

SESSION 1

THE HEART OF A WOMAN

PART 1



Men and women are equal in dignity but have different natures (CCC 369). In this session, the discipleship group specifically discussed the nature of a woman's heart, how this nature differs from that of a man's heart, and how a relationship with God can help a young woman stay on the right track when she finds herself attracted to, or in a relationship with, a young man.

The CONNECT section of the parent sheet connects you with the information that was presented to your teen in our last small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen's life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his or her faith.



CONNECT

This week your teen's small group discussed how God created men and women different; our bodies are different, our behaviors are different, and our brains are different. But both male and female are created in the image of God. God made two distinct genders because He wanted to reveal Himself through their complementarity—we are made to give of ourselves to one another in love, like the communion of self-giving love that exists in the Holy Trinity. Therefore, through this complementarity, men and women are made to love and become more like God.

The discipleship group discussed this relationship, as well as the reality of temptation. Men and women are each uniquely tempted to sin through their respective masculinity and femininity—men in often more visual or physical ways, and women in often more relational or emotional ways. But being aware of this reality can help young women to rise above and live lives of virtue, by using the unique gifts of their femininity to build up their brothers and sisters in Christ.

Some ideas we discussed to accomplish this goal were dressing modestly, avoiding gossip and negative humor, and using our emotions and words to care for others. Sacred Scripture gives us hope in resisting temptation and growing in charity—the greatest of virtues.



DISCUSS

Conversations about dating can be the one of the hardest to have with teens, but they are also some of the most important. Discussing the differences between men and women naturally lends itself to talking about relationships, so the questions below may help you talk with your teen about the importance and joy of living out God's plan for masculinity and femininity.

Here are some conversation starters to help you out. And remember to share your perspectives as well.

- » *I understand that you talked about the differences between men and women. What were some things that stood out to you?*
- » *Why do you think God created male and female humans?*
- » *In what ways are you glad that men and women are different?*
- » *What is one thing you think you can do to grow in virtue, and to help your brothers and sisters in Christ grow closer to God?*



COMMIT

God has a beautiful plan for men and women, but practically living it out in every situation can feel daunting. God reveals Himself through His creation, and that especially includes men and women. That's why it's so important to honor, respect, and love our fellow human beings. Understanding how men and women are different (in nature) and the same (in dignity) helps us to have healthier and holier relationships with one another.

This week, your teen was asked to be honest and accountable to their discipleship group in the following areas:

- » *I will dress modestly.*
- » *I will not gossip.*
- » *I will avoid negative humor.*
- » *I will not emotionally manipulate.*



“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’ or ‘being-woman,’ they reflect the Creator’s wisdom and goodness.” —CCC 369