



FUEL

**PURITY FOR
LIFE**

MY HEART FOR THE KING



PURITY FOR LIFE

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The Core: A Seven-Volume Series

My Life of Purity

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Getting Started

We are so excited that you have chosen to be a part of Discipleship Community! It is our prayer that God will use this study to deepen your relationship with Him. The contents of this material include core truths that we want you to learn so that you will have a firm foundation in your faith. The goal is for you to begin Discipleship Community your seventh-grade year and continue the series until you graduate from high school. This book will lead you to take time each day to read God's Word and to pray.

Plan on spending 15 – 30 minutes each day of the week with God. This spiritual discipline will help you to grow to be more and more like Jesus Christ. In this book, we have used the English Standard Version of the Bible (ESV). Please keep this version of the Bible nearby while doing this study, or refer to an online Bible, such as the one at www.biblegateway.com.

This material is written based upon our Milestone Strategy here at Carmel. The Essentials are the core principles and truths that we want to teach for each of the Milestones. The Milestones and Essentials are as follows which ultimately lead to Life in Christ:

Milestone 4: Purity for Life

ESSENTIALS:

Biblical Purity, Healthy Relationships, Identity in Christ, Biblical Sex

Milestone 5: Rite of Passage

ESSENTIALS:

Roles of Men and Women, Spiritual Gifts and Service, Catechism

Milestone 6: High School Graduation

ESSENTIALS:

Apologetics, Dating/Marriage, God's Plan for Me, Person of Influence, Life Skills

Life in Christ

ESSENTIALS:

Scripture, Prayer, Authentic Faith, Obedient Follower, Disciple-Maker, Generous Living, Biblical Community

At the end of every year, you will be challenged to complete a project that demonstrates your growth in Christ. Be ready to be challenged. We are confident that God will amaze you as you get to know Him through these studies. It has been a great joy to write these books, knowing that you will get to know the one true God in a deeper way!

WEEK

1

Spiritually Pure

COLOSSIANS

1:22

FALLEN NATURE

Total depravity is an important concept to understand. This term expresses that humans are completely corrupt apart from God and that there is nothing man can do to earn God's favor and salvation. In other words, we are all doomed without Christ.

Describe how different our world would be if all people were controlled by their sinful natures?

Apart from Christ, nothing good lives in you. Before Christ, you were controlled by your fallen nature. You needed help, and only One could provide the help that you needed. His name is Jesus.

Read 2 Corinthians 5:21 and Romans 5:8.

While you were still a sinner, Jesus died for you. He didn't wait for you to get better; He took your penalty upon Himself so that you would have a way to be saved. Hopefully, you are beginning to grasp the seriousness of this issue.

NEW NATURE

Read Romans 6:6-7 and 2 Corinthians 5:17.

How do these verses describe an individual's nature before believing in Jesus?

Before becoming a Christian, you were a slave to sin. You couldn't help but sin because it was in your nature to do so. However, your sin nature was rendered powerless when you were born again. You now have the power to overcome sin because of your new nature in Christ.

Read Romans 7:15-25.

Summarize what Paul is saying in these verses.

According to verse 25, how did Paul find freedom over this struggle in his life?

Without Christ, you have no chance of living a holy life. With Him, you are freed from being a slave to sin as He daily empowers you to not give in to the sinful nature.

GOD'S POINT OF VIEW

Read Colossians 1:15–23.

What does it mean to be reconciled to God?

Did you catch the part that God now sees you as holy? You are holy in God's sight! You probably don't see yourself as holy, but what God sees is far more important than what you see. However, you are not holy on your own accord; it is only because of Christ's work on the cross for you.

The word holy means, "to possess certain divine qualities that are in contrast with what is human." As a Christ follower, you now have divine qualities.

What does it mean to be without blemish?

Read Hebrews 9:14 and 1 Peter 1:19.

What words or phrases are used to describe Jesus?

According to Colossians 1:22, how does Christ present you to God?

Even though we are wretched sinners, through Christ's blood God now sees believers without any blemish. The word used to describe us as without blemish in Colossians 1:22 is the same word used to describe Christ as the Son of God without blemish. That means God compares our holiness to the holiness of the Son of God.

So while you and I would not likely describe ourselves as spotless and sinless, God sees us as holy and without blemish. This is an amazing truth for all Christians to know.

So how does this truth affect your life of purity?

THE PROCESS OF PURITY

You have likely wondered, "If God sees me as holy, how come I don't live a holy life as a Christian?" Paul could completely identify with you.

Read Romans 7:15.

What is Paul saying in this Scripture?

It's true that even though God sees us as holy, we still struggle to walk in holiness every day of our lives. However, as we live our lives on earth, God will help us to walk in holiness. This process of growing in holiness is called sanctification.

Read John 17:17.

Who said these words and how are believers to be sanctified?

The word sanctify means "to make holy." Jesus is asking the Father to make His followers holy.

God's Word is the key to growing in our walk with the Lord. God has chosen to use His Word to sanctify us. If you pick up your Bible only once a week, you will not grow in your faith.

So how does this affect your life of purity? If you want to live a pure, holy, sanctified life, you have to be a dedicated student of God's Word.

GLORIFICATION

Justification, sanctification, and glorification are all big words, but they are important truths for you to know in your pursuit of purity.

Read Philippians 3:20–21 and 1 John 3:2.

According to these verses, what does glorification mean?

Read Romans 8:18 and 1 Corinthians 15:51–58.

Describe the future of a follower of Jesus.

It is likely that you will grow weary of pursuing purity in our world today. Knowing that Christ will come again one day and remove sin from your life should give you hope to press on. Let's face it. It is hard. Yet, it is worth the struggle.

NOW WHAT?

Take a moment to do an honest assessment of your commitment to God's Word. Answer each question below.

Do you spend time every day reading God's Word?

Do you regularly meditate (think deeply) about God's Word?

Do you memorize Scripture?

How have you noticed God's Word transforming you to live a holier life?

You have learned some pretty deep spiritual truths this week. Ask God to plant these truths deep in your heart so that the Holy Spirit can recall them to you as you live for Him. If necessary, recommit yourself to taking time to truly study God's Word. His book, the Bible, is the only book that is living and active and capable of changing your life. No other book can make that claim.

How does understanding your complete depravity (wickedness) help you understand the deep need you have for Christ?

GOING DEEPER

Why does it require the help of the Holy Spirit for you to live a pure life?

Why is it worth your time to think deeply about God's Word?

PRAYER:

Spend time thanking God for the amazing price Jesus paid so that you could be reconciled to God. Then ask God to help you live like He sees you.

MEMORY VERSE FOR THE WEEK

Colossians 1:22

REAP

DAY

PROVERBS 20:9 & ROMANS 3:10

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What is the obvious answer to the question in Proverbs 20:9?

Why is it not possible to cleanse yourself from sin?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

ROMANS 7:18-25

DAY

2

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What causes the struggle between doing right and wrong?

How do verses 24-25 provide you hope?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

TITUS 3:3-7

DAY

3

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe the practical change that takes place in the life of a believer in Christ.

Write a prayer to God thanking Him for rescuing you from your sinful nature.

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

ROMANS 6:10-14

DAY

4

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What responsibility do you have in regards to your choices?

How can you offer yourself as an instrument of righteousness?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

5

TITUS 2:11-14

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How should we love while we wait for Christ's return?

What characteristics of God does Jesus reveal in this circumstance?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

1 JOHN 2:28-3:10

6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does this passage describe a way to be confident in the second coming of Jesus?

Describe the danger of living in a continual pattern of sin.

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

COLOSSIANS 1:21-23

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe how a changed heart leads to changed behavior.

As a follower of Christ, what responsibility do you have to be a servant of the gospel of Jesus?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

2

Emotionally Pure

PROVERBS

4:23

A DOUBLE HEART

Read Psalm 12:2.

According to this Scripture, what kind of heart should we avoid?

Based on this Scripture, what does it mean to have a double heart?

Read Proverbs 10:9.

To have a double heart is the opposite of having integrity. A person of integrity has a heart and a lifestyle that match. God cares if we walk with integrity of heart. Our hearts and our lives need to say the same thing; they need to be united.

DOUBLE HEART EXAMPLES:

- 1) Sara tells everyone that she is a Christian, but she doesn't act like it when she is at school. She can often be found talking bad about her teachers, cheating on tests, and using foul language in the halls. Even though she says she is a Christian, her life does not demonstrate it. She has a double heart.
- 2) Mark tells everyone that he is called to missions. Mark, however, has never shared his faith with anyone. He has a lot of friends who are not Christians, but he never takes the time to tell them about Jesus. Mark's heart for missions and his lifestyle do not match. He has a double heart.
- 3) When Taylor attends church on Sundays, she loves the praise and worship time. She often raises her hands, closes her eyes, and is quite expressive in her worship. However, in her heart, she is only thinking about herself and what other Christians think about her. Her focus is not on the Lord, but rather on herself. Her heart and her actions do not match. She acts like she is praising God, but her heart is not in a posture of true worship. She has a double heart.

Why do you think it is important to avoid a double heart in your pursuit of purity?

A HARD HEART

Read Proverbs 28:14, Mark 3:5 and 16:14.

What does it mean to have a stubborn, or hard, heart before God?

None of us are immune to this temptation. A hard heart is not pleasing to God. To have a hard heart means "to be stubborn, to be unyielding and resisting in an event; or lack humility before a superior."

How might a hard heart be dangerous in your pursuit of purity?

Read Ezekiel 11:19.

God desires that you have a heart of flesh that He can easily mold. If you want to have a pure heart, you will certainly need a soft heart before God. By taking time each day to spend time in God's Word, you are allowing God to mold and shape you to be who He wants you to be.

A PROUD HEART

To be proud means to be "arrogant, pertaining to an exalted view of self that is improper."

The Bible has a lot to say about pride. Look up each of the following Scriptures and match them to the correct answer.

