



JOURNEY – April 14 Outline 8-12 grades (Mark Howard)

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
- Life lived outside God's version of life leads to so much pain and heart ache
- But what does God's design look like...for us right now?

LAST WEEK – SEX Part 1:

Sex is one of the biggest ways we miss God's intended design for life.

We are made for love, we ache for it... but we look for love in the wrong places...

- Where do we look? In something physical but it's so much deeper...
- Where do we get this idea? The culture all around us has lied to us about sex.

Sex has been so distorted...last week Rich took us through a few of those myths:

MYTHS AND TRUTHS ABOUT SEX

MYTH - Sex is no BIG DEAL

- Where do you hear or see the message that sex is no big deal?
- Why is sex actually a very big deal? LIFE-LONG CONSEQUENCES

TRUTH – Sex is the strongest and MOST SACRED expression of love

Hebrews 13:4 (The Message Bible)

Honor marriage, and guard the sacredness of sexual intimacy between wife and husband.
God draws a firm line against casual sex.

MYTH - Everyone is DOING IT

- Do you ever feel alone if you're trying to commit to not having sex?
- How could that make someone feel if all their friends were having sex but them?

TRUTH – Everyone is NOT doing it!

- In 2005, [researchers from the National Center for Health Statistics](#) found that 47% of teens (6.7 million) were having sex.
- There are plenty of things I wish I would have done better in high school...BUT I did not have sex before I was married. IT IS POSSIBLE! I was tempted too...

MYTH - Sex before marriage is NORMAL on TV and in MOVIES so it must be ok

(Seinfeld VIDEO)

TRUTH – What we see on TV and movies is a **FAKE** and **TWISTED** version of God’s design for sex.

- Just because popular culture says its ok or good? Really?
- Most movies and music center around the lowest level of love...

God created sex...the best sex is found by people closest to its Creator.

Myth – **REAL MEN** have sex whenever they want.

- Why is being a virgin in high school so embarrassing?
- If having sex whenever you want, outside of marriage, describes the sexual instincts of a dog, why does that make you more of a man?
- Waiting till marriage to have sex is the *MORE* manly thing to do

Truth – **REAL MEN** care enough about their girlfriend to **NOT** have sex.

- Real men HONOR girls in a relationships
- Real men want more than just their girlfriend’s bodies
- Real men are patient and wait to have sex in marriage
- Real men make sure their relationships stay pure...taking responsibility

Someone else is dating your future wife right now. How do you want them to treat your future wife? Than treat your girlfriend, now, the same way.

Myth – Sex is the best way for a girl to feel **LOVED** and **DESIRED**

- How are girls pressured to have sex because that’s what “good” girlfriends do?
- Why is “if you love me...” a stupid reason for a guy to convince you to have sex?

TRUTH – Outside of marriage, sex is a **FAKE** and **TWISTED** version of love

First, real love is found in GOD, your closest FRIENDS, and your FAMILY

Second, real love someday is found in a great culmination...

FLAME VIDEO RECAP

Sex is designed to be a part of the great culmination of physical romance (DODE), life-long commitment (AHA VA), and friendship (RHYA) which is found only in marriage.

With all three of these flames, in marriage, we experience **the bonfire** of love as it was designed to be. Don’t settle for the little flame.

God has an amazing design for sex...it’s part of His amazing design for life as it was meant to be.

But let’s stop and be honest...so many of you are fallen for the lies and are deeply involved in a fake and twisted version of sex.

- For some of you, until tonight, or last week, maybe you were never taught these values about sex, and you’re wresting with these new truths. You’ve just begun.
- But for many of you, you’ve known all along this path is wrong...you know you are ignoring God’s design for sex and rejecting His truth. And you’re paying the price.
- If you call yourself a Christian...you are representing the name of Jesus Christ
- **A tree is known by its fruit...**what is your life producing?

Jesus says, if you love me, you will obey my commands.

- If you're choosing to ignore God's standards for sex...it's not okay! You are hurting yourself, your BF / GF, and breaking God's heart. And my heart! It's not okay!

John 14:21

Whoever has my commands and obeys them, he is the one who loves me.

1 Peter 1:13-16

So think clearly and exercise self-control...you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy."

It's time to make a change. It's time to live the life God has called you to live.

DO YOU WANT TO BE PURE?

Tonight is about giving you practical tools to help keep you pure in relationships.

Its all about BOUNDARIES...remember this...

(NASCAR and crosswalk VIDEOS)

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.

We need strong, specific boundaries to stay pure.

FIRST, let's ask some important questions...

1. What's most important about your relationship?

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

2. What's your motivation?

- Why do we ask the question, "How far is too far?" What are we looking for?

Is your motivation to see how far you can go, or what you can get away with?

- If it is, then your natural instincts to cross those lines will eventually win.

Is this a better question, and why?

"How can I make boundaries so I don't go too far AND honor God in this relationship?"

- We need to be asking for God's help to stay **as far away as possible** from those things we know will only harm us. Not how close we can get.

3. What's God's standard?

1 Peter 1:16

But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy."

1 Corinthians 6:18

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

Romans 12:10

Love each other with genuine affection. And take delight in honoring each other.

- What do you think are Christ's standards for how far is too far?
- To be the holy generation that God has called us to be...it IS POSSIBLE
- **But we have to fight for it, and boundaries help PROTECT US**

SECOND, you must understand how God built our sex drive.

When you are married someday...this is how it is supposed to work!

The further you go, the faster and further you want to go

- After you cross one line, the next line is crossed even sooner
- God built us keep going! Don't start that fire yet...

The further you go, the more difficult it is to go back

- God built us to go forward, not backward

The further you go, the more intense the temptation

- How much do you want to have to resist?

Where you draw the line determines the consequences of crossing that line

- What is the consequence of crossing your line?
- Catching a cold (from kissing)...or making a baby? (from sex)

THIRDLY, understand temptation and be prepared for it

- Are you expecting to be tempted...or are you immune? Are you ready for it?
- Look for God to provide a way out of sexual temptation...and TAKE IT!
- What situations will you commit to avoiding in order to avoid temptation?

1 Corinthians 10:13

God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

LASTLY, COMMIT TO A BOUNDARY PLAN

(VIDEO CLIP – PATRIOT “love sac”)

Remember...boundaries only work if you WANT them to. If you wanted to get out of that sac...you will. You have to want boundaries to work.

BE SPECIFIC! –

- Will we lie down next to each other?
- Will be alone in a car or bedroom?
- Will we kiss? If so, what kind of kissing and for how long?

- Where will hands go and not go?
- Will ALL clothing stay on?
- Will we always keep lights on?

- Have you thought about and committed to a boundary plan?
- Have you written it down?

Tell someone else and ask for accountability

- You can't do this alone...

Agree on it with your boyfriend or girlfriend

- You must BOTH be on the same page or you will fall into temptation
- Are you willing to break up with someone if they didn't share your boundaries?
- It's so much easier to be pulled down to lower standards...

Get out if your boyfriend or girlfriend isn't on the same page!

- If you're not on the same page you WILL do things you regret
- No relationship, no boy, no girl, is worth making sexual mistakes

It's time to make some changes.

It's time to honor God in our relationships.

It's time to experience the satisfaction of following God's design for sex.

In closing tonight, don't forget, if you've made mistakes...

God FORGIVES and FORGETS

Psalm 103:13

He has removed our rebellious acts as far away from us as the east is from the west.

1 John 1:9

But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong.