

# **GRADE 9; CHRISTIAN** **RELIGIOUS EDUCATION**

## **CBC RATIONALIZED NOTES**

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### **UPDATED VERSION**

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# **STRAND 1: CREATION**

## **SUBSTRAND: WORK**

### **Definition of Terms**

#### **Work**

- Use of energy, physical or mental, for the purpose of improving human life.
- It is any activity that requires expenditure of energy or application of skills e.g. studying, teaching, cooking, farming etc.

#### **Vocation**

- Work can be described as a vocation, profession, trade, craft, career or a job.
- Vocation is from a Latin word “Vocare” which means call.
- Christians believe that every individual has been called of God to various duties.
- Vocation is work that requires special skills, special training or a unique call or a special mission in society.

#### **Profession**

- Work that is characterized by a code of ethics, lengthy specialized training, advance knowledge and self – discipline.
- Professionals have their own set standards.
- The professionals determine entry requirements for new members and usually have machinery for dealing with errant members. E.g. Law, medicine, architecture etc

#### **A Trade**

- Refers to an occupation, a way of making a living.
- Some trades require specialized training examples hairdressing

#### **A Craft**

- An occupation which requires manipulative skills or use of the hands e.g. woodcarving, pottery, weaving.
- A craft may be a trade depending on the nature of occupation.

#### **A Career**

- An occupation that one chooses to pursue in his/her life.
- It's the general way of earning a living.

#### **Job**

- Refers to tasks performed, services rendered in return for payment of wages.
- Most jobs are temporary others casual and others permanent and pensionable.

## **What Determines One's Career, Vocation?**

- Available opportunities for future development in a particular job
- The need to serve others especially the church and the needy
- Interests, strengths, talents, abilities
- Inclination or attraction to a certain kind of work
- Pressure from parents, peers etc

## **General Reasons why People Work**

- It's an essential element of life
- God ordained work. Humans work for their food
- Work contributes to the development of the community
- Work is personal. It defines a person
- People work to earn a living
- People work for enjoyment, leisure
- To assist and give to the needy
- To get luxuries
- People work to raise their standards of living
- For self satisfaction and fulfillment
- For personal development
- To keep a person occupied and not idle
- To acquire wealth and status in the society
- To socialize with other members of the society
- To attain independence and not depend on someone else

## **Traditional African Attitude to Work**

### **a. Importance of Work**

- Work is essential to the well being of the individual and survival of the community
- Work ensured basic needs such as food, shelters etc were provided.
- In traditional African society work was divided according to the age, gender, and status e.g. chief, elder of the individual.
- Everyone was a worker. Boys assisted in herding, fishing, girls assisted in cooking fetching firewood. Women cooked, took care of babies constructed houses (maasai) etc.
- Works among the traditional African societies included pastoralist, farmers, livestock keeping, fishing, bee keeping etc
- Work was a communal affair; people would work together and assist each other
- Work was not for a wage (Money). The rewards of work-included food, communal unity, acquisition of moral values etc
- Hard work was emphasized, laziness was condemned
- There were some specific works for specialization e.g. herbal medicine men, divination, prophecy, rain making, pottery etc.
- Work involved giving prayers, offerings, and sacrifices to God

- Through work, the basic needs of the individual, community were fulfilled
- Through work potentials; talents and skills were explored, acquired and utilized.
- Work had a religious dimension as well as a social dimension. It brought people together improving their relations