- | | |
|-----------------------|---|
| A) Psalm 10:4 | 1) Pride brings destruction. |
| B) Proverbs 16:18 | 2) Pride is sin. |
| C) Proverbs 21:4 | 3) God opposes the proud. |
| D) 1 Peter 5:5 | 4) Love is not proud. |
| E) 1 Corinthians 13:4 | 5) A prideful person does not seek God. |

What did you learn about pride from the above verses?

How do you think a prideful heart can negatively affect your pursuit of purity?

Read Psalm 148.

Prideful people think too highly of themselves and think too often about themselves. To fight against having a prideful heart, we need to think often and highly of God.

AN UNBELIEVING HEART

Read Hebrews 3:12.

What does it mean to have an unbelieving heart?

A person with an unbelieving heart refuses to trust God. Trusting God for your dating life and future marriage is sometimes hard to do. Oftentimes people want to take this into their own hands.

Read Jeremiah 1:5 and 29:11.

It is important not to take these verses out of context. These verses speak to the ultimate plans and purposes of God that are always fulfilled. Therefore, these verses provide hope for our own future because they point to God's sovereignty and ultimately the redemption of his people.

God knows you better than you know yourself. He created every part of you and every part of your personality. Therefore, He knows what is best for you in your dating life and future marriage. He knows the type of person that you need to marry. God knows you better than you know yourself, therefore, you can trust Him to provide the right person for you to date and marry one day.

How can you use Scripture to make decisions about your future college choice, career choice and even to whom you get married?

Many people worry about having a boyfriend or a girlfriend and wonder whether they will ever get married. To trust God means to believe that His plans for you are for good and not for evil, to believe that He plans to prosper you and to give you a hope and a future.

Read 2 Corinthians 6:14–7:1.

Through this Scripture passage, what can we learn about God's will for dating relationships?

How well do you trust God for your dating relationships and future marriage? Explain.

How would dating a non-Christian express your distrust of God to provide a Christian boyfriend or girlfriend for you?

An unbelieving heart is often revealed in an inability or unwillingness to trust God for a future godly spouse. If you don't trust God in this area of your life, you are likely to jump at any dating opportunity.

THREE TRUTHS FROM GOD'S WORD

1. God created you and knows you better than you know yourself. Therefore, He knows the best person for you to marry.
2. God has a plan for your life that is for good and not harm.
3. It is God's will for Christians to date and marry other Christians, not non-Christians.

AN UNGUARDED HEART

When it comes to dating, both guys and girls often enjoy the emotional connection they experience with a girlfriend or boyfriend. It feels good to have a trusted person with whom to share your thoughts, fears, and dreams. This is often where couples go wrong. All young people in dating relationships need to be wise in how often and how much of their hearts they share. Once again, it is imperative that we guard our hearts. Consider the following scenarios:

1) Kelly and Ben have been dating for a few months. When they first started to date, they texted just a few times each day, but that quickly changed. Kelly and Ben were soon texting each other non-stop. They often stayed up late talking on the phone too. They started out just sharing about their day, but then they began sharing about their pasts, their inner thoughts, and future dreams. This caused them to form a strong emotional bond very quickly. When they broke up months later, they were both heartbroken because they had given so much of their hearts to each other and now were apart.

How could Kelly and Ben have better guarded their hearts?

2) Rebecca and Sam started out as just close friends, but both decided that they wanted to be more than friends. They spent so much time together that they both abandoned their other friends. When something good or bad happened in one of their lives, they both immediately called the other person. They acted as if they were the only two people in the world. Rebecca and Sam often told each other how much they loved each other and how they wanted to get married one day. Since they felt that they were in love, they decided it was okay to become sexually active. Then one day they got into a big fight, and Rebecca broke up with Sam. They were both heartbroken.

How could Rebecca and Sam have better guarded their hearts?

What are some practical ways to pursue emotional purity?

The pursuit of emotional purity is vital in your pursuit of physical purity. If you decide to guard your heart when dating someone, you are much more likely to walk in physical purity.

NOW WHAT?

Take some time to think about your own heart. Answer the following questions honestly.

- 1) Does my heart match my lifestyle?
- 2) Am I a person of integrity?
- 3) Am I ever stubborn in my relationship with God?
- 4) Am I unwilling to give up my will for God's will?
- 5) Is my heart stiff and hardened towards God?
- 6) Am I unyielding to God's ways?
- 7) Do I resist being obedient to God?
- 8) Do I lack humility before God?
- 9) Do I ignore Biblical advice from spiritual leaders?
- 10) Do I consider myself first in circumstances?
- 11) Do I really trust God to provide a godly spouse?
- 12) Am I willing to date someone who is not actively pursuing a relationship with Jesus?
- 13) How often do I communicate with my boyfriend/girlfriend?
- 14) How much of my heart am I willing to give away?

After answering the questions above you may realize that it is time to repent and change the way you guard your heart. Remember, a pure heart is a soft heart before God.

GOING DEEPER

Describe some new ways that you have learned how to guard your heart.

How does knowing God created you, knows you intimately, and has good plans for your life impact your trust in Him for providing a future spouse?

PRAYER:

Take some time to pray for your future spouse. Ask God to bless and protect that person. Ask God to develop your future spouse in his or her relationship with Him.

MEMORY VERSE FOR THE WEEK

Proverbs 4:23

REAP

DAY

PROVERBS 4:23

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What does it require to have a physically healthy heart?

What does it require to have a spiritually healthy heart?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

PROVERBS 19:20

DAY

2

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Who gives you the best advice? Why are you willing to accept their instruction?

How can you spend more time with that individual?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

PSALM 146

DAY

3

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe how God works according to this passage of Scripture.

Based on this passage, describe how God is a sure hope for those who trust in him?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

4

2 CORINTHIANS 6:14-7:1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe the danger of dating someone who is not actively pursuing a relationship with Jesus?

What is the ultimate purpose behind being careful with whom you are united?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

LUKE 6:45

DAY

5

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does your speech or jokes with your friends about the opposite sex impact your dating life?

How can this verse serve as a warning about whom you should date?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

MATTHEW 6:21

DAY

6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

List five things that you think about most often?

What do these things communicate about what you treasure?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

MATTHEW 7:7-11

DAY

7

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe the level of value you place on your future spouse to be godly.

According to this passage, how can you know that God will grant your desire for a godly spouse?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

3

Purity in Dating

1 CORINTHIANS

10:31

TRANSFORMED

Describe the kind of dating advice teen magazines provide.

If you were to write a letter to God asking for dating advice, what advice might you receive?

When comparing teen magazines and God's letter, which is the most trustworthy source?

Why do most people date in junior high and high school?

Write below what you think is the purpose of dating. Then discuss it.

Some people date because they want to be loved, desire to be popular, or like the feeling of having someone like them. It is true that the purpose of many dating relationships is not right. Ultimately, the purpose of dating is to find a life partner with whom you can serve God. With this in mind, you can probably think of many dating relationships that do not serve a Godly purpose.

Read Romans 12:2.

According to this Scripture, how can you know God's will?

If you want to know God's will for your dating life, you have to renew your mind with God's Word. If you spend most of your time reading teen magazines or getting dating tips from movies and television, you are sure to miss God's will. If you take time to read and study God's Word, the will of God will be clear to you. It's true that you won't find the words dating, boyfriend, or girlfriend in Scripture, but that doesn't mean God's Word doesn't give guidelines on how to date in a way that is pleasing to God and safe for you.

FOR THE GLORY OF GOD

Read 1 Corinthians 10:31.

What do you think it means to bring glory to God?

To bring Him glory means to bring Him praise and honor by what we do. Our Christian behavior in every area of our lives, and especially in our dating lives, should be for the glory of God.

How do you think a dating relationship can bring praise and honor to God?

How can a dating relationship not bring praise and honor to God?

Describe what a dating relationship looks like that brings glory to God.

IF YOU EVER FIND YOURSELF IN A DATING RELATIONSHIP THAT DOES NOT
BRING GLORY TO GOD, YOU MUST END IT.

UNEQUALLY YOKED

Read 2 Corinthians 6:14–15.

A yoke is a wooden bar that sits across the necks of two animals and binds them together for their work. If one of the animals turns to the left, the other animal must also turn to the left. They influence and affect each other because they are yoked together.

Read Deuteronomy 22:10.

Which two animals were not to be yoked together?

Read Deuteronomy 14:1–8.

A donkey does not chew the cud. Was a donkey considered to be clean to eat? An ox?

With this image of animals yoked together in mind, why do you think God would instruct believers not to be unequally yoked with unbelievers?

Consider King Solomon. God specifically warned against marrying foreign women because they would turn his heart away from Him. If you yoke yourself with an unbeliever in a dating relationship, that person will negatively influence you. Even if you have good intentions to influence that person for Christ, the likelihood is that you will compromise your faith for this person.

In 2 Corinthians 6:14–15, Paul used eight descriptive words contrasting what it is like when a believer is yoked with an unbeliever. Write the positive descriptions on the left and their counterparts on the right.

A) Righteousness

B) _____

C) _____

D) Believer

Darkness

Belial (Belial is a name for the devil.)

Notice the stark contrast between each pair of words. God wants us to see how foolish it is to yoke ourselves with unbelievers.

SUPREME AFFECTION

A common pitfall in dating relationships happens when the boyfriend or girlfriend becomes more important than God to the other person.

Have you ever heard someone in a dating relationship say that the other person was “everything” to them and that they could not live without him or her? Explain the danger in that thought.

Read Matthew 10:37.

In this verse, Jesus was teaching that our love for our family should not be greater than our love for God. The same truth can be applied to a dating relationship. If a guy or girl becomes more important than God to you, then that relationship is not pleasing to Him.

Read Luke 14:26.

The word hate in this passage does not mean hate like we understand it today. It means to love less. Our love for God should be so strong that every other love in our lives looks like hate in comparison.

GOD DESIRES AND DESERVES TO BE THE OBJECT OF OUR SUPREME AFFECTION.

Read Exodus 20:3–5.

The Bible teaches that God is a jealous God. Only God is worthy of our worship and praise. Think now about a dating relationship. Make it your goal to always give God your supreme affection. May God—never a guy or girl—always be your everything.

