

The True Love Thing to Do

Seminar Workbook

**A Marriage Preparation, Abstinence &
Character Education Seminar**



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~ A World Community Press Book ~



Table of Contents & Suggested Schedule

Quotes about the Curriculum	i
Purpose of the Curriculum: Note to Educators, Parents & Students	iii
A Note about the Language, Vocabulary & Examples Used in this Curriculum	iv
Note to Seminar Moderators: Recommended Seminar Format	v
The True Love Thing to Do Pledge.	vii
The True Love Thing to Do Annual Campaign & Contest	viii


Session One (20 minutes of Reading / 10 minutes of Discussion) . 1

 The True Love Thing to Do	2
 Sexual Activity and the Realm of Heart, Part 1	6
☺ Round Table Discussion Topics & Quotes to Live By	8




Session Two (20 minutes of Reading / 10 minutes of Discussion) . 11

 Sexual Activity and the Realm of Heart, Part 2	12
 Sex Should Be Unselfish	14
☺ Round Table Discussion Topics & Quotes to Live By	18
☺ 10 Minute Break	

Session Three (25 minutes of Reading / 10 minutes of Discussion) 21

 How to Save Ourselves 'til Marriage	22
☺ Round Table Discussion Topics & Quotes to Live By	30
☺ Optional 10 Minute Break	

Session Four (30 minutes of Reading / 10 minutes of Discussion) . 33

 Preparing to Have Children	34
 Becoming a Person of True Love.	35
 Building a Marriage of True Love	38
☺ Round Table Discussion Topics & Quotes to Live By	44
☺ Fill Out Evaluation Form	

Evaluation Form	47
Graphical True Love Thing to Do Pledge	49
Graphical Graduation Certificate	51

Purpose of the Curriculum:

Note to Educators, Parents & Students

The True Love Thing to Do is a Marriage Preparation, Abstinence and Character Education Seminar that serves three purposes:

- **Marriage Preparation:** *Although the curriculum contains a substantial emphasis on sexual abstinence prior to marriage, it also provides an overall viewpoint of unselfish love in marriage, as well as a section specifically about marriage (“Building a Marriage of True Love”, a subset of a larger seminar on marriage that WCN produces).*

*For this reason, we have decided to position this curriculum as a “**Marriage Preparation, Abstinence and Character Education Seminar**”, rather than simply “abstinence education”. Abstinence education is vitally important – but we believe that young people need a long range vision of ethical life, true love and marriage that goes beyond the difficult, relatively short-term period of abstinence until marriage.*

- **Abstinence Education:** *The curriculum seeks to educate teenagers and young adults about the emotional and “heart-centered” reasons to remain sexually abstinent prior to marriage, in order to prepare for a healthy marriage and to avoid the risks inherent in pre-marital sex.*

*Although many abstinence education programs provide important information about AIDS and sexually transmitted diseases, this curriculum seeks to fill a niche in its coverage of the healthy maturation and maintenance of love as a primary **motivator** for young people to remain abstinent until marriage, and then remain faithful within marriage.*

- **Character Education:** *Because the curriculum deals with the ethics of unselfish love and unselfish human relationships, we believe that the curriculum will help provide young people with direction for the growth of their characters. It will help them manage their everyday relationships in an unselfish and ethical manner, and will positively influence the issues of conflict resolution, responsibility and honesty in the home, in schools and in the workplace.*

We believe that training young people to adopt the “True Love Thing to Do” ethical viewpoint of unselfish love and service will be of great benefit to employers in both small business and larger corporations.

☞ *Our hope is that young people will gain a new vision and understanding of marriage that is centered upon true unselfish love, and will thus gain the hope and emotional power to maintain their purity and prepare themselves for marriage, parenting and an unselfish life that will contribute to a world of peace.*

*The “**True Love Thing to Do Pledge**” attempts to highlight these long-term goals.*



▣▣▣▣ “Quotes to Live By” from Session One

- ❖ Preparing for marriage is a topic worth talking about.
- ❖ It doesn't make sense to agree with something just because “everyone's doing it” or because “it's always been that way.”
- ❖ Teenagers, who are vastly more intelligent than they're sometimes given credit for, need the information that will allow them to make decisions about life based on common sense, logic and *deep reflection about the right questions*.
- ❖ If we love someone unselfishly, we will want that person to be happy forever.
- ❖ “Heartistic” is a new term that means “things related to the heart.” We all have a special radar system. Our heartistic radar is invisible, and is used to sense and perceive the invisible feelings flowing between our hearts and the hearts of others.
- ❖ One can be, and should be, parental toward everyone, even one's husband or wife.
- ❖ True love is the core guidepost for sexual activity, and the main reason that we should save ourselves, and prepare ourselves, for marriage.