### **Christian Teaching on Work**

- The Christian teaching on work is based mainly on the interpretation of the bible, the teachings of Jesus and the teachings of the apostles.
- Some of the teachings are: -
  - God himself instituted work. He created the heavens and the earth and all in it. Since God worked man should work. (Gen. 2:1)
  - God's work of creation is good (Gen. 1:31) Christians should endeavor to produce good works
  - Work is a duty, an obligation, a command Christians are responsible for God's creation (Gen.2: 15). They are to protect it – animals, birds, plants, marine life are all under the care of man.
  - Human beings should work to acquire their basic needs (Genesis. 1:29 – 30, 3:19) God blesses the work of our hands
  - Human beings are co – creators with God (Gen.1: 28) God continue to create through human beings. Human beings glorify God through their work.
  - God reveals himself through his work of creation. God had a purpose for his creation. He is orderly, source of life, Almighty etc.
  - Work is a co – operative undertaking. Eve was created to be Adam's helper (Gen. 2:20) Christians should co – operate in their undertakings
  - Hard work is praised and laziness is looked down upon. (Proverbs 31:27). Christians should work for their daily needs and not become a burden to others.
  - Work should be accompanied with rest (Gen.2: 2) God rested on the 7th day from all his work. God commanded the Israelites to rest on the 7th day.
  - People should enjoy what they have worked for (Ecc.3: 22)
  - Work should be done for the glory of God and for the good of the society.
  - People should work honestly not steal but work to earn an honest living (Eph.4: 28)
  - Those who do not work should not eat. They should always work since God is always at a work (John 15:17)

# **Roles of Professional Ethos, Ethics and Codes in the Society**

## **Definitions**

- Professional ethics –: principles of behavior / conduct that guide members of a particular profession.
- What workers are allowed to do and not to do.

## **Professional Ethos**

- The group identity of members of a profession, their unique custom or character e.g. what identifies doctors, lawyers etc.
- Profession codes or code of ethics Collection of laws arranged systematically according to major concerns and core functions of the profession.

## **Roles**

- To regulate the behavior of professional (workers)
- Enables professionals to understand their role
- Ensures professionals provide quality of services to their clients
- To encourage respect among professionals
- Give guidance on how professionals should relate to one another
- They safe guard professionals against being compromised / misused
- They determine expected level of performance
- They serve as a measure of competence
- Act as a measure of quality service
- They protect the professionals
- They provide a reference point for disciplining (used to discipline the errant professional)
- They inspire respect and high esteem for professionals
- Through professional codes, ethics, ethos, professional earn public trust

# **VIRTUES RELATED TO WORK**

## **Definition**

- A virtue is a good human habit. It's a moral principle, moral quality or goodness of character and behavior.
- Examples of virtues related to work
  - i. Diligence – hardworking
  - ii. Honesty, integrity – ability to be relied upon (Integrity) Honest is being truthful.
  - iii. Faithfulness – being trustworthy and loyal
  - iv. Responsibility – ability to make decisions and take action independently. Being mindful of other people's welfare
  - v. Tolerance – ability to bear with others or with difficult situations

## **Moral Duties and Responsibilities of Employers and Employees**

- Employers include government, non – governmental organization, private sector, individuals, company, self-employment.
- Employers have several duties and responsibilities towards their employees.
- They are:
  - To organize and conduct business efficiently for the benefit of the institution, employer, community
  - To respect the employee, treat them with dignity
  - Pay a fair wage to the employee
  - Ensure good healthy and safe working conditions
  - Provide social welfare for the employees e.g. time off, leave days, time for recreation
  - Grant leave as required by law or the terms of contract
  - Take care of the welfare of the employees give medical cover, pension scheme etc
  - To motivate their employees
  - To reward employees
  - Compensate employees made redundant

## **Rights of the Employer**

- Employers have a right to / are entitled to
  - Get profits from their businesses

- Carry out their businesses without unfair taxation
- Form association with other employers
- Obtain and conduct business
- Hire, dismiss employees in accordance with the requirements of their firms and contract
- Demand a fair day's work
- Conduct business without subjection to unfair conditions and competitions

### **Moral Duties of the Employees**

- Carry out their duties to the best of their ability without supervision
- Respect and protect the property of the employer
- Encourage peaceful solutions to any problems encountered in their work place
- To work diligently for self – fulfillment and development
- To respect their employer and fellow employees
- Observe terms of contract with employer
- Be loyal, honest, respect to the employer

### **Rights of the Employees**

- To receive fair wages
- To have a reasonable work load
- Have reasonable hours of work
- Have safety and protection at work
- Right to join a labor union
- Right to further individual training and development education
- Rights to retirement, terminal benefits
- Rights to a fair opportunity for provision
- A right to time for rest
- Right to Favorable working conditions

## **Christians Approaches to Issues Related to Employment**

### **Wages and Industrial Action (Strikes)**

- A wage is payments for work done.
- Payment is in modern times done according to hours, weeks or days that one works.