How can you ensure to always give God your supreme affection?

CHECKLIST

Read Ephesians 5:15.

By learning the following tips, you are being careful to live as wise rather than unwise.

- 1) Honor and obey your parents' rules about dating. God has given your parents wisdom and responsibility for you. They love you more than you know and want to protect you. Although their rules may be hard to follow at times, it is for your good to obey them.
- 2) Engage in group dating. When you choose to spend one-on-one time with a guy or girl that you like, you are making emotional and physical purity that much harder to maintain. Hang out in groups with your friends. You will still have the chance to get to know the other person better, but you will be protecting your purity.
- 3) Have accountability in your life. Make sure there is someone in your life who will ask you the tough questions about your relationships. Below are some sample questions that an accountability partner might ask you about a dating relationship.
 - A) Are you honoring and obeying your parents in this relationship?
 - B) Are you intentionally spending time in groups rather than alone together?
 - C) Does your relationship bring glory to God?
 - D) Is this person leading you closer to God or further away from Him?
 - E) Do you love God more than you love this person?
 - F) Are you guarding your heart with this person?
 - G) Is your relationship sexually pure?
4. Keep in mind that the ultimate purpose in dating is to find a future mate with whom you can share your life and serve God. If the person you are dating is not someone that you can see yourself marrying, then the relationship needs to end immediately.

What are your parents' rules for you concerning dating relationships?

Now comes a big challenge. Take some time this week to talk to your parents about what you have learned this week. Ask them to hold you accountable to walk in wisdom in your dating relationships. This conversation may seem awkward and hard, but it is good to have open communication with your parents about such an important topic in your life.

NOW WHAT?

Write down the top things that you hope to remember from this week's lessons.

PRAYER:

Thank God for His Word and for the instruction it provides for your life. Ask Him to help you to remember these truths as you date in the future.

Identify someone older than you whose dating advice you can trust. Write their name below.

What are your standards for dating someone?

Take some time today, if you are willing, to commit to date only a Christian who is passionately following Jesus. Your decision now will affect your life forever.

GOING DEEPER

If you were a parent, what advice would you give your children about dating?

What would help you to have meaningful discussions with your parents about dating?

In humility, make a list of what you hope for in a future spouse.

PRAYER:

Write a prayer to God expressing your desire to make Him the object of your supreme affection.

MEMORY VERSE FOR THE WEEK

1 Corinthians 10:31

REAP

DAY

1 CORINTHIANS 13:4-8

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What qualities do you struggle fulfilling the most in caring for others?

How do you think these qualities will impact your dating relationships?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

PSALM 96:3

DAY

2

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How can you ensure that your future spouse wants to declare God's glory among the nations?

Describe the importance of having the same mindset of missions within your dating relationships?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

3

PSALM 72:19

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How can your dating relationships communicate God's glory within your friend circle?

How would that be making disciples of those nearest?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

4

PROVERBS 3:5-6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Why should you not lean on your own understanding?

How does this passage encourage you to trust God in regards to your future spouse?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

5

PHILIPPIANS 2:3-4

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does humility play an important part in dating relationships?

What does it require to look out for the interests of your boyfriend/girlfriend rather than yourself?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

MATTHEW 5:13-16

6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How can your dating relationship shine the light of Jesus into the world?

Describe what it means for your dating relationship be a city on a hill. Does that create pressure?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

EXODUS 20:3

DAY

7

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describing your boyfriend/girlfriend as your “everything” is idolatry. Why?

How can you guard against having an attitude that your boyfriend/girlfriend is your “everything?”

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you’ve spent in His Word.

WEEK

4

Sexual Purity

SONG OF SOLOMON

8:4

SEX IS A GOOD THING

We know that God created sex, but why did He create it? This week we are going to look at six reasons that God created sex so that we can have a better understanding of the perfect way God designed sex.

- 1) To create life.
- 2) To foster intimate oneness.
- 3) To promote knowledge.
- 4) To provide pleasure.
- 5) To act as a defense against temptation.
- 6) To be a source of comfort.

CREATE LIFE

Read Genesis 1:28.

To whom is God speaking in this verse?

Read Genesis 9:1.

What did God tell Noah and his sons?

One of the main purposes of sex is to create more people. In the creation story, Adam and Eve had sex and thus created Cain. If your parents did not have sex, you would not have been born! You are here on this planet because two people had sex. Yes, it's weird to think about that, so keep moving on!

INTIMATE ONENESS

Read Genesis 2:24–25.

What does it mean that the two would become one flesh?

This can help you to understand why sex before marriage is so emotionally difficult for people. If you have sex with someone before marriage, you are becoming one when it was not meant to happen. When that relationship ends, you still feel connected to that person. This was not how God intended it to be. God desires that you share that oneness with one person only: your spouse.

To whom does the verse say that man should be united?

Read Ephesians 5:31–32.

Select the phrase that best describes what sex was created to be like.

- A) All about my desires and wants.
- B) Dirty and disgusting.
- C) Something you have to do when you are married.
- D) An earthly picture of Christ and the church.

The oneness of a husband and wife is a picture of the intimacy between Christ and His believers. God desires to have intimacy with you. To be intimate with someone means to know that person very closely. God already knows you well, but He desires that you know Him in a close, intimate relationship.

KNOWLEDGE

Read Genesis 4:1.

In the ESV, the word “knew” is a way of saying “had sexual relations with,” because it describes a kind of knowledge about someone that is gained only through sexual contact. Today, of course, we use the word “knew” in a totally different way. When we say we know someone, it means that the person is a friend or someone we have met. It does not mean we know them in a sexual way.

To have intimate knowledge of a person through sex is to know someone in a way that no other person can know him or her. You want only one other person on the planet to have that kind of knowledge of you. It is not meant to be shared with many people. The more partners you have, the less intimate you can be, because others “know” you too.

PLEASURE

Did you know there is a book in the Bible that talks about a husband and wife’s sex life? In this book, we see God’s design and desire for sex to be pleasurable. Solomon and his wife’s honeymoon night is described in chapter 4 of Song of Solomon. In Song of Solomon 5:1, Solomon speaks about the pleasure he finds in his wife. In the last part of verse 1, someone says, “Eat, O friends and drink; drink your fill, O lovers.”

It is highly unlikely that friends or wedding guests would have been present in the bedroom with Solomon and his bride. It is believed that God Himself speaks the last part of verse 1.

What is God saying to the two lovers?

SEX, WHEN DONE GOD’S WAY, IS A HOLY INTERACTION.
IT IS NOT ONLY A PHYSICAL ACT, BUT A SPIRITUAL ONE TOO. GOD IS PRESENT.

Read 1 Corinthians 6:18–20.

As a believer, you are a temple, or a house, for the Holy Spirit, therefore, sexual sin is a big deal to God. It is committed against your body, where the Spirit of God dwells.

Are you seeing it more clearly now? Satan twists what is supposed to be wonderful, pleasurable, and fun and makes it dirty, nasty, shameful, and full of guilt. God is not the one who created sex trafficking, pornography, prostitution, and rape. It is important to hear that again: God created none of these!

Why do these terrible distortions of sex happen?

However, true pleasure does not cause guilt or carry with it the fear of being caught. All those things mentioned above are wrong and destructive. When someone is being injured or filled with shame, guilt, or pain, it is not pleasurable. It is Satan's way of twisting something good into something that can destroy us. God created sex for pleasure between a husband and a wife. When it is expressed that way, it is not destructive; rather, it draws the couple much closer.

DEFENSE AGAINST TEMPTATION

Read Proverbs 5:1–15.

After reading the passage, what do you think verse 15 is saying?

Read Proverbs 5:18–22.

God has designed marriage in such a way that a man and woman are sexually satisfied within their marriage and therefore have no need to seek sexual satisfaction in other places. Sex within the marriage relationship helps to defend against pornography, prostitution, adultery, and other traps from the enemy.

If you haven't already, you will soon experience sexual desires that cannot yet be fulfilled because you are not married. You will face temptations such as pornography, masturbation, and other sexual sins.

Look up the following Scriptures and record how you can guard against these temptations that you will face.

A) Matthew 6:13

B) Mark 14:38

C) Matthew 4:1–11

D) 1 Corinthians 10:13

E) James 4:7

You can resist sexual temptation through prayer, memorizing God's Word, resisting the enemy, and realizing that God always provides a way out of temptation. The question is, are you going to make the effort to honor Him in this area of your life? The rewards are worth it.

COMFORT

Read 2 Samuel 11:26-27 and 12:24.

When Bathsheba was grieving the loss of their son David comforted her through sex. When words were not enough to help her soul after the death of their child, David showed compassion and love by giving her another child. Solomon, was created from the act of a husband comforting his wife.

When sex occurs within the marriage covenant between a husband and a wife, new life, intimate oneness, knowledge, pleasure, defense against temptation, and comfort are natural results. Consider the alternative, sex outside of marriage brings unwanted pregnancies, sexually transmitted diseases, broken hearts, guilt, shame, and regret.

There is a reason why God wants you to wait for your marriage partner before having sex. He wants to bless you sexually as well as spiritually. God created sex to be good. Sex is a blessed and holy event within marriage and certainly worth the wait!

Do any of the six reasons why God created sex surprise you? If so, which one?

By learning these truths, you are arming yourself for a healthy and pure marriage one day. As a student who is not yet married, how does this help you in the meantime?

NOW WHAT?

How would you describe the purpose of sex to a friend?

When do you face sexual temptation the most?

What can you change to remove yourself from these moments of temptation?

Have you made a decision to remain sexually pure? Why or why not?

PRAYER:

Thank God for all the reasons He created sex. Ask Him to keep you from harm and to keep you from abusing what He has created as perfect with the right person at the right time within the covenant of marriage. Ask Him to help you wait for your marriage partner before experiencing the physical, intimate oneness of sex. Ask Him to help the person you will marry to also remain pure. Ask God to be with this person and teach him or her how to view sex in a godly way. Even though you do not know who that person is going to be, God knows, and He created the two of you to one day enjoy a fulfilling relationship together.

