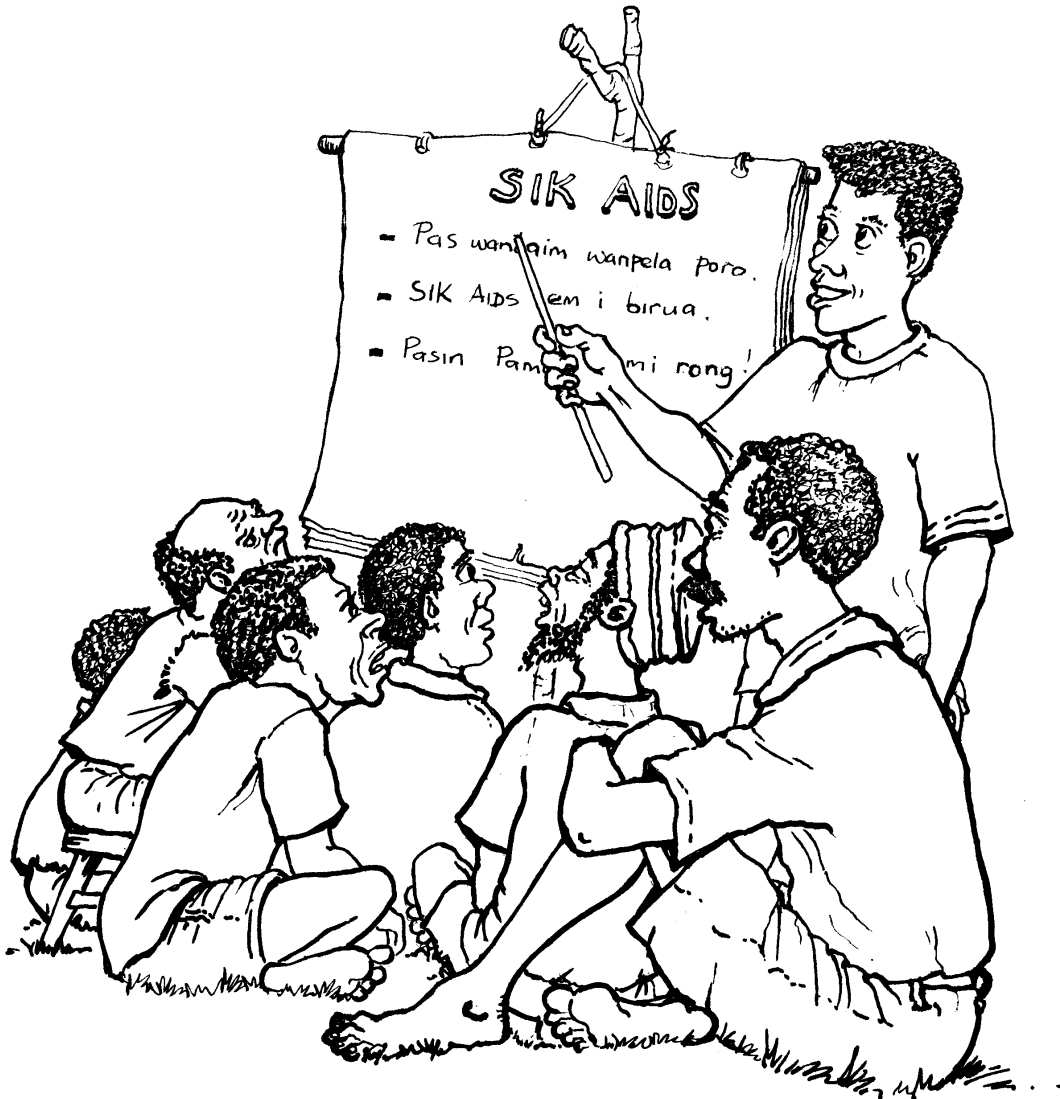


# FAMILY LIFE AND AIDS EDUCATION COURSE

Testing Version #1 19 February 2004 (draft) of Introduction

## Introduction



Note: Melanesian (PNG) Images and Simple English script

**(Needs cultural check and an additional Melanesian Pidgin script)**

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## SMART GIRLS SAY "NO"!