### **Christian Teachings on Wages**

- Human beings have the right to work for a decent living (Matt.20:1 – 16) they should be paid for their work.
- Workers should be paid wages to the amount and value of their work (1 Timothy 5:18)
- Wages should be paid as agreed upon (Mathew 20:13)
- Employers should not take advantage of the poverty of the employee (Deuteronomy 24: 14 – 15)
- Human beings should not be enslaved to work (Ex.5:22 – 23)
- Employers who degrade their workers in wages are condemned (Deut.24:14 – 15, Jer.22:13)
- Oppression is condemned (Amos 5:18, 8; 4)
- Workers wages should never be withheld (James 5:4)

### **Industrial Action**

- Also commonly called ‘Strike’ this is an effort by workers to stop work in protest by boycott go-slow sit – ins or refuse to work.
- There has been increase of industrial action in the recent past in most countries of the world.

### **Reasons for Industrial Actions**

- Due to increased awareness of workers’ rights
- Exposure to global trends through the media
- Formation of trade unions that fight for the rights of workers
- Due to poor working conditions
- Underpaying workers
- Threatening workers with unjustified dismissals
- Suspending the workers / interdiction – unjustly
- A hostile working environment

## **Results of workers strikes (industrial / action)**

- Pay cuts
- Demotions
- Loss of jobs
- Employers suffer losses
- Inflation
- Injuries even death when confronted by police
- Victimization of some individuals
- Bitterness among the workers and employers

## **Christian approaches towards strikes**

- Christians recommend a peaceful co – existence between workers and employers
- There should be fairness, justice, love among workers, employees
- There should be an open communication channel across the ranks from top to bottom
- Employees should not destroy property
- Working conditions should be better and improved
- Employees to be human when dealing with employees

## **Child Labour**

- A child is a person below 18 years. A child does not have an identity card, does not vote (in Kenya).
- According to International Labor Organization the minimum employment age is 14 years.
- Child labor is engaging a person below the age of 14 years in wage / paid employment.

## **Reasons why children are Employed**

- To provide cheap labor
- They cannot fight for proper terms
- They are easily hired and fired

## **Disadvantages of Child Labor**

- Children are not yet mentally and physically prepared to do adult jobs.
- This leads to

- Exploitation of children
- Children paid less, taken advantage of
- It inhibits the growth of a child and denies them a chance to enjoy their childhood
- It deprives them of their right to basic education
- It exposes children to hazards (dangers) from machines, chemicals
- Heavy workload deprives children of social educational, moral, psychological, physical rights

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### **Places where Children are Employed**

- Plantations – coffee, tea
- Domestic services – homes
- Tourism sector
- Industries
- Children are trafficked and employed as commercial sex workers

### **Causes of Child Labor – Reasons why Children Work**

- Lack of money / poverty
- Death of parents
- Dropping out of school due to pregnancy, indiscipline, (truancy), poor academic performance or lack of school fees.
- Those who never went or taken to school
- Lack of good role models e.g. coast province Mombasa; Malindi has several of the financially stable people being school dropouts, engaged in drug trafficking, commercial sex etc.
- Influence of cultural values e.g. circumcision of boys in some communities is done later in life and one is declared an adult e.g. the kikuyu circumcising at 13 years, or 12 years
- Children being lured by employers
- Greed for material benefits
- Being homeless ending up as a street child

### **Position of Church in Dealing with Child Labor**

- The church condemns it
- It has put up homes for poor children (orphanages)

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- It provides guidance, counseling to both parents and children
- Children are blessing from God hence should be loved and cared for
- Parents have the responsibilities to protect their children from harm.

## **Unemployment and Self-Employment**

### **Unemployment**

- When people are capable and willing to work but are unable to find a viable income or occupation it is referred to as unemployment.