GOING DEEPER

How close are you with God right now? Mark where you feel you are on the scale below.

|-----|
Far from God Average Close intimacy with God

How does the media distort sex based on what you have learned why God created sex?

Why is remaining sexually pure essential after you are married as well?

MEMORY VERSE FOR THE WEEK

Song of Solomon 8:4

REAP

DAY

EPHESIANS 5:31-32

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

In this passage, how is the union between a man and wife related to the union between Christ and the Church?

How does it make you feel to know that God desires this same kind of intimacy with you?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

2

SONG OF SOLOMON 5:1-16

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does Solomon describe his new bride?

Describe how God is pleased with Solomon and his bride's actions?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

3

1 CORINTHIANS 6:18-20

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What does this passage say about your body?

How can we, as this passage says, "flee sexual immorality?"

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

4

MATTHEW 4:1-11

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does Satan try to tempt Jesus?

How does Jesus respond to these temptations?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

5

PROVERBS 5:1-15

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What does this passage say to avoid?

What does this passage say about sex?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

1 PETER 5:6-11

6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, whom should you resist?

How can you resist the temptations of the Devil in your daily life?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

1 THESSALONIANS 4:1-12

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, what has God called us to have?

What changes do you need to make in your life to live a life of purity?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

5

How Far is too Far?

EPHESIANS

5:3

RECOGNIZING TEMPTATION

What types of things does our culture say are okay to practice in a dating relationship without going “all the way”?

Read James 1:13–17.

Sexual intercourse is not the only type of sexual sin. Sexual foreplay or sexual acts that may lead to intercourse are also sexual sins. There should not be even a hint of sexual immorality in a Christian’s life. To better understand how to avoid these temptations, we need to learn the root of them.

For our purposes this week, consider sexual foreplay or sexual acts other than intercourse when you read about temptation and sin.

According to verse 14, where does temptation start?

What happens when you dwell on a temptation and think about it all the time? Does it make you more likely to give in or more likely to stand strong?

According to verse 15, after we have dwelled on the temptation, or conceived the idea to act on it, to what does it give birth? Then what?

It is important to recognize temptations for what they truly are. As a Christian, you have the Holy Spirit within you to give you the strength to withstand those temptations and to walk in sexual purity. Temptations come from the lust and desire within our own hearts. When we dwell on tempting thoughts too long, they can weaken us and cause us to miss the mark of purity.

When you sin, describe other ways death occurs besides physical death? What might this type of death look like in your relationships with your boyfriend or girlfriend, your friends, your parents, etc.? How are these relationships affected?

Does God desire for you to sin? Does He want you to experience the death that is brought by surrendering to temptation? Does He want you to experience life to the full? Explain.

SHIFT YOUR FOCUS

Read 2 Timothy 2:22

According to this passage, what we are to flee? Give an example.

PURSUE – TO STRIVE TO DO SOMETHING WITH AN INTENSE EFFORT TOWARDS A GOAL.

What does it mean to pursue righteousness, faith, love, and peace?

How might striving to do these things with an intense effort keep you from giving in to temptation?

Read 1 Corinthians 10:13.

What is the promise of God regarding temptation?

Who or what in your life can help you escape temptation and pursue faith, love, peace, and righteousness?

A good question to ask yourself is, “what are you pursuing...sexual satisfaction and the allure of fun, or your relationship and the glory of God?”

The heart of a follower of Jesus must shift to a life that pursues faith, love, peace and righteousness. When you allow your heart to do this your question shifts from “how far is too far?” to “how can I honor God in my dating relationships?”

The Bible is a love letter that shows us a better way to live. When we live life God’s way, we avoid the negative consequences of living in a way that does not honor Him.

In 1 Corinthians, Paul wrote a letter to a group of people who had been told by their culture that it was okay to use their bodies for things that did not honor God. Paul, however, taught the Corinthians that everything has a proper use and that to use things improperly is not good.

Read 1 Corinthians 6:13–20.

For each of the verses listed below, write what Paul says about the body or the actions of the body.

Verse 13:

Verse 15:

Verse 18:

Verse 19:

Verse 20:

Looking at what you wrote about the body, what is the proper use for your body?

In other words, “how far is too far?” can be answered in this way: It is too far sexually when . . .

- 1) You are not glorifying God.
- 2) You violate your body, which is the temple of God and where His Holy Spirit dwells.
- 3) You are united with someone in the oneness He desires us to have with Him and our spouse in a marriage covenant.

Which of these behaviors are bait that would entice you to come out from under God’s protection?

- Holding hands
- Kissing
- Touching another person sexually
- Touching yourself sexually
- Being alone with your boyfriend/girlfriend
- Allowing your thoughts to be constantly on another person
- Putting more importance on a relationship with another person than you put on your relationship with God (time, thoughts, money, etc.)
- Watching provocative images
- Listening to provocative music
- Joking about sexual content with friends

HONEST DISCUSSION

What is the purpose of having physical boundaries in a relationship?

What boundaries do you need to establish in order to avoid the temptations you may face in a dating relationship?

How early do you need to set the physical boundaries in your relationship?

How would you set up physical boundaries in a relationship?

Who should be involved in setting those standards?

How is staying out of dating relationships until you have the opportunity to take the marriage step a way to protect yourself from going too far?

In your own words, what has God shown you about the answer to the question, "how far is too far?"

NOW WHAT?

When are you most vulnerable to sexual temptation? Are there certain times of day, certain people, or certain circumstances connected with these desires? Be specific.

How will you handle a circumstance when your boyfriend/girlfriend wants to go further than you are comfortable?

PRAYER:

Ask God to help you to not be deceived, but to clearly recognize when you are being tempted to sin. Ask God to help you to resist those temptations and thus honor Him. Ask God to show you how you can pursue righteousness, faith, love, and peace and how you can flee from the temptations of lust and desire. Thank Him for providing you the means of escape when confronted with situations that make you want to go too far.

GOING DEEPER

Read 2 Samuel 13:1–17 and James 1:14.

Look at the progression of temptation and sin in this story. In James 1:14, the Bible says that a person is tempted when he is enticed by his own evil desire. The word enticed portrays the idea of a baited hook that lures fish from their protective spot or a hunter who sets a trap for an animal. You can see this idea of enticement in the story you just read.

List each action Amnon did to act on his temptation to be with Tamar (see verses 6, 8-11, 14).

After Amnon acted on his temptation, how did it produce the kind of death that James described (see verses 14-17)?

Have you ever done things that you knew didn't please God in order to get what you wanted? Did you find that once you had what you thought you wanted, you experienced anger, guilt, or frustration?

MEMORY VERSE FOR THE WEEK

Ephesians 5:3

REAP

COLOSSIANS 2:8

DAY

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

When have you given in to temptation because it looked like the right choice?

How can you follow the warning in this verse?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

2

1 CORINTHIANS 10:13

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Do you trust this promise?

Describe an example when you have noticed God provided a way out of temptation?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

ROMANS 7:18-25

DAY

3

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

If your goal is to live in purity, what types of temptations would cause you to miss the mark.

Describe the hope that Paul has at the end of this passage?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

4

1 THESSALONIANS 4:3-8

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe the reason that Christians should live differently according to verse 5.

Describe the stern warning against rejecting the teaching found in this passage.

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

GALATIANS 5:19-26

DAY

5

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Is it possible to display all the fruit of the Spirit and participate in the acts listed in verse 19-21?

How important is self-control for the life of a follower of Jesus?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

ROMANS 13:11-14

6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe the imagery of living in the daytime versus the night illustrated in this passage.

How are your heart's desires impacted by the amount of time you spend thinking about them?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

2 TIMOTHY 2:20-22

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does fleeing from sexual immorality prepare you to be used by God?

Describe the role of the church (the people) in helping each other pursue righteousness?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

6

For Girls/Guys Only

EPHESIANS

5:22-23

For Girls Only

THE IMPORTANCE OF MODESTY

Read 1 Timothy 2:9–10.

What do you think it means for a woman to dress modestly?

Do you find it hard to dress modestly in today's world?

☐ Yes

☐ No

☐ Sometimes

Read Matthew 22:39.

How might this Scripture apply to dressing modestly?

If you haven't already figured this out, it's time you know. Most guys are visually stimulated. What they see affects their physical bodies. When they see a girl dressed immodestly, showing lots of skin, revealing her body through tight clothes, guys often fall into the trap of lustful thoughts. As young Christian women, you are to love your brothers in Christ (and non-Christian guys as well). One way to do this is to help protect them from lustful thoughts by dressing modestly.

Read Romans 14:13.

Think through your wardrobe. Does your choice of clothing ever lead a guy to sin?

☐ Yes

☐ No

☐ Maybe

It is true that guys have a responsibility to choose not to look or to dwell on a girl's immodest clothing. It's a both/and kind of situation. Girls need to love their brothers and honor God by dressing modestly. Guys need to love their sisters and honor God by choosing to look away and avoid lustful thoughts.

When you choose to dress modestly, you allow a guy to like you for who you are (your heart and personality) rather than for how you look. Your looks are temporary. Even though it is true that immodest clothing will get you attention from many guys, is that the type of guy you want to attract? It's likely that the guys you attract because of your immodest dress are after more than your heart.

Write down a few ways you have learned to dress modestly.

Much of today's fashion is immodest. If you like fashionable clothing, you will likely face a hard decision when considering what kinds of clothes to buy. Please know that it is still possible to dress fashionably and modestly. It will take a little more work, but it is definitely worth it!

GUARD YOUR HEART

Read Proverbs 4:23.

What do you think it means to guard your heart? Why is it important to guard your heart?