**Do not be tempted by men or women with money. God does not want it. And you may easily catch AIDS.**

Many boys and girls do bad things with their bodies because they do not know what God is saying about the bodies of those who are Christians. This is a very dangerous thing. It compromises ones relation with the Lord. It also subjects someone to the danger of getting HIV, the virus that causes AIDS.

### ***What should the youth do with their bodies?***

They should respect God with their bodies and souls. One way of respecting God is by only having sex within a holy marriage. (1 Corinthians 6:20)



The body of a young boy or girl is part of the body of Christ. This is so because Christ bought the body with His precious blood through His death on the cross. He did this to ransom the body from death that is the wages of sin. The body is also the temple of the Holy Spirit. (1 Corinthians 6:15-20, 1 Peter 1:17-19, Romans 6:23)

A young boy or girl who commits fornication sins against his own body. He also sins against Christ. This is not good because his or her body is the temple of the Holy Spirit. When a person commits fornication they do not show respect to God. (1 Corinthians 6:15-20)

The right time for a boy and a girl to start having sex is when they have wedded in a holy marriage. Having sex is a wonderful

gift that God gave to a man and woman when they are in a holy marriage. Having sex before marriage, is a sin. (Proverbs 5:18-19, 1 Thessalonian s 4:1-5)

Fornication and adultery are sins. God will punish youths who practise sex before marriage. However, reconciliation is possible if that boy or girl repents and accepts Christ as Lord and Saviour. Jesus Christ reconciles people who repent their sins with God because He paid for their sins through His death on the cross. They become new creatures. (Exodus 20:14, Hebrews 13:4, Romans 6:23, Isaiah 53:1-5, John 3:16, 2 Corinthians 5:17)

People who got AIDS through fornication or adultery can also be forgiven, and enter the New Jerusalem if they repent of their sins. Whoever believes in Jesus and accepts Him as Saviour has crossed from death to life. (John 5:24-25, Revelation 21:1-7)

## ONE MAN, ONE WIFE, FOR LIFE!

Holy marriage is a beautiful gift from God. Enjoy it together for the rest of your life.

One of the beautiful things from God in the Christian life is holy marriage. The Bible has a lot of advice on the wonderful unity between a man and a woman.



### ***Where did the idea of marriage come from?***

The idea came from God Himself at the time of creation. When God created man, He created them male and female. He created both of them in His own image. A man and a woman are of equal value before God. A woman is very precious to a man because she was created as a helpmate to the man. A man and woman who are in a holy marriage complete the image of God in their oneness. (*Genesis 1:26-27, Genesis 2:18*)

God wants a man and his wife to love and respect each other because they are one body. They should do everything together without hiding anything from each other. A man and his wife should show the example of the great love that is there between Christ and the church, which is the spiritual bride. (*Genesis 2:24, Ephesians 5:21-33*)

Holy marriage is a very respectable thing before God. All people should respect marriage the way God respects it. Here we also see an example of the faithfulness that God expects between a man and his wife when they enter into holy marriage. Jesus Christ is faithful to the church. A man and his wife should be faithful to one another. (*Ephesians 5:31-32*)

In a holy marriage there are three main things:

1. Love.
2. The wedding ceremony.
3. Being one body.

These three things are like the cooking stones of the marriage. We can not put a cooking pot on one or two stones only. We need all the three stones. If a marriage lacks one the three essential things, it is like a cooking pot that is put on insufficient stones. Such a pot will not stand.

This must be love that comes from the bottom of the heart. This kind of love always aims at doing good things for the other. An example of this kind of love is what Christ showed by giving His own life for the sake of people. (*John 15:12-14, 1 Corinthians 13:1-13*)

The wedding ceremony is a very precious time when a man and a woman declare publicly the love that they have for one another. When this ceremony is completed, it means that the two are an independent household. This pleases God and is a witness to the community. (*Malachi 2:14*)

When the wedding ceremony is completed, they are no longer two, they are one body, committed to each other alone. This means that from that point onwards they should be doing everything together. Their financial plans, spiritual life care of their relations etc. must be done together. They are now free to enjoy sex. (*Genesis 2:23-24*)

## BEER DRINKERS EASLIY CATCH AIDS



**They get drunk and have sex with women who already have the AIDS virus. This is contrary to the husband's responsibility to his wife and children.**