### **Causes of unemployment**

- Preference for prestigious white collar jobs (Office jobs, non – manual jobs)
- Corruption, tribalism, nepotism, bribery denying jobs to the qualified in preference for the unqualified.
- Unequal distribution of wealth – some regions are more resourceful than others. Industries, good infrastructure concentrated in some areas.
- Inadequate resources for self – employment (lack of capital, skills)
- Limited job opportunities – probably due to high population growth
- Few international investors in Kenya, probably due to high crime rate, insecurity

### **Response of Christians to issues of unemployment**

- They encourage self – employment in cases of unemployment
- They have set up vocational training, polytechnics to train people towards jobs that are for self – employment

### **Christians condemn idleness**

### **Self-employment**

- Self-employment is an economic activity initiated, controlled by an individual.
- It is an occupation in which a person initiates a personal enterprise and manages it with the help of others.

### **Examples**

- Small businesses enterprises, Jua kali sector, music industry, entertainment (e.g. comedians), community work, agriculture etc

## **Problems / Challenges**

- Some lack sufficient capital to start a business and keep it running
- Lack of necessary skills to run the business
- High taxation leading to some business closing down
- Small scale traders face undue competition from larger firms

# **STRAND 2: THE BIBLE**

## **SUBSTRAND: CHRISTIAN MORAL VALUES**

### **a. Human Sexuality and responsibility**

- This is a sacred gift from God.
- It was given to Adam and Eve.
- Human sexuality is that which makes us male or female.
- It is our biological or physiological differences associated with the state of being male or female.
- It is part of our biological make up.
- Males and female have different body structures, features, appearances and biological characteristics.
- In terms of physical strength more men are stronger than females.
- Besides the biological make up, we have an emotional side, which includes our attitudes, and feelings.
- Females are said to be more emotional and talkative than males.
- Human sexuality is also in our brain and mind and it is what makes us human beings.
- If you look at animals they also have different physiological features based on sexual differences.

### **b. Christian Teaching on Human Sexuality.**

- Males and females are God's creation.
- Men and women were created for many reasons.
- These are
  - i. to be fruitful and to multiply;
  - ii. for companionship.
- In Genesis we learn that men and women share the image of God because God intended man and woman to play complementary roles and both are equal before God.
- Sex in marriage is a sign of love and it is sacred.
- In marriage man / and woman become one flesh.
- Both of them have the ability to control their sexual desires.

- Christian teaching forbids: sex before marriage, adultery or unfaithfulness, and other unnatural sexual behaviors like lesbianism, homosexuality or being gay, and incest.
- God created human body and it is to be kept holy.
- Chastity is encouraged while unfaithfulness in marriage is discouraged.
- Husbands / wives are to respect one another and give to each other in mutual love.

### **c. Traditional African understanding of Human Sexuality.**

- Human sexuality is highly valued in traditional African communities.
- It is understood in terms of marriage and parenthood.
- Procreation was the sole purpose of sex.
- Sex was to be practiced in marriage and it was regarded as another sacred duty.
- Adultery was discouraged and offenders punished.
- Irresponsible sexual relationships were forbidden.
- Virginity before marriage was highly valued.
- If a girl lost her virginity before marriage, she was treated with scorn and punishment.
- If a boy impregnating a girl, he was fined.
- In traditional African society it was a taboo to discuss openly sex matters.
- Grandparents taught sex education to their grandchildren.
- Sex education was taught during initiation stages.
- Free mixing of girls and boys was not allowed except under supervision.
- Girls were married off immediately after initiation to avoid temptation of engaging in pre-marital sex.
- To reinforce self – discipline in relationships between the opposite sexes the African traditional society instilled the fear of supernatural curses through myths, marital status.
- Husbands and wives were expected to relate to each other, their parents, and in laws according to the community customs.
- Conflicts between a husband and a wife were resolved through intervention of relatives.

### **d. Gender Roles.**

- There are specific chores and duties for either male or female in African traditional societies.
- Roles were therefore according to gender.
- Boys went hunting, herding, while girls fetched firewood, and helped in cooking.

- At an early age, girls and boys would mix freely as they played together.
- Mature boys and girls however, were restricted from mixing freely without supervision by elders.
- But there was gender identification.
- The boys identified with their fathers and other male adults, while girls identified themselves with their mother and other female adults.

## **Education**

- Children belonged to the community and not just to their biological parents.
- At the adolescent stage; 13 – 18 years education was given to the adolescents and intensified at initiation stage.
- Boys and girls were taught traditional rules and secrets of the society during initiation.
- Learning was informal.
- Knowledge was communicated through songs, stories and riddles among other forms of presentations.
- All adults acted as parents to the young ones.