▣▣▣▣ **“Quotes to Live By” from Session Two**

- ❖ “Do we feel happy when we hurt someone?” Certainly the answer is “no.”
- ❖ Unless both partners engaged in sex are one hundred percent cold-hearted and self-centered, one of them is going to get hurt when the relationship of love deteriorates. Since no one is really a machine, we can conclude that everyone gets hurt; even if they don’t acknowledge or recognize their own pain.
- ❖ The normal standard of behavior and heart that most of us will agree with is the standard that says, “I don’t want to hurt anyone. I don’t want to cause anyone any grief. Rather, I hope that I can bring joy to others by caring for them, serving them, and loving them as much as possible.”
- ❖ If the thought of causing others suffering makes us feel sad, then it stands to reason that we would not want to hurt anyone because of our sexual activity. Our desire to love others with an unselfish, parental heart becomes the “guidepost” for our sexual activity.
- ❖ Adopting an attitude of unselfish love toward the other person will enable us to ask ourselves, “What is best for this person? Is it better to have sex now, when our relationship is still immature, and our future together is not guaranteed, or is it better to wait until marriage, when we both have clarified and cemented our mutual commitment of love?”
- ❖ Being “abstinent because of love” means that we’re abstinent for the sake of the other person’s heart as well as our own.
- ❖ Teenagers that engage in casual sex damage their own hearts and the hearts of their partners. Their ability to create a relationship of true love becomes damaged, as their heartistic radar becomes rusty and dull. The rich sensitivity of their hearts grows dim.

▣▣▣▣ “Quotes to Live By” from Session Three

- ❖ It’s time for teenagers to stand up and let people know that they’re more than dumb animals run amok.
- ❖ It *is* possible to save our love for our eternal spouse. Isn’t it better to have pride in our inherent capability to be morally strong, intellectually clear, and concerned for the feelings of others? Insisting that sex should be saved for the “One” we’ll love forever is the *right* thing to do, and the *gutsy* thing to do.
- ❖ The best defense against pressure from others to have casual and uncommitted sex is to look them in the eye, with a serious look, and say, “You believe in true, eternal love, don’t you?” Who can say no to that? If they do say no, then you know that they’re not the right person for you, anyway.
- ❖ If they say yes, you’ve got them. With a generous, magnanimous heart, (it’s always nice to be magnanimous, isn’t it?) firmly remind them that true, eternal love requires, by its definition, a rock solid, real commitment. Sex is the most intimate part of love, and isn’t like a cheap handkerchief to blow one’s nose into and casually throw in the trash.
- ❖ Cutting off a relationship is very, very difficult; but it is truly the best (and perhaps the only) way to protect yourself from illicit sexual relationships.
- ❖ If we refuse to be alone with the person that we’re attracted to, it is unlikely that we’ll have sex with him or her.
- ❖ What will truly make a difference in marriages is when a husband and wife decide to *make* their marriage work by *creating and deepening* their mutual relationship of love. Eternal true love doesn’t just “happen.” **True love is created and maintained by unselfish and loving service.** The wonderful thing is that the more we give and serve and love, the more we feel joy to do so.

▣▣▣▣ “Quotes to Live By” from Session Four

- ❖ If a young, immature girl has a baby, how will she love her child when she is still a child herself?
- ❖ Human history has been a history of people having children before they were ready and able to love them properly, so that those children couldn't receive adequate love or training. Each generation of children has been caught in the vicious circle of being unready and ill-prepared to have children.
- ❖ Marriages often fail miserably because the husband and wife don't know how to care for each other and therefore don't take the necessary steps to deepen their relationship of love. The tragedy is that the distance between them was not what they started with, and could have been completely avoided.
- ❖ Isn't it an admirable goal to say, "I want to become a person who can give and serve and love, on a daily basis?" Yet, how many of your friends have that goal, think like that, or ever talk about living that way? If we don't lock onto that target, becoming a person of true love will be a long shot at best. It's just too easy to be selfish.
- ❖ Mother Teresa once said, "Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."
- ❖ The essence of the "true love thing to do" way of life is the belief that expressing unselfish love to others is the best way to live.
- ❖ When "true love is the Boss" for both the husband and wife, it becomes easier to resolve conflicts as they arise.
- ❖ If we declare to ourselves that we'll "give and love and serve" *infinitely*, going beyond our own concepts or limitations, we'll discover that the power of love can crumble any barrier.
- ❖ It takes patience and effort, but creating a marriage of true love is not only possible, it's every person's right.
- ❖ Building marriages of true love will change the world.