It is not good for a husband to be drunk. Drunkenness brings a lot of problems such as lack of money and mental confusion. A drunkard loses self-respect. Drinking alcohol also promotes promiscuity. As a result of this, one may contract sexually transmitted diseases and AIDS. To avoid all these problems, it is better to avoid taking alcoholic drinks in general. We should remember that drunkenness develops gradually. (*Proverbs 20:1, Proverbs 23:29-35, Ephesians 5:15-20*)

**What is the husband's main responsibility to his wife? What is the main responsibility of a wife to her husband?**

The husband's main responsibility to his wife is to love and respect her whole heartily as Christ loves His church. (*Ephesians 5:25*)

A husband, who does not take care of his wife and children, sins against God. The husband is the head of the wife according to God's command. It is his responsibility to see to it that his family has the basic daily needs. A husband who is a Christian but does not take care of his family is worse than a non-Christian. (*Ephesians 5:23, 1 Timothy 5:8*)

God's Word says that the husband is the head of the wife as Christ is the head of the Church. Because of love, Christ died for the Church. Therefore, a husband who loves his wife should do everything he can to protect the wife. Being head of the wife does not just mean being leader, it also means being prepared to suffer or even die for the wife. (*Ephesians 5:25-30*)

A husband who does not love and take care of his wife risks having his prayers to God being hindered. God wants us to be holy because He is holy. (*1 Peter 3:7, 1 Peter 1:14-16*)

A husband does not have the right to beat or ill-treat his wife in any way. A husband and his wife are one body. Therefore, a husband should treat his wife as he would treat himself. A husband who beats or ill-treats his wife in any way is like someone who beats or ill-treats himself. (*Ephesians 5:28*)

A wife should obey her husband whole heartily as to the Lord because the husband is the head of the wife. However, all things that are against God's commands should not be obeyed. (*Ephesians 5:22-24, Colossians 3:23-24*)

The wife can build or destroy her marriage. There are many things that the wife can do to build her marriage. Examples of these may include: self-respect in the way she dresses and speaks, taking care of her body and home, good cooking of food, fearing God, taking care of the husband and children if she has them. (*Titus 2:3-5*)

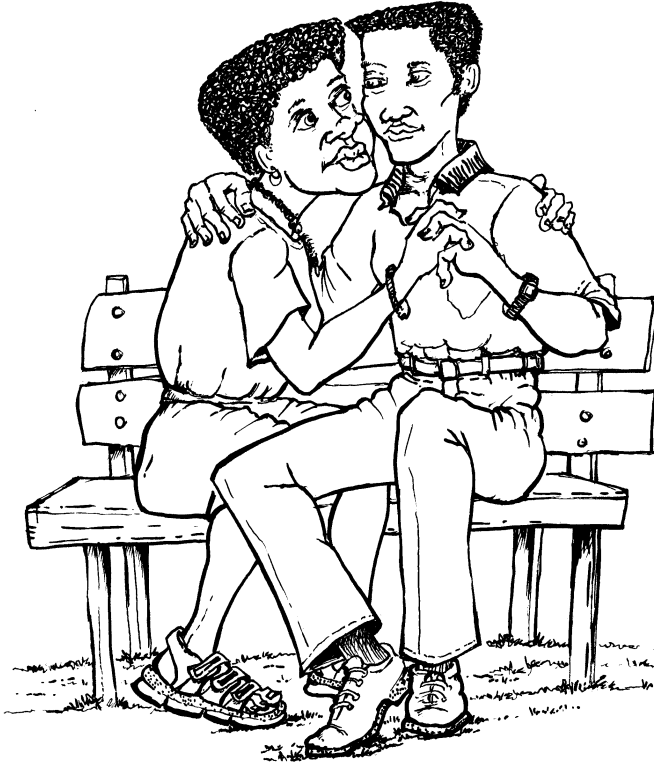
She can destroy her marriage by doing things like these: drunkenness, having extra marital affairs, using foul language, back-biting. Some wives also destroy their marriages by disliking the relatives of their husbands.