## **Socialization:**

- Men were socialized to be superior, while women were socialized to accept their subordinate position and role.
- Everyone knew and accepted what he/she was culturally supposed to do.
- Division of labor was based on sex.
- In the African communities, despite their differences, there were many common customary roles, rules, regulations, taboos and beliefs that governed the practices related to male – female relationships from early childhood to old age.
- These traditional African practices relating to male – female relationships existed at various levels.
- In all of them, man held superior positions when compared to those of women.

### **Age:**

- Old women and men were accorded respect.
- They were consulted for advice and counsel.
- Kinship system was emphasized.

### **e. Christian Teaching on Male- female Relationships**

- We learn that the husband is the head of the house and should love his wife like Christ loved the church.
- Once a wife is loved, she should submit to her husband.
- We also learn that both male and female are equal and co-creators with God.
- Adam and Eve were created to complement each other.
- Likewise men and women should love each other.
- Jesus taught that each man should have one wife and vice versa.
- Once married, the husbands' body belongs to the wife and hers belong to him.
- If that is the case, wife and husband should avoid immorality.
- Males and females are to relate freely.
- But the youth are to avoid the passions of youth.
- These are sexual sins.
- There are no specific chores or duties for either male or female.
- Relationship between sexes should be governed by love, chastity, respect, self-control, and self-discipline.
- Parents are to love their children, while children are to obey and honor their parents.
- Parents are asked to bring up their children in a Godly way.

## **Christian Teaching about Human Sexuality**

### **a. Christian Teaching on Responsible Human Sexuality**

- Christianity teaches us about responsible sexual behavior.
- Being responsible means that one is exercising self control or self-discipline in matters of sexual behavior.
- Self-discipline is necessary when we have a relationship with the opposite sex (Read, 1 Cor.7: 9 1 Peter 5:8).
- It is called responsible sexual behavior, which is obedience to God's commands.

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- Christians promote healthy social relationship between boys and girls, men and women, and husbands and wives.
- Responsible sex is between male and female.
- Sexual intercourse is allowed only between married couples (1 Cor.7: 3 – 5).
- Married couples are obliged to be sexually faithful to one another (Heb.13: 4) adultery is condemned (exodus 25:14).
- Relationship between a husband / wife should be one of respect faithfulness, love, care, mercy, submission, tolerance, and forgiveness

## **b. Christian Teaching on Irresponsible Sexual Behavior**

- There is much irresponsible sexual behaviour.
- They include among others all acts and forms of: perversion, misuse, and abuse of sex, incest, rape, fornication, adultery, homosexuality, lesbianism or gay, prostitution, concubine, masturbation, bestiality and child marriages among others.
- These irresponsible sexual behaviors are against God's will for humanity.
- Christians are to shun irresponsible sexual behavior.
- This is because their bodies are the temples of the Holy Spirit, thus whatever Christians do with their bodies, it should be for the glory of God.
- Let us now discuss in brief some of the irresponsible sexual behaviors

### **(I) Incest**

- Which is a sexual relationship between people who are closely related by blood.
- For example, sex between a brother/sister, father / daughter.
- Incest is condemned in the Bible.
- It was punishable by death in the Old Testament. Read Leviticus 18:6 – 8.

### **ii) Rape**

- Rape cannot be justified and it is condemned in The Bible.
- Rape is an act of forcing another person to have sexual intercourse without his or her consent.
- It is sexual violence and a crime against humanity.
- It is also a denial, and a violation of human rights of the victims who are sexually assaulted.
- Victims of rape include boys, men, girls, women, and babies especially girls.

- Rape is an expression of hatred toward the opposite sex.
- In traditional African society rape was abhorred and culprits were punished by death.
- In Kenya rape is punishable by 20 years imprisonment.
- Indecent assaults or sexual abuses such as touching a person of the opposite sex without their permission or use of vulgar language are both punishable by up to 5 years imprisonment.

### **iii. Fornication**

- This is consensual sexual intercourse between unmarried people.
- It is condemned by both African and Christian teachings and punishment in African traditional society was by either payment of fines, stoning, and ritual cleansing.
- In the Old Testament, men were forced to marry the girl.
- Jesus said that fornication was due to people's evil thoughts.
- Abstinence for the youth is encouraged and preached.