Things To Do:

- 1) **Pursue Jesus.** He will not break your heart. No man will ever love you more than him.
- 2) **Maintain close female friendships.** If you abandon your friendships with other girls, you will look to a guy to meet all your emotional needs. This is not healthy.
- 3) **Be careful of flattery.** Many guys are genuine and it's great to hear compliments. However, it makes it more difficult to guard your heart because the desire for more compliments may change your actions. Sometimes, this is a manipulative way for guys to get what they want.
- 4) **Have another girl hold you accountable in your relationships with guys.** Ask her to ask you hard questions. You can use the suggestions listed here as a guide.
- 5) **Spend time together in groups.** This will help you to avoid frequent heart-to-heart conversations.
- 6) **Avoid frequent late-night talks.** It's often during late-night talks, that you will reveal your deepest thoughts. This forms an emotional bond that is not healthy for young relationships.
- 7) **Don't make promises you can't keep.** Yes, your intent in dating is to find a future spouse. However, avoid planning your future together. If you continuously talk about one day getting married or even dating for a long time, you are giving more of your heart to him.
- 8) **Avoid one-on-one prayer time together.** Yes, you are both Christians. Yes, you should pray for each other. However, prayer is an intimate thing. By avoiding one-on-one prayer time together, you are helping to guard your heart.

While these tips may seem too strict, they will help you and the guy more than you know. By taking these precautions, you love your neighbor as yourself. If you put these tips into practice, a possible future breakup will be less heartbreaking and leave you both with a whole heart.

When have you struggled to follow through with the actions mentioned above? Why?

TRUE BEAUTY

How does our culture define beauty?

Read 1 Peter 3:3-4 and Proverbs 31:30.

What do these passages teach us about beauty?

Let this be an encouragement to you as a young woman. In a world that worships external beauty, it's hard to keep up. You probably often feel like you have to buy the newest fashions and have the best body and hair to be beautiful. God's Word gives a far different and better definition of beauty. It's what is on the inside that is of great worth! If you disagree, ask your grandmother and grandfather how they define beauty. It's likely that their external appearances have changed a bit over the years!

What word does 1 Peter 3:3–4 use to describe beauty that is found in a gentle and quiet spirit?

Which do you spend more time on in the morning? Circle one.

External Beauty

Internal Beauty

If we are honest, we all probably spend more time on our external beauty. We might read the Bible or pray for five minutes, but then we take forty-five minutes to fix our hair. Let this be a challenge to take more time each day to grow in inner beauty through reading God's Word and praying to Him!

What do you think guys focus on when they are telling a friend about a girl they are attracted to? Circle one.

External Beauty

Internal Beauty

Many girls care about external beauty because they think that is what a guy cares about most. However, you want them to be attracted to your external and inner beauty. A godly guy will elevate the inner because he knows God's definition of beauty. It is worth waiting for a guy like that.

Remember the definition of true beauty. It's hard when the world is screaming a different message, but just tune your ears to God's voice, and you will be on the right path.

BOUNCE YOUR EYES

Even though this may seem like a guy issue. Many girls are tempted visually as well. Like girls, guys have responsibility to dress and carry themselves modestly as well, but that doesn't mean you don't have a responsibility too!

So what are you to do when you see a guy dressed immodestly? Circle your answer.

- A) Stare.
- B) Share it on social media. (#mancrushmonday or dream guy board on Pinterest)
- C) Turn your eyes away from him.
- D) Fantasize about him.
- E) Store the picture in your mind.

If you are honest, you are likely tempted to do all of the above. God cares about what you put before your eyes. It's true that guys can be immodest, but it's up to you to turn away when you see them.

Read Psalm 101:2-4.

David, the psalmist, wanted to guard his eyes from anything that was not worthy of his walk with God. God desires for a woman to delight in one man's body, and that is her husband's. Girls, guard your eyes. Save the stares for your future husband. You not only honor him when you do this, but you also honor God.

How exactly can you bounce your eyes when you see an attractive image?

It is inevitable that you will see these images, but it is up to you whether you will dwell on those images or bounce your eyes to something else. It has been said that if you choose to bounce your eyes immediately, your mind does not have time to entertain those images.

You must be careful of the images, stories and songs that you fill your mind about relationships. It becomes hard to distinguish between fantasy and reality. Don't be fooled into believing that images and stories don't create an impression in your mind. They can lead you down a road of future disappointment when you find that no man can measure up to your expectations.

Read Proverbs 7:6–27.

Even though this story is about a male falling into a trap, the principle of being slowly seduced into believing lies applies to girls as well. Pay close attention to verses 21-23. You have got to make wise decisions in order to pursue purity in your life. By choosing to bounce your eyes, you are choosing to keep your mind and thoughts pure, and you are therefore honoring God with your thoughts.

For Guys Only

GUARD HER HEART

Read Proverbs 4:23.

What do you think it means to guard her heart? Why is it important to guard her heart?

Things To Do:

- 1) **Pursue Jesus.** A passionate relationship with him will give you a passionate desire to protect her.
- 2) **Encourage her to maintain close female friendships.** If she abandons her friendships with other girls, she will look to you to meet all her emotional needs. This is not healthy.
- 3) **Be careful of flattery.** Yes, you can give genuine compliments. However, don't use this as a way to manipulate her to get what you want.
- 4) **Have another guy hold you accountable in your relationships with girls.** Ask him to ask you hard questions. You can use the suggestions listed here as a guide.
- 5) **Spend time together in groups.** This will help you to avoid frequent heart-to-heart conversations.
- 6) **Avoid frequent late-night talks.** It's often during late-night talks, either on the phone or in person, that a girl will reveal her deepest thoughts to you. This forms an emotional bond that is not healthy for young relationships.
- 7) **Don't make promises you can't keep.** Yes, your intent in dating is to find a future spouse. However, avoid planning your future together. If you talk about one day getting married or even dating for a long time continuously, the girl will likely give more of her heart to you.
- 8) **Avoid one-on-one prayer time together.** Yes, you are both Christians. Yes, you should pray for each other. However, prayer is an intimate thing. By avoiding one-on-one prayer time together, you are helping to guard her heart.

While these tips may seem too strict, they will help you and the girl more than you know. By taking these precautions, you love your neighbor as yourself. If you put these tips into practice, a possible future breakup will be less heartbreaking and leave both you and the girl with a whole heart.

Which of the tips is most challenging to you? Why?

THE IMPORTANCE OF MODESTY

As you know, most guys are visually stimulated, meaning that what we see affects our physical bodies. When girls dress immodestly, showing lots of skin, revealing their bodies through tight clothes or low-cut shirts, guys often fall into the trap of lustful thoughts.

Read 1 Timothy 2:9–10.

What do you think it means for a woman to dress modestly?

Read Matthew 22:39.

How might this Scripture apply to dressing modestly?

Read Romans 14:13.

Now, guys, before you think that your lustful thoughts can be totally blamed on girls, stop for a moment and think. You still have a responsibility to choose not to look or to dwell on a girl's immodest clothing. It's a both/and kind of situation. Girls, need to love their brothers and honor God by dressing modestly. Guys, you need to love your sisters and honor God by choosing to look away and avoid lustful thoughts.

When a girl dresses modestly it is an act of worship to the God who loves her. Don't encourage her to dress immodestly. When a girl chooses to dress modestly, she is allowing a guy to like her for who she is (her heart and personality) rather than for how she looks. Seek after godly girls who dress modestly. This will allow you to appreciate her for her true beauty, which is a heart that loves the Lord.

Write down why you think it is important for girls to dress modestly.

If a girl dresses immodestly, ask yourself what type of guy is she is trying to attract. One that cares about her or her external appearance? It is true that much of today's fashion is immodest. Girls who like fashionable clothing will likely face a hard decision when considering what kinds of clothes to buy. Please know that it is still possible to dress fashionably and modestly. It will take a little more work, but it is definitely worth it! Even though this may seem like only a girl issue. Many girls are tempted visually as well. Like girls, guys also have responsibility to dress and carry themselves modestly!

TRUE BEAUTY

How does our culture define beauty?

Read 1 Peter 3:3-4 and Proverbs 31:10-31.

What do these passages teach us about beauty?

In a world that worships external beauty, it's hard for girls to keep up. Girls often feel like they have to buy the newest fashions and have the best body and hair to be beautiful. God's Word gives a far different and better definition of beauty. It's what is on the inside that has great worth! If you disagree, ask your grandmother and grandfather how they define beauty. It's likely that their external appearances have changed a bit over the years!

What word does 1 Peter 3:3-4 use to describe beauty that is found in a gentle and quiet spirit?

Guys, when you tell a friend about a girl you are attracted to, what do you focus on? Circle one.

External Beauty

Internal Beauty

You might have always determined a girl's beauty by her outer appearance. While it is okay to be attracted by a girl's appearance, make sure you take time to get to know her heart as well.

Inner beauty is much more important than outer beauty. Have you ever noticed how a really attractive girl doesn't seem so attractive if she is mean and rude? Guys, let this challenge you to keep your tongue in check when speaking about girls. Let it also challenge you to look deeper than what is on the surface. Remember the definition of true beauty. It's hard when the world is screaming a different message, but just tune your ears to God's voice, and you will be on the right path.

BOUNCE YOUR EYES

So what are you to do when you see a girl dressed immodestly? Circle your answer.

- A) Stare.
- B) Share it on social media (#womancrushwednesday)
- C) Turn your eyes away from her.
- D) Fantasize about her.
- E) Store the picture in your mind.

If you are honest, you are likely tempted to do all of the above. God cares about what you put before your eyes. It's true that immodest girls are everywhere, but it's up to you to choose to turn away when you see them.

Read Psalm 101:2-4.

David, the psalmist, wanted to guard his eyes from anything that was not worthy of his walk with God. God desires for a man to delight in one woman's body, and that is his wife's. Guard your eyes. Save the stares for your future wife. You not only honor her when you do this, but you also honor God.

How exactly can you bounce your eyes when you see a provocative image?

It is inevitable that you will see these images, but it is up to you whether you will dwell on those images or bounce your eyes to something else. It has been said that if you choose to bounce your eyes immediately, your mind does not have time to entertain those images.

When you choose to look away, how are you promoting modesty?

Read Proverbs 7:6–27.

What was the cause of this young man's downfall?

Describe modern examples of how Satan baits people into a circumstance like the young man in the passage.