## DO NOT LET ANYONE ELSE DISTURB YOUR MARRIAGE RELATIONSHIP

**Marriage is such a precious gift of God to men and women. Protect your marriage with zeal.**

It is not good for a married man to have extra marital affairs (girl friends). Having extra marital affairs means committing adultery and that is sin. Extra marital affairs also bring problems into marriages. These problems include jealousy, lack of money and sexually transmitted diseases and AIDS. (*Exodus 20:14 and 17, Proverbs 6:32-33*)

***What is the problem with extra marital affairs?***



Some people think extra marital affairs prove that one is a real man. This is a big mistake. What proves a man to be a man is the way he takes care of and loves his family. If a family has its daily basic needs met that proves that the man in that family is a real man. Of what benefit is it for a man to have several girlfriends when his family lacks food or clothes?

If a man earns a lot of money from employment or business, he may want to show that money is not a problem to him by having several girlfriends. A man who does that is not thinking properly. There are so many good things that one can do with his money. If one has that

extra money, he may wish to help the poor, orphans or churches. When God blesses someone, He expects the person to respect Him using the blessings. (*Luke 3:10-11, 2 Corinthians 9:6-8, James 2:15-17*)

If a lady proposes love to a man and the man turns it down, some people would consider that as a sign of weakness. However, that would not be a sign of weakness but rather a sign of strength. Men must be careful with women that sell themselves especially these days with the AIDS pandemic. Many such women have sexually transmitted diseases and the AIDS virus. A wise and God fearing man should run away from such women. (*Genesis 39:1-23*)

## DO NOT IGNORE THE FACTS ABOUT AIDS!

**It is dangerous to ignore the facts about AIDS.  
It is better to face them.**



Many people are saying a lot of things about AIDS. Some of the things that they say are not true. Because of this, it is very difficult for people to know the truth about AIDS. We have, therefore, collected some truths about the disease. Please, read carefully so that you may be able to understand and protect yourself, your family, and relatives and help other people on this problem of AIDS.

### ***What is AIDS?***

AIDS is a terrible disease which currently has no cure or vaccine. Everyone who gets the disease dies. Some people have the benefit of treatment with medicine mixtures. That mixture of medicines does not heal AIDS. It slows down the development of AIDS in the body. These medicines are only available to few people. It is sad that the number of people suffering from the disease

is growing day by day, in the whole world.

The disease starts when someone acquires the organism that causes AIDS. The causative agent of AIDS is called an AIDS virus or HIV. It can not be seen with the naked eye because it is very small. It is actually smaller than bacteria.

When the AIDS virus gets into the body, it starts to multiply. Later on the virus starts destroying the body's natural immune system. The person's immunity to disease starts to dwindle slowly. In the end, and this may be after several years, the person is left without any immunity to disease. Because of this lack of immunity, the person is vulnerable to many kinds of infections and some cancers. This is why people who have the AIDS virus suffer from different kinds of diseases easily.

There are a number of ways through which one can acquire the AIDS virus:

1. By having sex with a person who has the AIDS virus. This is the main way through which the AIDS virus is spread.
2. An expectant mother may pass on the virus to her unborn baby or during delivery. However, this does not happen with every child birth. Some expectant mothers give birth to children without the virus even though the mothers have the virus.
3. By using things like razor blades, needles and other sharp objects that have infected blood.
4. Through receiving treatment from traditional healers if they cut the body using infected razor blades, bones or knives. This can happen if the instruments have not been boiled for a period of at least thirty minutes.
5. By someone applying medicine on cuts on the body using a stick which is infected. This normally happens with traditional healers who keep their medicine in a gourd (a container made from the outside cover of a pumpkin).
6. By using the same razor blade or knife for circumcising several people.
7. By getting injections at the market or from people who are not trained.
8. By sharing toothbrushes.
9. By receiving infected blood.
10. When blood or body fluids from an infected person gets into the body of an uninfected person. This may happen when the uninfected person has a cut and is washing an infected person who has cuts on his body.
11. When blood or body fluids from the dead body of an AIDS patient gets into the body of an uninfected person. This may happen during washing of the dead body if at that time both the person and the dead body have cuts.

## DO NOT TAKE INJECTIONS ON THE MARKET!

Often the syringes they use on the market or elsewhere are not boiled well enough. That may transfer the AIDS virus. You'd better go to a good clinic where they boil the syringes properly. This is just one example of a method of avoiding AIDS.