### **• Reasons why youth engage in premarital sex include:**

- sexual curiosity
- proving manhood
- human weakness,
- lack of self control
- testing fertility
- fear of being jilted / rejected;
- commercial sex for money
- copying acts in the print and electronic media.
- frustrations
- drug abuse
- bribe to get a job
- permissiveness in the society.

### **iv. Adultery**

- Is committed by adults who have extra marital affairs; between “married partner and another party”.
- Adultery is having sex outside marriage with a person with whom one is not married to.

- Adultery is caused by lack of self – control, sexual dissatisfaction, and long periods of wife and husband separation, sexual dysfunction and vengeance by an initially faithful spouse who wants to be even with the unfaithful spouse.

#### **v. Prostitution**

- This is the practice of giving sexual pleasure for money or other material benefits.
- A prostitute can either be male or female.
- Prostitutes are referred to as commercial – sex workers.
- **There are factors leading to prostitution. These are**
  - economic reasons such as unemployment,
  - poverty
  - rejection of a girl at home
  - drug abuse
  - stress
  - anger
  - anxiety
  - frustrations in the family
  - pornography.
- The church condemns prostitution because it defiles the body, which is a temple of the Holy Spirit.
- It's sexual immorality. Read Gal 5: 19 – 21.

#### **vi. Homosexuality/ Gay/ Lesbianism**

- This is sex between people of the same sex for example; man and man (homosexuality), woman and woman (lesbianism).
- Homosexuality is a common practice in modern world.
- It is also a church problem.
- The Anglican Church in USA, and Canada have accepted homosexuality.
- The Anglican Church has gay bishops.
- African Anglican churches are opposing this practice.
- The Christian view is that homosexuality is a sign of a lack of Christian moral values.

- It may also be due to confinement in a prison and permissiveness in society.
- If it is allowed to continue, it shall disintegrate traditional African values.
- Because of its threat to God's people, the Church condemns homosexuality.
- Other reasons for condemning it is because
  - God created a male and a female. Read, Genesis 1:28.
  - sex is sacred. Homosexuality is an unnatural relationship, which lowers human dignity.
  - It does not provide sexual fulfillment (as traditionally).
  - Homosexuality is illegal in Kenya.

### **Vii. sexually transmitted Diseases (STDs )**

- There are many diseases passed from one person to the other through sex.
- These are gonorrhea, syphilis, herpes genitalis is, hepatitis B, Chlamydia, trichonomiasis, HIV/AIDS.

### **HIV / AIDS,**

- This is human immune deficiency virus (HIV) that causes acquired immune deficiency syndrome (AIDS) condition.
- Syndrome refers to many symptoms.
- HIV is transmitted largely through sex with an infected partner; through blood transfusion; sharing sharp objects with infected persons; and from an infected mother to the unborn child.
- The HIV virus destroys the white blood cells, and weakens the body's immune system.
- When the body is weak, it is not able to fight, and defend itself against infections.
- Persons with the virus are vulnerable and susceptible to opportunistic infections.
- The signs / symptoms of AIDS are manifestations of symptoms of the opportunistic infections.
- Some symptoms include persistent coughs, loss of weight, oral thrush, loss of appetite, and diarrhea.
- Churches encourage Christians to be compassionate to HIV/AIDS affected people, and to support the infected and the affected individuals like the orphans, widows, and widowers.
- It also teaches against sexual immorality and against all forms of discrimination.

## **Gonorrhea**

- -is caused by a bacterium called “Neisseria gonorrhea”.
- Its symptoms appear 4 days after infection.
- Its symptoms are burning sensation when passing urine; pain or discomfort in the genitals; sticky discharge or pus in the vagina or through the urethra.
- The good news is that Gonorrhea is curable if treated early.

## **Syphilis**

- Primary syphilis may show up in the form of a sore or a wound in the genitals a few days after infection.
- The wound heals by itself without treatment after some time.
- Syphilis infection may take several years about 7 years before its symptoms re appear.
- The symptoms of syphilis are a painless sore or pimple on the man’s penis or woman’s vulva; and swelling of the glands in the groin.
- Other symptoms, which may appear later, are skin rashes and sores either in the face armpits, under breasts, mouth or throat.