Don't be fooled into believing that images and stories don't create an impression in your mind. They can lead you down a road of future disappointment when you find that no woman can measure up to your expectations. You must be careful of the images, stories and songs that you fill your mind about relationships. It becomes hard to distinguish between fantasy and reality.

Not every girl is a Christian. Therefore, they will not practice modesty. By choosing to bounce your eyes, you are choosing to keep your mind and thoughts pure, and you are therefore honoring God with your thoughts.

NOW WHAT?

Look back over the lesson today. What did God teach you?

How has God shown you to better guard your heart from this lesson?

Why is it crucial for the man to lead in a relationship?

Who can hold you accountable about looking away?

In your own words, describe the Bible's definition of beauty.

How can you promote modesty?

GOING DEEPER

Describe a marriage that you admire?

How does the husband lead and serve his bride?

How does their marriage impact your view of a great marriage?

What would cause our culture to shift perspectives about beauty and modesty?

MEMORY VERSE FOR THE WEEK

Psalm 101:3

REAP

DAY

GENESIS 2:18-24

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What does this passage reveal about God's plan for leadership within a relationship?

How can you live out God's plan for leadership in your life?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

2

MATTHEW 22:39

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, why is modesty important?

What would it require of you to focus on dressing modestly?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

PROVERBS 4:23

3

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How can one keep their “heart pure?”

Why is it important to keep your heart pure for your future?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you’ve spent in His Word.

REAP

DAY

4

1 PETER 3:3-4

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, where is true beauty found?

How can you focus more on "inner beauty" than "outer beauty?"

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

5

PSALM 101:2-4

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage what are you to do when you are tempted to stare/lust over a guy/girl?

What kind of heart/life should we be striving to have/live?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

6

ROMANS 14:13-19

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What are areas in life do you strive to make sure you are not a stumbling block for someone?

How is dressing modestly an act of worship?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

PROVERBS 31:10-31

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How is a woman who portrays these traits beautiful?

How does having a heart that fears the Lord as your first priority impact your relationships?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

7

A Pure Mind

PSALM

139:1-12, 23-24

PURPOSE OF THE MIND

Read the following verses. In the space to the right, write down what you learn from the verse about the mind (characteristics, functions, importance, etc.).

- 1) Jeremiah 17:10 –
- 2) Matthew 22:37 –
- 3) Romans 8:6–7 –
- 4) Romans 12:2 –
- 5) 1 Corinthians 2:16 –

WHO CONTROLS YOUR MIND?

Read Ephesians 2:1-3.

According to this Scripture, who ruled our minds when we were lost?

Real-Life Story

"I became a Christian when I was sixteen years old. I can look back and see the difference in my life from before I met Christ and after I met Christ. Before, I was ruled by my sinful nature. The way I thought and acted did not honor God. For example, I did not see anything wrong with gossiping about people. I thought it was okay to have sex with my boyfriend if I loved him. I also believed that it was okay to cheat on tests and to lie to people. I certainly didn't see anything wrong with thoughts that didn't honor God. I was ruled by my sinful nature. After I became a Christian, I noticed a difference in my life. I wanted to honor God with my life and my thoughts. I started to think differently. Not only did I not want to sin, I didn't even want to think sinful thoughts. It's still an everyday battle with the sinful nature, but now I have the power through God's Holy Spirit to live differently. I was given a new nature as a Christian, and God totally changed my life."

Can you relate to the story above? Can you recall how God changed your heart and mind to want to honor Him rather than to live according to your sinful nature? Explain.

Read Ephesians 2:4–7.

To have a pure mind before God, you must first realize that God has given you a new nature. You no longer have to dwell on impure things and act according to your sinful nature. Choose today to dwell only on things that are pure.

GUARDING YOUR MIND

God desires purity in our innermost lives, even our thoughts. This is really hard in our culture today. We are bombarded with impure images and influences.

Read Matthew 15:18–20.

According to verse 18, what is the source of the things that come out of the mouth?

Ultimately, Jesus is saying that we need to be careful about what we think because it will eventually come out in our actions.

A huge negative influence on people today is pornography. It is easy to access and addictive once you start to look at it. This is a very dangerous road you do not want to go down. The world wants you to think that there is nothing wrong with looking at pornography. The truth is that it can and will destroy you if you allow it to take hold in your life and eventually it will play out in your actions. You will likely choose to be sexually active before marriage if you continually look at pornography. You will find yourself often lusting after people because of what you have allowed your eyes to see. The guilt and shame not only hurts your closeness to God, but it also affects your daily decisions and can affect your future marriage.

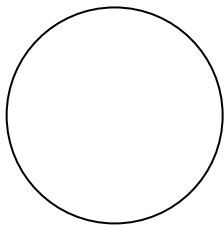
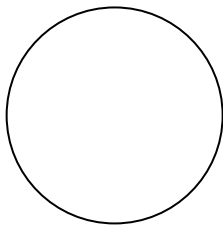
Resist this Temptation

- 1) **Walk closely with God.** Commit to read His Word and pray daily. When you are tempted to look at pornography, pick up your Bible instead, and read it until the temptation leaves you.
- 2) **Set up accountability in your life.** If you do not have software to either block or report pornography, ask your parents to install this on your devices. It may be embarrassing to ask your parents to do this, but it is worth it to protect you. Also, have a parent, a Bible-study leader, or a strong Christian friend to ask you weekly if you have looked at pornography.
- 3) **Use electronic devices only in the family room.** Being alone with a device is only asking for trouble.

AN INNER LOOK

The amount of time you spend with a person or in an activity can determine how much influence you allow them to have in your life. It can also help you identify a habit, addiction, or relationship that you need to reevaluate or get rid of in order to allow more time for Christ's influence in your life.

The circles below represent a normal week (not counting sleep). Divide the first circle into pie pieces based on the activities you spend your time. Divide the second circle based on who you spend your time and how much time you spend with each person. Label each piece of the pie.



You should notice what and who influences you the most. Are these things healthy or unhealthy, positive or negative? Do they help you grow spiritually or stand in the way?

Read the following definitions. In the column to the far right, note any areas of your life that may be addicting or habitual. Be honest and take a hard look at yourself.

| DEFINITIONS | EXAMPLES | IN MY LIFE |
|---|---|------------|
| Habit—"involuntary pattern of behavior acquired by frequent repetition." In other words, this is something you've repeated enough that it's become natural for you to do. You don't have to think about doing it; you just do it. Keep in mind, there can be positive and negative habits. | Nail-biting Cussing Quiet time | |
| Addiction—"a habit so strong that it is <i>not easily given up</i> ; compulsive need for and use of a habit-forming substance; persistent, compulsive use of a substance known to be <i>harmful</i> ." Look at the italicized key words and phrases in this definition. Things that may start off as innocent and not harmful can turn into harmful addictions when they take control of us. Are there things you do that you just can't live without doing? Are there things you can't give up? Are there things you do in excess that you can't seem to limit? | Alcohol Pornography Texting Food | |

Hopefully, you have a new awareness of yourself and your activities and relationships. Recognizing harmful habits and addictions is an important step in moving forward in your life of purity.

RENEWING YOUR MIND

Read Romans 12:2.

TRANSFORM - TO CHANGE OR ALTER COMPLETELY IN NATURE, FORM, OR FUNCTION.

RENEW - TO A RESTORE FRESHNESS OR PERFECTION.

According to this verse, how can you move forward in the Spirit and away from the flesh?

Is it really possible to take a mind that is trashed with the horrible influences of the world (filthy language, sexual images, etc.) and renew it to perfection? How can that be?

Scripture does not say that you are automatically transformed and renewed. Instead, it begins with a command: "Do not conform any longer to the pattern of this world."

Take a moment and draw a stop sign next to that sentence (feel free to draw one in your Bible as well). God is saying, you've walked according to the way of the world, according to the influences and patterns it sets for you, now stop! Transformation and renewal can't happen if you continue in the old ways and patterns. You have to decide to stop doing the old before the new can develop.

IF YOU WANT TO STAY CLEAN, STOP PLAYING IN THE MUD.

Read Colossians 3:1–2 and Philipians 4:8.

What instructions do these Scriptures give that will help you in your pursuit of a pure mind?

If you are faithful to do what is suggested in these Scriptures, you can have a pure mind and pure life. There is no better way to live!

NOW WHAT?

How does the new nature you are given in Christ help you to live a pure life and think pure thoughts?

List some things that are negative influences for your mind and thoughts. Be specific.

Describe how you can remove these negative influences from your life and replace them with positive influences.

PRAYER:

Pray this prayer from your heart or make up your own: "Lord, I am surrounded by influences, both good and bad. The world is not going to censor itself for me. It is up to me to be aware of what I'm doing, whom I'm hanging around with, and how I am spending my time. Jesus, keep me aware of those influences that dishonor You, and help me to purposefully guard my heart from them. Help me to walk away from anything that could hinder my Christian walk so that I can live a life of purity."

GOING DEEPER

How does it make you feel to know that God knows your thoughts?

Read Philippians 4:8.

Describe how you can use this verse as a filter for movies, music, conversations, books, attitudes and thoughts.

How will your choices of what you allow yourself to hear impact your relationships?

MEMORY VERSE FOR THE WEEK

Philippians 4:8

REAP

DAY

PROVERBS 16:1-9

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, what is "an abomination to the Lord?"

How can you surrender your heart to the Lord the way it is described in this passage?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

LUKE 8:4-8

DAY

2

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Which ground did the seed take root and grow? Why?

How does this parable relate to having a pure heart?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

PSALM 139

DAY

3

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Who is speaking in this passage and why is that important?

According to this passage, why is it important to God that we have a pure heart?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

ROMANS 12:2

DAY

4

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to these passages, why is it important that we be “transformed?”

How can you transform and renew your mind daily?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you’ve spent in His Word.

REAP

MATTHEW 15:18-20

DAY

5

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, what “defiles” a person?

At the root, where do the things that come out of your mouth stem from?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you’ve spent in His Word.

REAP

DAY

6

EPHESIANS 2:1-7

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Through what are we saved?