It takes two people to pass on to one another the AIDS virus. The transmission goes much quicker in sperm-blood contact and or blood-blood contact. Do you want to be one of the people? Choose for yourself. Protect yourself and your family. Boys and girls protect yourselves. Don't rush. Remember that one harvests what he sows. You can not buy life.

### ***How can people avoid AIDS?***

Knowing that the main way through which AIDS is spread is sex, an effective way of avoiding AIDS is by avoiding adultery and fornication. A man or woman who is married should have sex with the marriage partner only. Boys and girls who are not married should abstain from sex until they get into a holy marriage. God's Word says the same. (*Exodus 20:14, Hebrews 13:4*)

There are also other methods of avoiding AIDS. Some of them are:

1. Avoid having injections from untrained people like those who roam around the markets. Make sure that the syringe is boiled for not less than thirty minutes before it is used on you.
2. If you get help from a traditional healer and he has to cut the body to apply the medicine make sure that he uses a new razor blade. Carry your own razor blade with you.
3. If you want to pierce ears for ear rings, have your own needle.
4. If a traditional healer is applying medicine on cuts made on the body, make sure that he does not use a stick that has already been used on someone.
5. If one partner in a marriage has the AIDS virus, they should use a condom when having sex. This may protect the one who does not have the virus from contracting it. Such a couple should avoid having children because in many cases children born from such partners have the virus. Even if not, the parents may not live long enough to raise their children properly.
6. When bathing an AIDS patient or washing the dead body of an AIDS patient, we should make sure we have no cuts in our hands. If we have a cut, it must be properly covered. In addition to this, we should put on plastic bags such as those of sugar. When we finish, we should wash our hands using soap. For hygiene purposes, it is better to do this for every patient or body not just AIDS victims.
7. If he or she has a sexually transmitted disease like gonorrhoea or syphilis, he or she must make sure that it is treated quickly and adequately at the hospital. It is very easy for someone who has a sexually transmitted disease to get the AIDS virus. The sores make it easy for blood to come into contact. Treatment must be sought at the hospital only. It is dangerous to treat oneself or get treatment from unqualified people or buy drugs at the market.

If there is need to receive blood from someone, make sure that it is tested and does not have the AIDS virus.

## Traditional healers do not have medicine!



Some traditional medicine men claim that they can cure people who have AIDS. However, they are not telling the truth. Currently, there is no treatment which can cure AIDS. Any traditional medicine man who claims to have a cure for AIDS is a liar and just wants to steal people's money.

**In the hospitals there is no cure for AIDS. Do not believe traditional healers who say they have it. They are just after your money.**

Many people carry the AIDS virus while they seem very healthy. Beautiful women and men with the virus can continue spreading that

virus to other people. It is only in the end that AIDS manifests itself clearer and clearer.

### ***How can we tell that someone has the AIDS virus?***

We can not tell that someone has the AIDS virus just by looking at him or her. The only way we can be sure that someone has the AIDS virus is when their blood has been tested at the hospital. However, there are some signs that are common in people who have the virus. These signs include:

1. Excessive loss of weight within a short period (about 10%) loss of body weight.
2. Persistent diarrhoea for a month or longer.
3. Relapsing attacks of TB.
4. Developing swellings on different parts of the body especially armpits and groins.
5. Developing different skin diseases.
6. Having mouth sores regularly.
7. Persistent fever.

A person with these signs should seek help and advice from the hospital. It is however important to bear in mind that not everyone who shows these signs has the AIDS virus. A person may show these signs because of other diseases.

Being the first to suffer from or die of AIDS in marriage is no indication that the person is responsible for bringing the virus into the marriage. A wife or husband may be the first one to suffer from or die of AIDS before the other partner depending on the strength of her or his body in fighting against diseases.