## **Herpes genital**

- -is a sexual disease caused by a virus.
- It creates wounds in the genitals.
- A pregnant woman can transmit the infection to her newborn baby during delivery.
- This disease can be controlled although there is not an effective treatment.

## **Hepatitis B.**

- Hepatitis B virus causes Hepatitis B
- It is transmitted through sex, injections by unsterilized needles and contact with contaminated blood.
- The infection does not show on the genitals.
- The signs and symptoms of Hepatitis B include yellowness of the eyes (jaundice) due to liver damage and pain around the upper abdomen.

### **c. The Effects of Irresponsible Sexual Behavior**

- There are many effects of irresponsible sexual behavior.
- They include among others HIV / AIDS, sexually transmitted infections (STI), abortion; family separations and divorces, deaths, unplanned pregnancies; children living in the streets; school drop outs and psychological problems.

#### **i. Effects of incest**

- incest undermines the healthy relationships between members of a family as it brings shame and guilt among the parties involved.
- incest destroys relationships within the family and can lead to breaking up of a marriage.
- incest destroys self-esteem, self – respect, and dignity of the victim. We find that abused boys and girls end up having problems when trying to establish healthy relationship with members of the opposite sex.
- incest can lead to pregnancy, and abortion.
- it can lead to infections with sexually transmitted diseases (S.T.I.'s) and HIV / AIDS.

#### **ii . Effects of Rape.**

- This crime has very serious consequences and harmful effects on the victim.
- Rape may result in pregnancy and can lead to physical, psychological, social, and spiritual side effects.
- The victim may suffer
  - serious physical injuries and
  - may contract the STI's, and HIV / AIDs.
  - The victim is traumatized, and ashamed of self.
  - The victim suffers from guilt, loneliness, humiliation, posttraumatic stress disorders, and depression among others psychological manifestations.
  - Young rape victims in particular may lose trust in the opposite sex.
  - All these sufferings can lead to suicide and death.

#### **iii. Effects of Fornication**

- Some of these are having children out of wedlock; feelings of distrust, guilt, and hurt; contracting STI's and HIV/AIDS; loss of self-respect; early and forced marriage and abortion.

#### **iv. Effects of Adultery**

- Christians teach against adultery because it is against God's commandments
- can lead to divorce
- abortion
- STI, HIV/AIDS
- domestic violence
- murder (death)
- psychological problems.

#### **v. Effects of Prostitution.**

- It can lead to break up of marriage, and family.
- It lowers a person's dignity  
can lead to unplanned pregnancies
- school dropouts
- infections such as STI's and HIV /AIDS
- improper use of family resources.

#### **vi. Effects of Homosexuality**

- It is a threat to procreation.
- It promotes loose short-term informal relationships and therefore promotes HIV / AIDS.
- Homosexual couples are prone to HIV/AIDS infections because of having many partners;  
although this is changing in USA where homosexual couples are being married in churches.

#### **vii. Effects of Sexually Transmitted Diseases**

#### **HIV / AIDS**

- recurrent illness due to opportunistic infections.
- There is also stigmatization.
- Some individuals have feelings of guilt, anger, denial and depression.
- The sick persons have to look for extra finances to care for their health.
- They have the burden for medications, and special diet.
- HIV/AIDs has no cure and leads to death like many other diseases.
- Parents die and leave their children as orphans.

## **Gonorrhea**

- The disease damages a woman's fallopian tubes leading to infertility; and a man's epididymis leading to sterility.
- An infected expectant mother can infect her newborn baby with gonorrhea
- The disease may affect the eyes of the unborn child causing blindness.
- Gonorrhea can also cause inflammation of joints, the heart and liver.

## **Syphilis**

- damage to the heart, brain and the nervous system.
- This disease can lead to madness and death of the victim.
- If a child is infected while in the womb, or during birth, the brain may be damaged.
- The child may have either physical deformities or the infected mother may give stillbirths.