How have you noticed a change in your old life to your new life with Christ?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

COLOSSIANS 3:1-2

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What should we now seek since we have been raised with Christ?

How have you focused on things above this week?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

8

Distortions From God's Design

ROMANS

1:18-25

ADULTERY

Read Genesis 2:23–24 and Mark 10:1–12.

According to verses 6–9, what was God’s original plan for men and women in marriage?

Read Exodus 20:14 and Deuteronomy 5:18.

ADULTERY – WHEN A MARRIED PERSON HAS SEXUAL INTIMACY WITH
SOMEONE OTHER THAN HIS OR HER SPOUSE.

If you are not married would it be considered adultery on your part if you had sex with someone? Explain.

Read Matthew 5:27–33.

How did Jesus define adultery here?

What does the culture say about looking at someone lustfully (the whole “you can look but don’t touch” idea)? Does it see it as something wrong or sinful? Explain.

Based on what you read in Matthew 5:27–33, what would Jesus say about this? Would He say that looking at someone in this way is (circle the answer):

Sexual distortion

God’s norm

Jesus was and is concerned with the heart. What you take in through your eyes, ears, and thoughts is going to eventually come out. If you choose to look at someone lustfully, you are one step closer to committing a sexual sin physically. Jesus’ solution was to deal with the problem of lust and adultery in the heart before it became the actual act.

Jesus’ solution wasn’t for us to literally cut off our limbs or gouge out our eyes. He was using hyperbole, an exaggeration, to make a point. He was saying that we should do everything possible to keep our hearts pure so that the temptation to act outside of God’s plan will not result in our distorting His intent for marriage.

Read Job 31:1.

May we always strive to follow God’s norm and not allow our culture to lead us toward a distortion of human sexuality.

UNWANTED SEXUAL CONTACT

This portion of the lesson deals with one of the most twisted and evil forms of sexual immorality.

Read Deuteronomy 22:25–27.

Summarize what this Scripture teaches.

Moses, the author of Deuteronomy, stated God's laws for the nation of Israel in Deuteronomy 22. In this particular law in verses 25–27, we see God's heart for issues like rape. When sexual contact is forced upon anyone (virgin or not), it is unacceptable to God. It is sinful on the part of the perpetrator.

Forced sexual contact can happen in many different ways. It can be a male forcing himself sexually upon a female or vice versa. Statistics say that three out of every five people have been a victim of unwanted sexual contact. If you have not been exposed to this, it is likely that you know someone who has.

If you have been wounded in this way, it is important that you work through the emotional pain caused by this sexual encounter. By revealing the truth of what happened, you are on your way to working through this difficulty.

In the meantime, there are a few things you should know:

- 1) It is not your fault. Just as Deuteronomy says, the one who is sexually assaulted did nothing wrong.
- 2) Satan wants you to keep this a secret. However, when you do that, you do not have the opportunity to heal emotionally. Don't listen to his lies.
- 3) God is able to heal you emotionally, physically, and mentally.

Take a few moments and pray on the prayer focuses listed below:

- 1) Pray for those who have been wounded by unwanted sexual contact.
- 2) Pray for the perpetrators who have wounded someone through unwanted sexual contact. Ask God to save them and to transform their lives.
- 3) Thank God for His perfect grace and mercy that restores.

COHABITATION

COHABITATION – AN UNMARRIED COUPLE CHOOSES TO LIVE TOGETHER IN THE SAME HOME.

What does our culture say about cohabitation? Is there anything wrong with it? Why or why not?

While it is true that Scripture does not speak directly to cohabitation, it does provide Biblical principles that apply to this topic. First, it should be noted that if a couple has chosen to live together before they are married, they are very likely participating in sexual immorality.

Read each Scripture below and summarize it in the space provided.

A) 1 Corinthians 6:18 –

B) 1 Thessalonians 4:3 –

Scripture clearly teaches that sexual immorality is a sin. What if, you may ask, the couple is not involved sexually? What is wrong with living together then? Though that scenario is highly unlikely, the Bible gives principles that apply. Read the following Scriptures. After reading each one, explain why you think that living together would not be right according to that verse.

A) 1 Thessalonians 5:22 –

B) Ephesians 5:3 –

Even if a couple wanted to live together prior to marriage and set a goal to be sexually abstinent until their wedding day, cohabitation is not a wise decision. We are told to flee sexual immorality, which means to run away from it as fast as possible. If a couple chooses to live together prior to marriage, they are placing themselves in an extremely tempting situation and thus are not fleeing sexual immorality.

Our world is becoming more and more accepting of cohabitation. It is important to note that unbelievers cannot be expected to live up to God's standard. We should be careful not to expect Christian behavior from non-Christians. As Christians, we are called to reflect Christ in our conduct. One way we do this is by living according to God's standards of sexual purity.

It should also be noted that couples who live together before marriage are 46% more likely to divorce than couples who choose to wait to live together until after marriage. God knows what He is talking about! Doing life God's way is always best.

OUR RESPONSE

So many people are hurting and confused and facing the natural consequences that come from not doing things God's way.

How do you think we ought to treat people who participate in sexual distortions?

Read 1 John 4:7–12.

It is often said, "Hate the sin, love the sinner." How exactly does that work?

How do we love the sinners who are living in sin?

We cannot expect non-Christians who are struggling with sexual immorality to walk in purity. They are still controlled by the sinful nature. They need Jesus. We are called to love these people and trust God for a change in their lives. Will you be the one to bring them the good news of Jesus?

If someone is a Christian but still struggles with sexual immorality, a close Christian friend needs to lovingly and gently correct this person. Biblical accountability is a good thing. Again there is no room for mean talk or gossip. Such unkind behavior from a fellow believer will only drive the person further away from Christ.

The fact is, we have all struggled with temptations to live contrary to God's norm and according to the cultural distortions around us. When we give in to those temptations, it not only affects us, but also others. May we commit ourselves to living differently, in a way that shows we love both God and others.

NOW WHAT?

How do you think we ought to treat people who participate in sexual distortions?

Describe the care that you could give to someone who you know has committed adultery?

How can you pray for those that have unfortunately been a victim of unwanted sexual contact?

What advice would you give to someone who is considering moving in with someone of the opposite sex?

GOING DEEPER

Consider Job 31:1 about making a covenant with your eyes as a way to guard yourself against sexual impurity. Spend some time in prayer, and then write down how God is leading you to protect yourself against adultery in the areas listed below.

Eyes (what you look at, watch, view, and how you look at others):

Ears (what you hear, listen to, consider):

Tongue (what you say, speak about):

Hands (what you touch, hold, how you touch):

MEMORY VERSE FOR THE WEEK

Romans 1:25

REAP

DAY

MATTHEW 5:27-33

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What did Jesus say to do if your eye or hand caused you to sin?

How far are you willing to go to make sure your heart remains pure so that you aren't presented with the temptation to act outside of God's will regarding sex?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

ROMANS 5:8-9

DAY

2

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

To what does this passage compare Satan?

How can you resist his temptations?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

MARK 10:1-12

DAY

3

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, what is Jesus' definition of adultery?

How does Jesus' definition of adultery change your view on God-honoring actions?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

4

DEUTERONOMY 22:25-27

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, who is in the wrong?

What does this passage reveal about God's heart toward rape?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

5

1 THESSALONIANS 4:1-8

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

According to this passage, what is the will of God for you?

How are you to live your life according to this passage?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

1 JOHN 4:7-12

DAY

6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

How does this passage relate to what we are studying?

What are we, as Christians, called to do according to this passage?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

ROMANS 1:18-25

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Why are we without excuse when it comes to knowing God and his standards?

When have you exchanged God's truth for a lie?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

WEEK

9

Your Future

1 CORINTHIANS

7:1-2, 7-9, 32-35

WHAT IS MOST IMPORTANT?

If you do choose to marry one day, it is important that you seek a godly spouse. The world often teaches very different traits to look for in a spouse from what the Bible teaches.

If you were to take a poll at your school for the qualities to look for in a boyfriend or girlfriend, what do you think the top answers would be?

Read 2 Corinthians 6:14.

As a Christian, what should your be number one quality at the top of your list?

Read Matthew 12:33.

If the fruit from a person's life does not look like the fruit you would find in Jesus, then that is not the kind of person you want to marry. You want to marry a Christian who is truly walking with God. It's easy to find someone who talks the talk, but you want to find someone who walks the walk as well!

2 EXAMPLES

People base their marriage choice on a variety of reasons. Two of which are looks and money. Neither of these things is evil in and of itself, too much of an emphasis on them can prove unhealthy.

Read the following Scriptures and then record why you think money and looks might not be the most important qualities to look for in a future mate.

- 1) Proverbs 31:30 –
- 2) 1 Timothy 6:10 –

What is a healthy expectation for looks?

1) It is important to be attracted to your future spouse, but it is not good to expect him or her to look like magazine models or movie stars. The unrealistic pictures that we see in magazines simply aren't real. They have been cropped, edited, and retouched to present a person without any flaws.

2) Remember that beauty is fleeting. Look at your grandparents. Though they are still beautiful people, they certainly don't look like they did when they were your age!

What is a healthy expectation for money?

- 1) Money can come and go. Don't expect it to always be there.
- 2) Money can't buy happiness.
- 3) Look for is someone who works hard. If they work hard, they will work hard to meet your basic needs.
- 4) To be financially stable is important, but not the most important thing.

A GODLY WIFE

This section is important for both guys and girls to study. Guys, it's important for you as you think about a future spouse, and girls, it's important for you as you prepare yourself for marriage one day.

Proverbs 31 is a well-known passage of Scripture about a godly wife. The words of Proverbs 31 came from a king's mom. It can be understood as a mom's advice to her son. God chose to make these words a part of His Word. Listen well to this wise advice about a godly wife.

Read Proverbs 31:10–31.

What stood out to you as you read this passage?

Many women who read this passage feel a little overwhelmed. The wife described in Proverbs 31 is a superwoman. She can do it all! The point of this passage is not meant to discourage women, but rather to show both guys and girls important qualities for a wife to have.