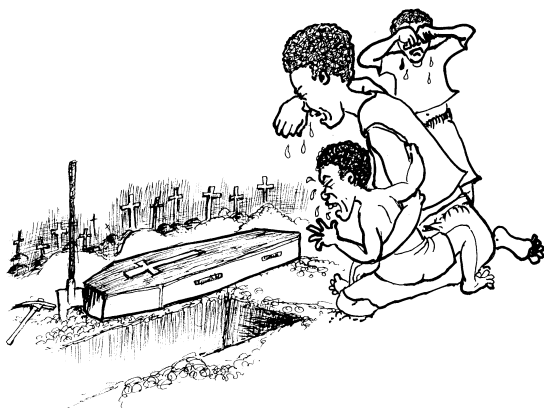
A husband may pass on the virus to his wife and the wife may fall sick or die before the husband starts showing any signs. This puts a very big responsibility on the husband for his wife. Every husband must be faithful to his wife. It is sad that many women die because of the unfaithfulness of their husbands. (*1Thessalonians 4:3-5*)

One can not be infected through witchcraft, because there is no one who can transfer the virus from one person to another through witchcraft. There are some people who claim to have been bewitched when they have the AIDS virus. However, in most cases such people know pretty well that they got the virus through adultery or the other ways mentioned elsewhere in this booklet.

It is unfortunate that such a person hides behind witchcraft when he or she has the AIDS virus. The danger is that relatives and other people in general will not learn anything about the disease from his or her suffering. If an AIDS patient tells relatives and other people the truth about the disease, they would learn a lesson by seeing the suffering that the person goes through.

## **AIDS IS A KILLER! DO NOT GIVE IT A CHANCE TO ENTER YOUR HOUSEHOLD!**

**If it has entered, don't be desperate but repent and pray the Lord for wisdom to arrange ones household before dying.**



When AIDS gets into a marriage, it brings so many problems. Husband and wife pass away, the children become orphans.

***What should one do when he or she knows that he or she has the AIDS virus but has not developed AIDS yet?***

When someone is diagnosed with the AIDS virus, he should not be desperate but do the following things:

1. Should seek help and advice from the hospital.
2. Should be eating a balanced diet. Foods like soy beans, ground nuts, beans, eggs, vegetables fruits and avocado pears are very good for such people.
3. Should avoid drinking beer, smoking and drugs.
4. Should have enough time to rest each day.
5. Should avoid adultery for fear of transmitting the virus to other people. Adultery should also be avoided for moral reasons.
6. Should go to the hospital quickly whenever he or she is sick from any disease.
7. If it is a woman, she should avoid becoming pregnant. Pregnancy makes a woman weaker and this would make her develop AIDS faster.
8. Should avoid close contact with people who cough, for example, those with TB.
9. Should always wash hands before preparing and eating food and after going to the toilet. This helps prevent diarrhoea.
10. Where possible, they should take pills instead of having injections when they are sick. Injections may promote some kind of skin problems in the places where the needle went in.
11. If the person can no longer work in the gardens or in an employed job, it is important that he or she starts doing some income generating activities. These could be things like: weaving baskets, knitting making mats, brooms and many other things.
12. Should not spend money on people who claim to have the medicine that can cure AIDS. We should remember that AIDS has no cure at the moment.
13. Following these instructions may help one to live longer. It's no good to simply sit and complain.

He or she must also try to prepare for the future of his family:

1. He or she should discuss with the spouse how the spouse may take care of their children when the sick partner will be dead.
2. Should make sure that there is a WILL on his or her property and gardens. This will prevent other people taking away property from the remaining partner and children.
3. If the husband or wife is not alive, the remaining partner should discuss with a close relative who is trustworthy and dependable for the care of the children.
4. Should follow all health and hygiene rules so that he or she may live longer.

The sick person should also think seriously about his spiritual life and make sure that spiritually all is well with him or her. This is very important in preparation for the future life. This should be done by repenting and asking for forgiveness from God. We should remember that physical death is not the end of everything but the beginning of a new life. We will all one day stand before the judgement seat of God. At the end of the judgement, the unrighteous will go for eternal punishment while the righteous will go for eternal happiness. (*Revelation 20:11-15, Revelation 21:1-7*)

## IF YOUR FRIEND HAS AIDS, HELP HIM!

Do not desert people with AIDS but try to help them. They need your care. It is so hard to have AIDS.



