

Made Male and Female

For teens ages 12–14 · about 45–60 minutes · Moral Issues for Teens · Relationships & Identity · game **Truth or Trend?** · built on **Genesis 1:27, Jeremiah 17:9, and 1 Corinthians 6:19–20**

Your students are growing up in a culture that treats identity like a playlist you can remix whenever you want. TikTok, school hallways, and even some adults say, "Be whoever you feel like." Some students feel confused about who they are. Some have friends wrestling with gender questions. Some carry private shame and think God must be disgusted with them. This session is not a culture-war rant or a shame spiral — it is a dignified, hope-filled look at what God actually designed, why feelings matter but do not get the final vote, and how to honor the body He gave you with compassion for real confusion.

Before you teach anything, pray.

This topic is sensitive. Some students may be confused, bullied, or quietly struggling. Ask the Spirit for wisdom, gentleness, and courage. You are not mocking anyone or turning the room into a debate stage — you are handing students truth they can build a life on. Have a plan for private follow-up if someone discloses deep struggle. Never force a student to share publicly.

The heart of the lesson

God made humans on purpose — male and female, both bearing His image (Genesis 1:27). That is not an accident of biology or a cruel rule from a distant God. It is His good design before sin ever entered the world. Jesus later affirmed the same picture when He quoted Genesis: "He who created them from the beginning made them male and female" (Matthew 19:4). Scripture speaks of two genders with distinct roles in God's plan — including the gift of family and children within marriage (Genesis 1:28). Our deepest identity is not whatever label culture hands us today; for Christians, our primary identity is in Christ — a new creation received by faith (2 Corinthians 5:17).

God made you on purpose — feelings don't rewrite His design.

Culture often says, "If you feel it, it must be true." Scripture disagrees — not because feelings are evil, but because the heart can deceive us. Jeremiah 17:9 warns, "The heart is deceitful above all

things." Feelings are real signals, but they are not always reliable guides. A confused teen is not automatically rebellious; they may be listening to loud voices without a clear biblical anchor. Your job is to separate compassion for confusion from surrender to every trend.

Deuteronomy 22:5 teaches that God's people should not blur male and female presentation in ways that reject His design. For teens today that might look like dressing, acting, or identifying in ways meant to deny the body God gave. The point is not mockery — it is worship: receiving yourself as God's gift rather than rewriting the blueprint. Your body is not yours to vandalize. Paul says you were bought with a price — glorify God in your body (1 Corinthians 6:19–20). That includes how you think about gender, how you speak to confused friends, and how you steward the person God made you to be.

Your body is God's temple — honor Him with how you live in it.

GENESIS 1:27

"So God created man in his own image, in the image of God he created him; **male and female** he created them."

JEREMIAH 17:9

"The heart is **deceitful above all things**, and desperately sick; who can understand it?"

1 CORINTHIANS 6:19–20

"Do you not know that your body is a temple of the Holy Spirit within you... You are not your own... So **glorify God in your body.**"

How the session flows

- 1 Name the noise.** What is culture teaching about identity and gender? ~7 min
- 2 Teach God's design.** Genesis 1:27, deceitful heart, body as temple. ~12 min
- 3 Play the game.** "Truth or Trend?" 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 hope. Prayer and compassion without compromise.

~8 min

You'll want a screen for the game, printed reference cards and worksheets, pens, and a leader ready to discuss gender confusion with dignity — no cruel jokes, no public shaming, no forcing students to debate their friends.

Leading it, part by part

Name the noise

Ask: where do you hear messages about gender and identity? (Social media, celebrities, school, friends, family silence.) Let them talk briefly without turning it into gossip about specific classmates. Land this: culture often treats identity like a feeling you announce, while Scripture treats you like a person God designed on purpose. Confusion is common; cruelty is not Christian. Your job tonight is the *whole* picture — God's good design, the deceitful heart, and hope in Christ.

Teach God's design

Walk through four layers. **Design:** read Genesis 1:27 — image-bearers, male and female, both valuable, both on purpose. **Creation confirmed:** Matthew 19:4 — Jesus did not invent new genders; He pointed back to creation as final authority. **Discernment:** Jeremiah 17:9 — feelings are real but can mislead; test everything by Scripture, not only by emotion. **Stewardship:** 1 Corinthians 6:19–20 — your body belongs to God; honor Him with how you live, speak, dress, and think.

Be pastoral: some students feel odd in their own skin for many reasons — puberty, bullying, comparison, trauma, or genuine confusion. Compassion does not mean agreeing with every trend. It means telling the truth in love and offering a safe adult afterward. Teach students to be kind to confused friends without celebrating what God calls sin. If a student has already experimented with rejecting their God-given sex, offer hope: repentance and a new start from today (1 John 1:9) — not forever defined by confusion.

Play the game

Run "Truth or Trend?" on screen — twelve to fifteen minutes. Round 1 sorts culture's trends from Scripture's truth; Round 2 drills key verses; Round 3 handles real hallway scenarios with compassion; Round 4 locks in the memorable line. Bridge afterward: every card asked whether this idea comes from today's trend... or God's truth.

Quiet honesty

Hand out the reference card. Promise plainly that nobody is collecting it. Give five quiet minutes for students to circle where they are and what they need from God. Protect the silence — do not walk the aisles commenting on what you see.

Worksheet

Verse fill-in, T/F, lookup, sort trend vs. truth, one scenario, one "this week" action. The reference card addressed the heart; the worksheet reinforces Scripture on design and discernment.

Close with hope

Pray for students confused about identity, for courage to honor God's design when culture mocks, and for kindness toward struggling friends. Offer leaders for follow-up. Make honoring God's design sound not like hatred but like *gratitude* — and testing feelings by Scripture sound not cold but *wise*.

Take it further

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

- What does Genesis 1:27 teach about how God made people? Why does "male and female" matter?
- How does Matthew 19:4 show Jesus affirming God's creation design?
- What does Jeremiah 17:9 mean when it says the heart is deceitful? How is that different from "all feelings are bad"?
- What does Deuteronomy 22:5 teach about honoring male and female distinctions?
- How does 1 Corinthians 6:19–20 shape how you treat your body?
- What is the difference between compassion for a confused friend and celebrating what God calls wrong?
- Where do teens your age hear the message "be whoever you feel like"? How would you answer with Scripture?
- What hope does 1 John 1:9 offer someone who has already rejected God's design and wants a fresh start?

A final word

Identity questions are not going away. Your students will hear another trend, another slogan, another friend in confusion. Give them Scripture, give them the game, give them the card, and trust the Spirit to make "God made you on purpose" sound not restrictive but *secure* — and "feelings don't rewrite His design" sound not harsh but *honest*. Truth and compassion belong in the same sentence when Jesus is the teacher.