



JOURNEY – March 24th Teaching Outline

(Meant 2 Live Intro VIDEO – Dating)

MEANT 2 LIVE INTRO:

This year we're learning how God has an intended design for life, and it's best.

- We know there is something so much more than what we see around us...
- But what does God's design look like...for us right now?

RELATIONSHIPS RECAP:

Through healthy RELATIONSHIPS we experience God's amazing design for life.

First, we must have a personal relationship & connection to God

- You've got to get to know each other, **SPEND TIME TOGETHER**, invest time
- Talking to God, reading the Bible, music, walks, etc.

Secondly, we must believe GOD IS AT WORK IN US...THROUGH OUR PARENTS.

- Will you to TRUST that God is working for our GOOD through our parents?

Then we talked about friendships:

- Your friendships will either DRAIN you of God's life, or FILL you with God's life.
- Do you have a few core friendships that are a positive influence in your life?

LAST WEEK – DATING Part 1:

Our opening question was...why do we date?

- Feels good to like someone & be liked and have that attention
- It's nice to have someone to call and talk to, go out with, go to prom with
- The touches, the kisses, just feel good...natural drive towards being physical
- The social pressure to have a girlfriend – a status symbol
- Preparing to find what we want in our future husband or wife

There's a deep drive inside us, but what are we REALLY looking for in dating?

Quenching your thirst illustration – recap

- We are all thirsting for something, but we reach for the wrong thing
- Quenching our thirst with the wrong thing often deeply hurts us

What are we REALLY looking for when we date?

- Acceptance, love, confidence...feeling good about ourselves
- Friendship, companionship, joy, fun...

At their root, these are all natural, good, God-given desires of our HEARTS

- Our hearts are supposed to LONG for these things

But so often we try to quench the desires of our heart in all the wrong ways

- We give our hearts away and invest it in the wrong places
- We don't PROTECT our hearts

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

We have this beautiful heart God has given us, and it thirsts for these desires...

But we try to quench those thirsts with the wrong thing (a girl or a guy)...

When we don't guard our heart, our heart gets hurt, gets trashed, and...

- We don't trust God
- We don't want more of God
- We experience pain
- **We don't experience the life God designed for us**

When it comes to dating, what is it our HEARTS really want?

- Acceptance, friendship, love, happiness...

Where do we really find those things (in healthy, lasting ways)?

- A relationship with God
- A relationship with our parents
- Life-long, meaningful, core friendships

Dating is a serious thing...we need to approach it with CAUTION in order to experience God's intended design for life.

THIS WEEK – DATING Part 2:

Last week I asked a question...do we HAVE to date in high school?

- (responses from the audience)
- I believe you have a choice. You don't HAVE to date.

THE PRICE TAG OF DATING

Dating is usually not as cheap, glamorous, or pain-free as we would like to think.

(Eve – Walleo VIDEO)

Especially in unhealthy relationships, dating often causes...

- A loss of friendships with others
- A loss of heart...terrible heartache during the break-up
- A loss of money...like, expensive.
- A loss of closeness with God
- A distraction from schoolwork or sports
- Conflict and fights
- Changing your life plans or direction – college, career, etc.

Is it possible to have a healthy enjoyable dating relationship? YES. But it's HARD.

- I believe most dating relationships COST a lot more than what is gained.

Approach dating with CAUTION.

IF YOU DO DATE...what does a healthy dating relationship look like?

- If you're NOT dating, make these your **CRITERIA** for your next relationship.
- If you ARE dating, **EVALUATE** your relationship against these standards.

1. Choose WISELY who you like and who you will date

2 Corinthians 6:14

You are not the same as those who do not believe [in Jesus]. So do not join yourselves to them. Good and bad do not belong together. Light and darkness cannot share together.

- Does God care about whom you are attracted to and who you date?
- Do you have some control over the type of person you are attracted to?
- What if you're dating a "good person" who is not a Christian...is that bad? Why?
- **Just like our friends, our dating relationships are a HUGE INFLUENCE on us!**

2. Pursue God above all

Matthew 22:37-38

Jesus replied: " Love the Lord your God with all your heart...This is the first and greatest commandment.' "

- Your primarily love, and fulfillment, is GOD, not each other
- BOTH of you are pursuing God individually, not just because of the other
- BOTH of you desire God's standards in your relationship and in purity
- BOTH of you are encouraging each other to grow closer to God

3. Make friendships your priority

- Your BF / GF should NOT be your one and only best friend
- Are you spending as much, or more, time with your guy / girl friends?
- What affect if your BF / GF having on your friendships? ASK YOUR FRIENDS!
- Are you and your BF / GF friends? Do you enjoy your friendship? If there was zero physical stuff...would you still enjoy being around each other?

