

SESSION 2

THE HEART OF A WOMAN

PART 2



Jesus is the one man who will always fulfill a woman's emotional desire and lead her to a man who is worthy of her heart. Each young lady will leave this session with concrete ways to avoid the temptation to use others as objects of emotional fantasy while growing closer to Christ and His unfailing love for her.

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 discipleship group discussed how avoiding the temptation of emotional fantasy can be difficult, especially when there is something we really want or if we have been wounded in the past. Emotional images portrayed in media like chick flicks and love songs can tempt a woman away from trusting in Jesus' love for her. Growing closer to Christ and His unfailing love will help her not only to avoid these temptations, but will also help her to treat others with dignity, and find lasting peace and happiness in her relationships. Our imagination is a gift from God through which He can speak to us.

In this session, teens learned how their hopes and dreams for the future are good—Jesus desires them to find joy and peace in their relationships—but that Jesus desires their whole heart. By fixing their eyes and heart on Him, women can grow in purity and avoid the temptation of treating others as objects of fantasy. Teens also discussed two types of attraction: physical and emotional. While both types of attraction are good, it is especially important for a woman to mature emotionally, turning to God as the source and guide of her confidence, balanced friendships, virtue, and strength of character.



"Then turning toward the woman [Jesus] said to Simon, 'Do you see this woman? I entered your house, you gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair... Therefore I tell you, her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little.' And he said to her, 'Your sins are forgiven.'"

—Luke 7:44, 47-48

DISCUSS

By allowing emotions to completely take over, a young woman can find herself completely attached to a person (or an idea of them) in her own imaginary relationship, and end up feeling unfulfilled and regretful. But by running toward Christ and loving Him with her whole heart, she can find peace and true fulfillment in whatever vocation He is calling her to live out, both now and in the future.

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

- » Think of a confident, virtuous, and faith-filled woman that you know or have heard about. How do you think she is guided by her relationship with Jesus and her friendships with other women? What is the source of her strength?
- » What qualities would you like your future husband to have, if you are called to marriage someday? What help do you think young men need in their lives to develop the qualities you are looking for?

COMMIT

This week, teens were challenged to be honest and accountable to their discipleship group in the following areas:

- » I will commit to daily prayer and reading from one of the Gospels.
- » I will avoid mentally stalking.
- » I will avoid creeping.
- » I will talk to a close friend when struggling in these areas.
- » I will renounce lies from the devil that make me doubt my worth.



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

—CCC 369