## **Herpes genitals.**

- Infection can cause severe brain damage; cancer of the neck of the womb.
- If a woman is pregnant, the disease can cause death of the baby.
- The wounds and sores expose the sick person to HIV /AIDS infections.

## **Hepatitis B.**

- This disease damages the liver and may lead to death of the infected person.
- It has a vaccine, but not treatment.

### viii. Other Consequences of Irresponsible Sexual Behaviors

- unplanned pregnancies
- children living in the streets
- school dropouts
- psychological problems These include among others:
  - stress,
  - depression,
  - self – pity,
  - withdrawal,
  - aggressiveness,
  - violence.

## **Stress**

- is the response of the body and mind to any situation that exerts pressure or makes demands on a person.
- The intensity or pressure experienced determines the level of stress.
- Some of the signs of stress are:
  - anxiety,
  - worry, and drop in performance,
  - chest pains
  - mood swings
  - rebellion
  - ulcers
  - heart palpitations
  - fatigue
  - guilt feelings.

## **Solutions**

- To avoid stress, it is suggested that individuals should accept that one is stressed;
- identify sources of stress, rest, exercise, listening to therapeutic music and talk to a counselor.

## **Depression**

- This is an acute mental disorder.
- It is also a state of hopelessness and low spirits.
- Depression can be mild or severe.
- It has physical, emotional and behavioral signs and symptoms.
- Let me caution you that it is only a medical doctor who can know if one has a depression or not.
- We are told by doctors that signs of a depression are:
  - persistent headaches and chest pains;
  - loss of appetite;
  - too much appetite;
  - loss of memory;
  - insomnia i.e. lack of sleep;
  - weight loss or gain;

- nervousness and mood swings;
- low self-confidence;
- suicidal tendencies and self-pity.
- loss of libido (sexual desire);
- poor performance in school and in work places;
- hopelessness;
- loss of interest in ones activities;
- hypertension
- high blood pressure

#### **d. Irresponsible Social and Human Behavior**

- There are social and human behaviors that are contrary to Christian life.
- These unacceptable behaviors are abortion, and divorce.

#### **Abortion**

- Abortion is termination of pregnancy before the foetus is capable of independent life.
- There are two types of abortions.
- One is spontaneous abortion or miscarriage.
- The other is induced abortion, which is deliberate and illegal in Kenya.
- Induced abortion has been debated in Kenya.
- The main question is should abortion be legalized or not.
- This is because abortion is legal in some European countries.

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#### **Reasons why mothers seek abortion**

- pregnancy due to rape and incest.
- if the mother believes that the unborn child will be a burden. This may be because the baby is conceived outside wedlock and the mother lacks economic resources to take care of the baby.
- mother is in school and she cannot look after the baby and continue with her education.
- medical personnel may abort a deformed foetus or in order to save the life of the mother if it is in danger.

### **Reasons why abortion is considered a sin**

- Christian's view of abortion as murder (Exodus20: 13).
- This is because abortion interferes with the mother's body, and destroys the baby.
- Christian view is that the body is the temple of the Holy Spirit.
- God is the giver of life and He alone has the right to take it away.
- Abortion carries with it stigma and the effects mentioned above make Christians condemn abortion.

### **e. Effects of Irresponsible Social and Human Behavior.**

- Effects of abortion are:
  - infertility,
  - ectopic pregnancy,
  - destruction of a woman's body parts;
  - fetal malformation;
  - risk of the mother bleeding to death and destruction of uterus.
  - mother may experience in future still births
  - miscarriages
  - risk of barrenness
  - failed abortions leading to deformed babies
  - stress
  - depression.

## **SUBSTRAND: KING DAVID AND KING SOLOMON**

### **Introduction**

Yahweh remained the God of Israel and the sovereign ruler of his people.

Leadership refers to the manner in which a community's way of life is ruled or controlled. When

Israelites settled in Canaan, Judges ruled them for the first 200 years. Some of the judges were

- i. Othniel
- ii. Ehud
- iii. Samson
- iv. Deborah
- v. Gideon
- vi. Shamgar
- vii. Samuel
- viii. Barak

### **Duties of Judges**

**POLITE NOTE!**

*Take note that this is a Sample of the Well Organized Detailed  
Simplified Notes.*

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Complete Notes.*

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