4. Guard your heart

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

- Are there places in your heart reserved for just God, your family, and closest friends? There SHOULD be.
- Protect your deepest most vulnerable places...
- Is your BF / GF your only source of comfort or strength? Is that healthy? NO...what happens when they are gone? Invest in friends and family.

5. Guard your body

1 Corinthians 6:18-20

Run from sexual sin! No other sin so clearly affects the body...Don't you realize that your body is the temple of the Holy Spirit, who lives in you? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

- Your body and your physical intimacy are sacred gifts God has given you. All of it is a gift. That gift should be reserved for the one you will marry someday.
- Would you give just anyone a \$2000 diamond engagement ring?! NO...only one person gets that gift someday. Why is your body any less sacred?
- You must establish boundaries from the START of your relationship
- Ask him or her BEFORE you date what their standards are
- BOTH of you must be equally committed to purity. You can't fight this battle alone

Do you want to have a healthy, enjoyable relationship you won't regret?

- It doesn't just happen. You have to CHOOSE it, and WANT it.
- **Again, choose wisely who you will date...be picky!**

The choice is yours. If you do...the key word is BOUNDARIES.

(Bus Near-miss VIDEO)

(NASCAR VIDEO)

Boundaries allow us to ENJOY our relationships in the context of what is safe.

- Without boundaries, that's when life becomes a wreck...like those videos.

Know how you get your heart trashed in a relationship? Don't have boundaries.

- When that person becomes your everything, with no boundaries, you are so vulnerable to be deeply wounded, misguided, and hurt.

Boundaries keep relationships healthy and enjoyable and keep you safe.

What kind of boundaries do we need to have?

1. STRONG boundaries...remember the crosswalk and the fence in the videos? Which worked better? Little stripes on the road or a massive fence? The stronger, the better.

2. SPECIFIC boundaries...define clearly. Hours, types of conversations, actions...

...To guard your time.

- What are your time boundaries...are you talking every night for 2 hours? Are you with them every Friday AND Saturday night?
- Time from school work...are your grades better or worse while you're dating?
- Time from friends...are your friendships better or worse while you're dating?
- Is your relationship with you parents better or worse?
- ASK YOUR FRIENDS what they think...we are always blind to ourselves

...To guard your body.

What's most important about your relationship?

- If a quality friendship is most important...being physical changes everything
- Where you set your physical boundaries will tell you what is most important...
- Where your BF / GF wants to set them will tell you what's most important to them.

Guarding your body is not just about avoiding sex.

- Protect yourself from the constant struggle of temptation by staying as far from sex as possible. The closer you get the most difficult that struggle is!
- Especially for girls, the physical is a doorway to your heart.
- Guard your heart by guarding your body.

We will talk A LOT more about physical boundaries in a few weeks.

...To guard your heart.

- Who is your best friend? Which relationships will last a lifetime?
- What is your most important relationship? God?
- Will you share all your deepest secrets and hurts with your BF / GF? Or save those for your closest friend who will always be there?
- What areas of your heart will you reserve for your closet friends and family?
- Do you rely on your BF / GF for all your comfort and strength?

...And be held accountable!

- Someone must know your boundaries and help you stick to it

God has a version of life and it's best. It's for OUR good and for God's GLORY.

God has designed us to find complete fulfillment by giving HIM our heart.

- He wants to be your all, your love, your friend.
- Why would you give that role to a boy or girl? It will never SATISFY.

Guard your heart. Save it for God, your family, and your friends.

- Are you giving all of your heart to a boy or girl instead?

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

Kool-Aid illustration

- 2 glass pitchers, 5-6 glasses
- First, the good version, pouring just a bit into one or two glasses that represent boyfriends, and giving the rest to God's pitcher
- Then, the bad version, pouring tons into several glasses, or one big glass (long term boyfriend) and having nothing left for God

We're left so empty with so little to give God when we don't guard our heart.

Proverbs 4:23 - To GUARD...from the Hebrew "natsar"

- To watch over, keep secret, keep close, blockade
- Like a **GARDEN**...keeping out the beasts that want to destroy it and eat it's fruit

Isn't it time to make some changes...establish some boundaries, and start guarding your heart?

Isn't it time to protect our heart and save it for God alone?

To experiencing God's intended design for life we must learn how to guard our heart, and give it only, fully, to God.