Below are some of the qualities that are mentioned in Proverbs 31. Guys, choose three qualities that are most important to you, and girls, choose three qualities in which you would like to grow.

- Noble (vv. 10, 25) –
- Respected (v. 28) –
- Diligent (v. 13) –
- Early riser (v. 15) –
- Provider (v. 14) –
- Good steward (vv. 15–16) –
- Wise (vv. 16, 26) –
- Strong (v. 25) –
- Persistent (vv. 19, 27) –
- Resourceful (vv. 18, 21–22) –
- Hospitable (v. 20) –
- Confident (v. 18) –
- Happy (v. 25) –
- Faithful (vv. 27, 30) –
- Blessed (vv. 28–31) –

A word to the girls: Even though you are not yet a wife, that doesn't mean you should ignore this list. You've got to develop in each of these areas as you grow up and prepare to be a wife. When a man puts a ring on your finger one day, you won't just magically become a Proverbs 31 woman. It takes training and practice as a single young woman to adequately prepare for marriage.

Read Proverbs 31:30b.

It is no accident that this phrase sums up the chapter. First and foremost, young men, you want a wife who fears the Lord. Young women, first and foremost, your goal is to fear the Lord. In this passage, fear is not fear like you might think. It does not mean to be afraid of God, but rather to honor and respect God. It's kind of like the honor and respect you have for your parents. You want to obey your parents out of respect and honor for them. Your attitude towards God should be the same: to obey Him out of respect and honor.

A GODLY HUSBAND

The book of Proverbs does not list the desirable qualities for a husband in one specific chapter, as it does for a godly wife. Rather, these qualities are discussed all throughout Proverbs. Since Proverbs was written to young men who would one day be husbands, there are many verses that teach us what a godly husband should look like.

Look up each of the Scriptures below and write the character qualities described in each verse. Some will be qualities that are good, and some will be qualities that are bad.

- Proverbs 12:10 –
- Proverbs 29:24 –
- Proverbs 12:11; 27:23–27 –
- Proverbs 12:17,19 –
- Proverbs 12:15 –
- Proverbs 12:18 –
- Proverbs 14:21; 28:27 –
- Proverbs 15:12 –
- Proverbs 19:1; 20:7 –
- Proverbs 17:17 –
- Proverbs 29:3 –
- Proverbs 19:11 –
- Proverbs 16:18–19 –
- Proverbs 17:1 –
- Proverbs 14:29; 16:32 –
- Proverbs 20:1 –
- Proverbs 29:7 –
- Proverbs 17:9 –
- Proverbs 13:13 –
- Proverbs 27:4 –
- Proverbs 15:15 –

A word to the guys: After looking through this list, you might feel a little overwhelmed. Don't worry, your future wife will not expect perfection out of you (or at least she shouldn't). You will be working to develop in each of these areas for the rest of your life. God, who began a good work in you at salvation, will continue to work in you for the rest of your life (Philippians 1:6). Trust God to work out these qualities in you. If you simply love Him and walk with Him daily, He will cause you to grow in each of these areas.

YOUR LIST

Read Proverbs 3:5–6.

Now that you have taken a big-picture look at what qualities are important in a future spouse, in the Going Deeper section of this lesson you will make a list of what is most important to you as you await your future husband or wife. There are a few things to remember in making your list.

- First, no human being is perfect. Every person has flaws. If you look for someone who is perfect, you will never find a spouse!
- A spouse will not complete you. Only God, the Author of your life, can make you whole. A spouse will complement you as a person, but not complete you.
- Don't place undue importance on your list. A list is important to help you stay on track with the type of person you want to marry, but God is bigger than your list. The list just helps you to know what qualities to look for in a person, while also helping to steer you away from someone who might not be good for you.
- Your list might change. As you grow older, God may show you new things that are important to seek in a future spouse. Be open to the Holy Spirit.
- Trust God to provide what He knows is best. Again, if you place too much emphasis on your list, you might miss what God is showing you. Seek God first, and He will lead you.

God will make your path straight when you trust in Him. He is a good and loving Father.

NOW WHAT?

Why would it be a good thing for you to remain single throughout your life?

What qualities do you need to grow and develop into godly qualities for your future spouse?

Why is it important to grow and develop godly characteristics now as a teenager?

What is your biggest fear in trying to find a godly spouse?

How long should you continue to date an individual that doesn't exhibit godly characteristics?

PRAYER:

Thank God that He is in control of your life. He will provide a Godly spouse for you in His timing if He desires for you to marry. Ask God to help you to trust Him in this area of your life.

GOING DEEPER

Now it's time to begin your list of the qualities you would like to have in a future spouse. First, spend some time in prayer. Ask God to show you the qualities you should seek in a future spouse. After spending time in prayer, search out and write down the qualities that are important. Make sure you have a Scripture verse that goes along with each quality. You can use the Scriptures provided this week or other Scriptures that you may find. Ask your parents to help you make your list. Share your list with your DC group next week. Remember, this is a working list. Add to it when you think of new qualities.

How can you utilize this list to keep you focused when you are in a relationship?

MEMORY VERSE FOR THE WEEK

Proverbs 16:9

REAP

DAY

1 CORINTHIANS 7:7-9

1

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Does everyone have to get married?

How can you practice self-control to avoid sexual sin without getting married?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

2

JOHN 13:12-17

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What is Jesus' command?

How does Jesus' actions illustrate the way that you should serve your spouse?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

3

MATTHEW 12:33

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe the importance of acting on your faith.

How does this apply when looking for and becoming the right spouse?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

LUKE 12:22-26

DAY

4

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What have you been worrying about related to your future?

Describe the influence that worry has on your attitudes and actions.

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

PROVERBS 31:10-31

DAY

5

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Explain what you like about the wife of noble character described in this passage.

Describe the influence the wife of noble character would have on her family.

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

6

PROVERBS 1:5 & 3:5-6

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

Describe ways that you could gain guidance about your future.

Why does Scripture tell us to not lean on our own understanding?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

REAP

DAY

7

MATTHEW 6:25-34

READ

Spend time reading the passage with an open heart, asking the Holy Spirit to give you words of encouragement, direction and correction. Underline the verses that seem important and that God is using to speak to you.

EXAMINE

What should a believer be seeking above all else?

When do you find yourself seeking after things as if God doesn't already know you need them?

ASK

How will I live differently and be different today because of what I just read?

PRAY

Talk with God about the passage and your application. Ask Him to change your heart and life based on the time you've spent in His Word.

LOOKING BACK

You have done a great job this semester as you have studied the Old Testament kings. All throughout Scripture, God's people are instructed to remember the works and words of God. By doing this, we are better able to keep His law. Take some time to reflect on all that you have learned during this study.

How do you feel now that you have completed this study?

What have you learned about your future during this study?

So now you are thinking, okay, now that I've completed this study, I know everything I need to know now, right?

Psalm 119:55 says, "In the night I remember your name, O LORD, and I will keep your law."

Discipleship isn't about completing a study. It is about a lifestyle of learning and living as you follow Jesus throughout your lifetime. What you have learned throughout this study will become more important to your Christian life in the months, even years, to come. Think about some of the major concepts that you have learned and lived out.

- Understand we all have a fallen nature.
- Through Christ we are given a new nature and are to set ourselves apart as holy.
- Examined the importance of having a united heart with God.
- Discovered how to examine our heart.
- Discussed pressures of dating within a fallen world.
- Learned the importance of dating and marrying a follower of Jesus.
- Discovered God must be our supreme affection over anyone or anything else.
- Learned that sex is a good thing within the covenant of marriage.
- Discussed the importance of pursuing holiness rather than determining how far can you go without crossing the line sexually.
- Learned strategies to flee sexual temptation.
- Discovered the importance modesty and defined true beauty.
- Examined the purpose of guarding and renewing your mind.
- Discussed distortions from God's design for dating, sex, and marriage.
- Discovered that it is okay to remain unmarried so you may devote yourself to the Lord.
- Examined the characteristics defined in Scripture of a godly wife.
- Examined the characteristics defined in Scripture of a godly husband.
- Created a list of characteristics according to Scripture for your potential future spouse.

Wow! That's a lot! Now it's time to continue to live out what you have learned in this study.

APPENDIX 1

WHO IS THE LEADER?

Read Genesis 2:7, 18–22 & 3:8–9.

Whom did God create first? After Adam and Eve sinned, God approached them in the garden, whom did God speak to first?

God has clearly given one gender the responsibility to be the leader in the marriage relationship. God chose to create man first and to address him first after the fall illustrates His heart for men to lead.

Read Ephesians 5:23.

How does this verse describe the role of the husband?

You might be thinking, “I’m not even close to being a husband, so how does this apply to me?” While it’s true that you are not yet a husband (or even close), that doesn’t mean you should ignore your future role, especially when the purpose of dating is to find a future spouse. What should you do in the meantime? You can practice being a leader to the girls in your life now. These four truths are only a few of the ways to be a leader as a young man in a dating relationship.

Guys: How To Be A Leader In Dating Relationships:

- 1) **Pursue the girl.** Oftentimes in today’s culture, girls are taking on this role. Guys, this is for you to do. It takes courage and confidence to do this. You should be the one to take the initiative to call the girl, introduce yourself to her parents, and ask her on a date. In your pursuit of a girl, communicate your dating intentions clearly.
- 2) **Protect her.** This goes beyond physical protection. As the leader, you have the responsibility to help guard her heart. Choose your words wisely. If you sweet-talk a girl all of the time, she is going to have a more difficult time guarding her heart.
- 3) **Lead her closer to God.** As we have already established, the girl you are pursuing needs to be a strong Christian. Make it your goal to sharpen her in her walk with God.
- 4) **Serve her.** In His relationship with His bride, Jesus set the perfect example of the best way to show love. He served. Look for opportunities to serve the girl you are pursuing.

Which of the four tips challenge you the most as the future leader of your home? Why?

Why do you think it is important to begin thinking about these things now, even though you may not yet be ready for a marriage relationship?



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