

Flee the Dance

For teens ages 12–14 · about 45–60 minutes · Moral Issues for Teens · Personal Integrity & Character · game **What Kind of Move?** · built on **2 Timothy 2:22, Galatians 5:19, and 1 Peter 4:3**

Your students hear two opposite messages about dancing. One says, "The Bible has dancing in it — David danced, Miriam danced, so any dance must be fine." The other says, "Dancing is always sin." Neither message is fully honest. What they actually face is sharper: school dances, TikTok trends, parties, and concerts where movement is designed to excite lust — and friends who say, "Relax, it's just dancing." This session helps them tell the difference between movement that honors God and movement that feeds youthful lust.

Before you teach anything, pray.

Some students love dance and feel judged by the church; some have already gone to homecoming and felt convicted; some post choreographed videos online every week. Ask the Spirit for clarity without shame. You are teaching discernment — not banning every movement in every culture.

The heart of the lesson

Scripture does not treat all dancing as identical. David danced before the Lord with all his might (2 Samuel 6:14). Miriam led Israel in praise with tambourines after God rescued them (Exodus 15:20). Ecclesiastes names a time to dance (3:4). Biblical dancing could celebrate God's victory and worship Him openly. That is a world away from modern lust-exciting dance — dark rooms, grinding, sexual lyrics, outfits chosen to provoke, and movement whose main purpose is to turn people on.

Not every move is the same move.

The root issue is not feet on a floor — it's the heart and the aim. Paul tells Timothy to **flee youthful lusts** and pursue righteousness, faith, love, and peace (2 Timothy 2:22). Galatians 5:19 lists sensuality among the works of the flesh. Peter says Christians no longer run with the old life of debauchery, drinking parties, and lawless idolatry (1 Peter 4:3–4). When a dance environment trains the eyes and body toward lust, a wise teen doesn't negotiate — they flee. That is not prudish; it is Spirit-led self-control.

Flee youthful lusts — don't flirt with what God told you to run from.

2 TIMOTHY 2:22

"So **flee youthful passions** and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart."

1 PETER 4:3

"For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry."

How the session flows

- 1 Two kinds of dance.** Hook with biblical praise vs. modern lust. ~7 min
- 2 Teach the test.** Purpose, environment, and flee vs. flirt. ~12 min
- 3 Play the game.** "What Kind of Move?" two-team showdown. ~12–15 min
- 4 Quiet honesty.** Reference card, private reflection. ~5 min
- 5 Worksheet.** In class or take-home reinforcement. ~15 min
- 6 Close with courage.** Prayer and a clear standard. ~8 min

You'll want a screen for the game, printed reference cards and worksheets, pens, and a leader ready to discuss homecoming or social media without mocking students who love movement or shaming those who've already crossed a line.

Leading it, part by part

Two kinds of dance

Ask: where do you see dancing this week? (TikTok, school gym, weddings, worship, movies.) Read 2 Samuel 6:14 briefly — David's dance was public worship before God, not a dark party aimed at lust. Then name what many modern teen dances actually are: environments built around sensuality, pressure to pair up, music and moves that train the body toward desire. Land the distinction: *biblical dancing and lust-exciting dancing are not the same thing.*

Teach the test

Give students three questions before they say yes to a dance or post a video. **Purpose:** Does this glorify God or excite lust? (1 Corinthians 10:31) **Environment:** What else comes with it — alcohol, hookup culture, immodesty? (1 Peter 4:3) **Direction:** Am I fleeing youthful lusts or edging closer? (2 Timothy 2:22). Galatians 5:19 puts sensuality in the flesh list — not because God hates joy, but because the flesh hijacks joy into sin.

Be pastoral: a wedding line dance and a grinding school slow dance are not the same moral category. A worship celebration and a club-style party are not the same aim. When the aim is lust, Christians flee — they don't debate how close they can get to the fire.

Play the game

Run "What Kind of Move?" on screen — twelve to fifteen minutes. Rounds sort pure praise from lustful movement, name Scripture examples, and work real scenarios (homecoming, TikTok, worship vs. party). Bridge afterward: every card asked what kind of move this is — and who you're obeying with your body.

Quiet honesty

Hand out the reference card. Promise plainly that nobody is collecting it. Give five quiet minutes for students to circle what they've said yes to and what they need to flee. Protect the silence.

Worksheet

Verse fill-in, T/F, lookup, match biblical vs. modern dance, one scenario, one "this week" action. The reference card addressed the heart; the worksheet reinforces Scripture on discernment.

Close with courage

Pray for wisdom at the next invitation — dance floor, video post, or party. Invite students to memorize 2 Timothy 2:22 as a pre-decision line. Offer leaders for follow-up. Make fleeing lust sound like loyalty to Christ, not missing out on life.

Take it further

Discussion questions for small groups or a follow-up week:

- What examples of dancing in Scripture celebrate God? (2 Sam. 6:14; Ex. 15:20; Eccl. 3:4)
- How is modern lust-exciting dance different from biblical praise dancing?
- What does it mean to flee youthful lusts? (2 Tim. 2:22)
- What does Galatians 5:19 say about sensuality and the works of the flesh?
- What old life does Peter say Christians have left behind? (1 Pet. 4:3–4)
- What three tests can you use before you join a dance or post a video? (purpose, environment, direction)
- How does 1 Corinthians 10:31 apply to how you move in front of others?
- What should a student do who already went somewhere they now regret? (repentance, wisdom, new boundaries — 1 John 1:9)

A final word

God is not anti-joy. He is anti-lust masquerading as freedom. Your students will get another invitation — a gym, a feed, a group chat, a "it's just one dance." Give them Scripture, give them the game, give them the card, and trust the Spirit to make "flee youthful lusts" sound like the move that actually protects their heart.