

# The best way to stay safe from AIDS is called ABSTINANCE

**A**bstinence means to not have sex until marriage, then both husband and wife remaining sexually faithful in marriage. This can avoid the most common way AIDS is spread. It's not easy to do this because you will feel curious about what you're missing. You may have strong feelings that pull you to want sex. Your friends may say it's okay to go ahead and do it. Your boyfriend or girlfriend may pressure you to have sex.

## How to avoid sexual sin:

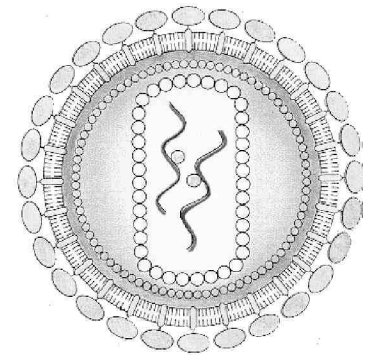
1. Don't make plans to be in a tempting situation, like being alone with a boyfriend or girlfriend. "Don't give your sinful desires an chance to get what they want" Romans 13:14
2. If you find yourself in a tempting situation, run from that place. "Keep running away from sexual sin" 1 Corinthians 6:18.
3. Pray and ask God for strength to stay out of the trap of sexual sin . "I can do all things through Christ who gives me strength" Philippians 4:13

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# Can I be safe from AIDS ?



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## **One day a young man and woman went for a walk in their garden.**

Everything was perfect. The rains had come and everything was green and healthy. As they walked they passed many beautiful trees with good fruit covering the branches. In fact, in their large garden there was only one fruit tree that was not good to eat. A good friend had told them never to eat from this tree. For awhile they did not even dare touch this tree, from fear. But they were curious. As they walked and happened to pass near this tree, a voice called out from someone laying near the tree. He was a stranger, but he was nicely dressed. He somehow knew they were curious about the fruit tree.

And he told them it was okay to go ahead and eat it. The strangers words seemed so true as he told them how eating it would bring pleasure and wisdom 'Why shouldn't I have a chance to enjoy this wonderful fruit?', the woman wondered. So she made the decision to give it a try. The man also ate. It tasted good, but they would soon find out that it would bring terrible suffering and death into their lives and the lives of their children.

What you have just read is the story of Adam and Eve and how they were tempted by Satan to sin **What does this have to do with being safe from AIDS?** There is an important lesson we can learn from this story. Adam and Eve were safe from every bad thing that fruit had **before** they took it and ate. It didn't harm them until they allowed it to enter their bodies. The suffering and death

from the fruit didn't effect them until they acted on a decision to reach out, take it, and eat it. It's the same with AIDS. To be safe from AIDS, you must not allow it to enter your body. **The round thing on the front of this booklet is a picture of the AIDS virus.** The AIDS virus is very small. About one million can fit on a full stop like the one at the end of this sentence . Condoms are not the answer, because they are meant to stop sperm, which is much bigger than the AIDS virus. Condoms sometimes even fail to stop sperm. When someone has AIDS their body fluids are filled with the deadly virus. They will look healthy for awhile, until the AIDS virus weakens their body. If any of their fluid gets into your body and into your blood, you will get AIDS. There is no cure for AIDS. The most common way it's being spread in Zambia is through sex.