with the other servants.
The next day David found out that Uriah had not spent the night with Bathsheba.
So that day he got him drunk.
But again Uriah did not return home but slept on a mat by the palace entrance,
David's plan had failed.
David wrote a letter to Joab and asked Uriah to deliver it.
Uriah returned to the siege of Rabbah.

5. David's letter gave Joab an order.
'Put Uriah out in front where the fighting is the fiercest. Then withdraw from him so that he will be struck down and die.'
Joab obeyed and put Uriah in a place where he knew the strongest defender of the city would be.
Uriah was shot with arrows and died.
6. When Bathsheba heard that her husband was dead, she mourned for him.
After the time of mourning was over, David brought her to his house and she became his wife and bore him a son.
But David's actions had greatly displeased the Lord.
The Lord sent the prophet Nathan to David.
Nathan told David the following story.
7. 'There were two men, one rich and the other poor.
The rich man had a very large number of sheep and cattle, but the poor man had nothing except one little ewe.
He raised it, and it grew up with him and his children.
It shared his food, drank from his cup and even slept in his arms.
Now a traveller came to the rich man, but instead of taking one of his own sheep to prepare a meal for the traveller, he stole the ewe lamb that belonged to the poor man,
He killed the lamb and prepared it as a meal for his guest.
8. David was furious.
'As surely as the Lord lives, the man who did this must die!' he told Nathan.
'He must pay for that lamb four times over because he did such a bad thing and had no pity.'
Nathan then said to David, 'You are that man!
This is what the Lord says, "I anointed you, king, over Israel, and I delivered you from Saul. I gave your master's house and wives. I gave you all Israel and Judah. And I would give you even more. Why did you disobey and do such evil? You murdered Uriah the Hittite and took his wife to be your own.

From now on bloodshed shall never depart from your family.
David cried, 'I have sinned against the Lord.'
Nathan replied, 'The Lord has taken away your sin. You are not going to die.
But because you have shown utter contempt for the Lord, the son born to you
will die.'

9. After Nathan had gone home, the child born to Bathsheba and David became ill. David pleaded with God to spare the child.
He fasted and spent the nights lying in sackcloth on the ground.
Seven days later the child died.
David was told the sad news.
He stopped fasting and praying then he went in to see the child and comfort his wife.
Sometime later David and Bathsheba had another baby boy whom they named Solomon.
Solomon grew up to become the next king of Israel.
10. If only David had looked away when he first saw Bathsheba bathing!
Where his eyes went, his heart and body followed.
If he had disciplined his eyes he would not have become an adulterer and a murderer.
You can't always help what you see.
Things flash before your eyes and can't be unseen.
But with the Holy Spirit's help, you can control what happens next.
Self-control is a fruit of the Spirit.
The Holy Spirit will help you say 'no' to yourself.
This means you are not a 'slave to sin'. (*Romans 6:6*)
You will be free to live without a guilty conscience!

Ministry to the Children:

But what if you have looked at something you shouldn't have? And you've gone back for another look. And another look. What is done in secret cannot be hidden from God so deal with it straight away. (Luke 12:2-3) Satan's name means 'accuser'. He is your enemy and loves to accuse and torment you and tie you up in knots. He will try and convince you that there is no hope. Don't listen to him!

1. Ask God to forgive you. (1 John 1:9; 1 Peter 5:7)
 2. Ask a trusted adult to pray for you and to keep a check on how you're doing in the future. (2 Timothy 2:22)
 3. Forgive yourself. (Romans 8:1; Psalm 103:10-11)
- And always remember, God's love for you never wears out! (Psalm 89:2)

Memory Verse: Psalm 119:37

Turn my eyes away from looking at what is worthless,
And revive me in Your ways.

I Spy

Create flashcards with one word of the Memory Verse on each card. Hide the cards around the room or your play area, remembering to make a note of where you have hidden them! Play a game of 'I Spy' to guide children to where the words are hidden. 'I spy with my little eye something beginning with S.' E.g. S is for seat and the children look underneath the seat to find the hidden word. When all the words have been 'spied' and collected, the children put them in the correct order and recite the Memory Verse out loud until they have learned it. Take a word or two away and continue to recite.

OR Match the Eyes

For something simpler, make flashcards with eyes on them. There are 16 words in the verse so you'll need eight pairs of eyes of different shapes, colours and glasses but cut the flashcards in half. Add a word of the Memory Verse to each eye. The reference can be a pair you use to demonstrate the game. Children are given one eye and must find a matching eye to create a pair. Assemble the Memory Verse and recite it aloud.

Game: Hang the Hula Hoops

Here's a game that requires the children to focus. Hang a collection of hula hoops vertically around your game area (or use your volunteers to hold them). Increase the challenge by hanging hoops of different sizes and by using balls of different sizes. Children must throw balls through the hoop to score points. You might like to assign some of your volunteers to act as distractions trying to put off the children's aim using friendly taunting.

Craft: The Googly Eyes Have It

Googly eyes can be glued onto just about anything. You'll find a lot of ideas on the internet. I liked the 'Googly Eyed & Crazy Haired Pen'.