



## JOURNEY – April 7 Teaching Outline 8-12 grades (Rich Adams)

### 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?

### LAST FEW WEEKS – DATING:

**There's a deep drive inside us to date, but what are we REALLY looking for?**

- Acceptance, love, feeling good about ourselves, friendship, fun...

**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

**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)...**

**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.

**Kool-Aid illustration RECAP**

- 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.**

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

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

### THIS WEEK - Sex Part 1

**One of the biggest ways we don't guard our heart is misunderstanding God's intended design for sex.**

### **But can we pause here for a moment? Let's be honest...**

- Love is the greatest mystery.. and we do not understand it fully. But we are made for love because it is God who loves us... but when we look for love in the wrong places... it doesn't work
- Where do we end up looking? We look for a physical expression of something so much deeper...something that can not be contained in a physical touch, a hug or kiss...that's only a piece, just a glimpse of what we are designed for..
- Where do we get this idea? Culture. Easiest way to try to get love is sex. Any two people can do it...perform a physical act...but that's not what God designed sex for...He designed it for so much more!

But it has gotten so distorted...so let's have a look at some of these distortions...

## **MYTHS AND TRUTHS ABOUT SEX**

### **MYTH - God thinks sex is BAD**

- Why would people think God doesn't like sex?
- Did God create sex? Why did He create it?
- Does God want us to enjoy sex (in marriage)?

### **TRUTH – God created sex for us to ENJOY IN MARRIAGE**

#### **Genesis 2:24**

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

#### **John 10:10**

Jesus said, "The thief's purpose is to steal and kill and destroy. My purpose is to give life in all its fullness."

### **1e. Opening presents on Christmas morning...**

### **MYTH - Sex is no BIG DEAL**

- Where do you hear or see the message that sex is no big deal?
- Why do people think it's no big deal?
- Why is sex actually a very big deal?
- What kind of life-long consequences can sex have?

### **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.

You may be thinking that I can't relate to your situation.. that I don't understand.. I went to HS, I made major mistakes, I got my heart torn up.. and to this day I carry those scars because they bleed.. and they stay with you because they can mess your whole life up. Maybe you can't see it, I didn't understand... I do now...

### **MYTH - Sex is purely PHYSICAL**

- Why do people think sex is purely physical?
- Is sex also very emotional?
- Why would God design sex to be both emotional and physical?
- What is the danger in thinking sex is only physical?

We touched on this before.. sex is an expression, its an act.. its how we try to find love and feel love.. but it cant be found in the physical.. its so much deeper, its spiritual connection for we are spiritual beings and have been created for a true and deep and emotional and spiritual connection. Physical sex will never bring that...

### **TRUTH – Sex is highly EMOTIONAL and SPIRITUAL and PHYSICAL**

#### **Song of Solomon 4:9-10**

You have captured my heart, my treasure, my bride. You hold it hostage with one glance of your eyes...your love delights me, my treasure, my bride.

### **MYTH - Everyone is DOING IT**

- What percentage of teens at your school does it seem like are having sex?
- 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.
- Does that number surprise you? Why or why not?
- Does that mean that at worst, more than half of teens are NOT having sex? Is *everyone* actually having sex?

### **MYTH - It's impossible to be PURE**

- Does it seem impossible for someone to actually wait until marriage for sex?
- Is it possible for you to stay pure?
- How can God help us be sexually pure?

### **TRUTH - With God's help you can REMAIN PURE (You're not a freak...or gay)**

#### **Philippians 4:13**

I can do everything through Him who gives me strength.

#### **Psalms 119:11**

I have hidden your Word in my heart that I might not sin against you.

#### **Romans 12:1-2**

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

Listen to this... imagine a kiddie pool

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

**(Seinfeld VIDEO)**

- Why do so many people think it's normal to have sex before marriage?
- Why would God want us to wait until marriage to have sex?
- What's the problem with having sex outside of marriage if you truly love someone?
- Why is the best sex actually found by those who wait until marriage?

**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?
- Casual sex is ok and normal... most movies and music center around the lowest level of love.. and in that they prove that it doesn't work... how many heartbreaks, how many torn up lives.. ?

**MYTH – There's nothing wrong with a SAME SEX physical relationship**

- What does the modern culture say about same sex relationships?
- What do you think the Bible says about it? Is it wrong or sin?
- How can you disagree with homosexuality but still love someone choosing that lifestyle?

**TRUTH - God created sex for a MAN and WOMAN only**

- Sex before marriage is wrong either way...
- If you are making fun of and not loving those who are gay, that's just as wrong in God's eyes
- It doesn't work, it doesn't bring life...it's just not natural...

**Romans 1:24-27**

They traded the truth about God for a lie... (I'll Paraphrase here)

Ok.. lets take this a little further

**WHAT A GUY WANTS...**

**(Curiosity – Pirates VIDEO)**

- What do all guys want in a relationship with a girl?
- How is it different than what a girl desires?
- Is it "bad" or "evil" that guys are more physical, visual, and action-oriented?
- Why is it important to understand how guys are "wired" for relationships?
- Who do you think God wants guys to be in relationships?

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

- Why do you think being a virgin in high school can be 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?
- What makes waiting till marriage to have sex the *MORE* manly thing to do?

**(Joey Testimony VIDEO)**

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

**Whats the difference...? Molester/rapist**

**WHO GOD WANTS GUYS TO BE**

**1 Corinthians 13:4-5**

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way.

**Romans 12:10**

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

- How can guys HONOR girls in relationships?
- How can guys show patience and kindness *physically* in a relationship?
- How can guys set Godly standards instead of being a source of pressure for being more physical in a relationship?

**WHAT A GIRL WANTS...**

**(Dear John VIDEO)**

- What do all girls want in a relationship with a guy?
  - Affection/affirmation, conversation, openness?
- Why are these things so important to girls?
- Is the number one thing all girls want from relationships acceptance? Why?
- How could having sex now actually be a misplaced desire for something else?
- What else could someone be really looking for when they decide to have sex?

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

**(Rachel Testimony)**

- How do girls allow sex to become a way to feel more loved by their boyfriend?
- 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**

**Girls are Daddy's little girl.. she's not yours.. she belongs to God.**

Sex is designed to be a part of the great culmination of physical romance, life-long commitment, and friendship 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.

### **Different types of flames, loves..**

Dode – feel good, lowest level

Rhya – friendship, soulmate

Aha-va- decision to be for someone to join that person for life, its commitment, deep emotion.. makes things last, it's the connection of heart and soul

**(FLAME VIDEO)**

### **Close up and pray...**

#### **Galatians 5:19**

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures...

### **Sexual immorality and impurity.. vs...**

#### **Galatians 5:22**

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

### **God is doing something good.. Hes doing something beautiful...**