As you see, there are several ways through which the virus is spread. So we may never judge someone who has AIDS. Even if someone got AIDS through sex, we should not judge the person but feel the Lord's compassion and show him the way to salvation. If he repents and confesses his sins, the Lord will forgive his sins. The body may die but the soul goes to be with Jesus. (*Galatians 6:1-2, 1John 1:8-9, 1John 2:1-2, John 5:24-25, John 14:1-3*)

### **How should we live with someone who is suffering from AIDS?**

It is important to remember that a person suffering from AIDS is not different from someone who is suffering from any other disease. An AIDS patient is still a human being just like any other person. We should show love to the patients. This may be done by doing things like these:

1. Socialise with him or her and tell interesting stories to reduce worries.
2. Take care of him or her by bathing him or her, wash their clothes and beddings.
3. Pray and read the Bible with them.
4. Tell them about the love of God and the need for repentance. They should know that God can forgive them their sins even if they got the virus through adultery. (*John 3:16-18, 1 John 1:8-9*)

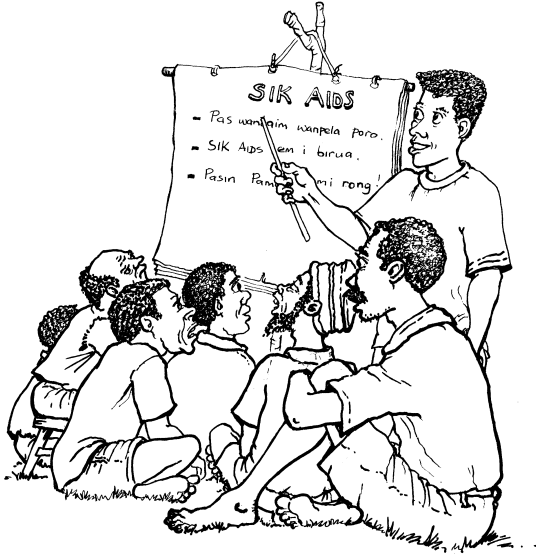
Please realise the AIDS virus is not spread through:

1. Shaking hands and embracing each other.
2. Eating together and using the same utensils.
3. Through mosquitoes and other biting insects.
4. Using the same toilet.
5. Through clothes for example, second hand clothes.
6. Through plaiting hair or taking care of the hair of a person who has the virus.
7. Travelling in a congested bus or car.

So, one can not be infected by socialising in any way or eating with a person who has the AIDS virus. Therefore, we should not be afraid of socialising or eating with people who have the virus.

## WE NEED TO TEACH EACH OTHER ABOUT AIDS!

Let us listen to teachings about AIDS and let us teach others too. Everywhere we can. The church has a very important role to play, not only the church but all Christians in general.



The AIDS pandemic has added an extra load on Christians in general, and on the church in particular. Please remember: the church is not the pastors and church leaders only; it is all of us, Christians, part of the body of Christ!

### ***What can the church do about teaching it's members on AIDS?***

The church should encourage trainings on AIDS for the different groups of its members. These are groups like: church elders, deacons, women's guild, youth and any other groups that the church may have. The church may also organise outreach activities on the AIDS problem in their neighbourhoods. (*Proverbs 9:9-11*)

The church can help people on the AIDS problem through preaching. Pastors and church leaders should remember to preach about holy marriage, what God says about youth and sexuality, the responsibility of the husband, the responsibility of the wife, children, family life and AIDS. This can help people to know what God is saying about Christian life. If people know these things well, they can easily avoid AIDS. (*Romans 15:14*)

Pastors, church leaders and all other Christians must be good examples to other people in avoiding AIDS. They must lead a life acceptable before God. By doing so, they will be an example to other people. Most of the times people fail to do good things because of lack of good examples. (*James 1:21-24, 1Timothy 4:11-12*)

The church should encourage its Christians to avoid all traditional beliefs that can aid the transmission of the AIDS virus. These are traditions like asking someone to have sex with another person's wife so that she can have a child, marrying a deceased relative's widow and having sex to cleanse oneself after initiation. (*Matthew 15:1-3*)



The AIDS pandemic is leaving many children orphaned. Most of them are helpless. The church may help them by constructing houses for them if they have no house or repair their houses if there is need. The church should also protect the children from being sent away from their deceased parents' land. It is the responsibility of the church to protect the children. The church should also give them food and clothes. The church should also see to it that people do not snatch away

property and gardens from the children. The church should also encourage the children to go to school so that they will be able to help themselves in future. This is a very big task indeed because it needs money for school fees and other expenses. (*James 1:27*)