

We all have hungry emotional needs. Many share their bodies because they are afraid to share themselves

Don't be stupid

stupid is:

- giving away your body in hopes of holding onto a relationship
- forgetting puppy love often leads to a dog's life
- believing someone when they say "you're the only one I've done this with"
- thinking that 90 seconds of sexual pleasure will be the answer to emotional junk eating away at you
- not realizing the true character is who you are in the dark
- forgetting that the very thing you give away in order to keep a person will ultimately be the very thing that contributes to you losing them. Anything we compromise to keep, we will eventually lose
- not knowing that once you've been conquered you're just like everybody else

Dating notes

-99.9% of all dating relationships do not last- remember this or you will do a lot of stupid things to keep it alive- sex is often seen as the glue that will put them back together after they have begun to come apart

-how much you put into a relationship will determine how much it will hurt when it ends

-secret of happy dating: remembering that it won't last- will help you keep fun & balance

Being attractive to the opposite sex

1- law of forbidden fruit- human nature- attracted to what we cannot quite have or do

2- you become unattractive by coming across too eager

3- conveying too early that you're in no matter what- you can be taken advantage of

4- we are attracted to others who are: self-confident, fulfilled, a little hard-to-get

5- boys say they like girls who are mysterious & hard to get, but prefer girls who are warm (not easy)

6-come across warm, but not conquered. Things that come easy lose our attention

1- Refuse to believe lies. It's only when we no longer compulsively need someone that we can have a real relationship with them. The big, toxic, painful lie= there is a Mr. or Mrs. Right that will suddenly make us feel complete. Forgetting that if you don't do the hard work of achieving your own identity, makes all your relationships will be painful, disappointing attempts to complete yourself.

You'll fall into 2 distortions that sabotage all relationships

1- I need this person to be happy & complete

2- if this person needs me, I'll be happy & complete

Remember: people in your life where meant to **share** it not **be** it

2-Look at how some of your hurts are impacting on your present life & relationships. Pain takes work. Refuse to bury it.

3-Look at the masks you wear & begin to take them off

4- Take responsibility for your life and destiny

5- Let Jesus be the center of your search for wholeness. When he is all you have, He is all you need.

Church & people may fail you terribly, Jesus never will

6- Accept that you will get hurt dating. Do not allow yourself to be chained to the people who have hurt you. Forgive them. Unforgiveness is like drinking poison and expecting someone else to die from it. It ties you to your tormentors. Forgiveness is a choice, not an emotion

Heartbreak

There is hardly any activity on earth which is started with such tremendous hopes and yet fails so regularly as love. Erich Fromm

If you are the heartbreaker:

- 1- don't break up the first time you feel like it (love is not an emotion, it is a choice)
- 2- If after praying about it you want to break up, have the guts to be honest & not put it off
- 3- Don't blame it on God (Jesus told me to break up with you)
- 4- Make it gentle, but also clean & clear
- 5- don't say I hope we'll stay really close friends & don't call them up asking if they want to hang out (It holds out hope)
- 6- don't bad-mouth them to anybody & stay away- it will help them heal

If you're getting broken up with:

- 1- don't hold onto false hope. The price you will pay for your denial is often your dignity
- 2- let yourself feel lousy- this is perhaps the most painful thing you can go through- cry if you want to- cleans the soul
- 3- if depression last more than a few months get help
- 4- stay clear of the other person- no contact
- 5- avoid revenge & bitterness
- 6- Journal, pray, let Jesus help you deal with this
- 7- after a few days- get busy- stop rehashing it
- 8- avoid dating someone on the rebound- grasping will make you really unappealing- don't cheapen yourself
- 9- don't give up hope. You will get through this, and you will love again

Notes for girls

The weaker sex is really the stronger sex because of the weakness of the stronger sex for the weaker sex.

True freedom isn't the right to do what you want. Instead it's the power to do what you should.

Girls are moved by words and emotions.

Boys are moved by the visual.

Girls have a lot of control in relationships

What makes people happy:

Having close relationships. Everyone wants & needs to belong

Those who do not have them die prematurely @ death rates twice as high.

Preoccupations like body measurements, amounts of money, status, number of friends will eventually fail to satisfy. A relationship with Jesus is the only anchor you will ever need.

- 1- pray- don't feel like praying? talk about it
- 2- pray from the heart
- 3- use journaling
- 4- get out of the box- when it comes to God

11 things girls wish guys knew about dating

- 1- guys use the emotional to get to the physical, but girls use the physical to get the emotional. if we give in to you we will feel guilty and become clingy and demanding
- 2- put communication before romance- to a woman- communication IS romance
- 3- we want to be your girlfriend, NOT your mother- be a leader & initiator
- 4- tell us often what you appreciate about us and don't focus primarily on our appearance
- 5- don't be a player- protect our hearts- do not play emotional games to get us to do what you want physically or build up your ego

6-remember that what we feel is as real to us as what we think

7-be strong enough to be weak sometimes- be able to admit when wrong, ask forgiveness, seek advice. You lead us through your strengths, but we will connect with you through your weaknesses

8-control yourself- your sexual desires & what you say to us. We think strength is having your character be stronger than your hormones. Pushing us to go too far makes us feel like you care more about satisfying your desires than taking care of us & our respect level drops way off

9-you don't need to spend big bucks on us- we treasure little things that you put your time and emotional energy into

10-nothing is more attractive to us than a man of God, full of character, guts and integrity. We don't expect you to be perfect, but we want to look up to you. Godliness holds an incredible attraction to us

11-never become so preoccupied with who you want that you forget to be who you are

13 things guys wish girls knew about dating

1-girls often use the physical to get the emotional- not fair- don't do it

2-appreciate a guys battle against lust. We're turned on easily by the visual. So if you want us to treat you like a lady; dress and carry yourself like one. Help us by making your standards clear and then remaining true to them

3-The less you date, the more attractive you are to the right guys. Don't let yourselves become easy or cheap just because you're lonely

4-Avoid the drama at all costs

5-Let me feel like I'm pursuing you in the relationship. Let me be the initiator

6-Hear what I mean when I talk to you, not always what I say. Don't attach any more meaning to my words than I really mean to give them. We're not lying; but we are into conquering. We mean what we're saying, just not with the same intensity as a girl takes it

7-If what you're showing isn't on the menu- keep it covered. Remember we're visual

8-be mysterious sometimes and fun lots of the time. We find attractive girls who are fun to hang around with. We want to feel that you really like us, but we haven't totally conquered you in the first few months. We might complain about not understanding women, but that mystery is pretty appealing to us.

9- let me be the leader, but express your opinions and don't let me make all the decisions

10-don't smother me by acting like you want to be with me 24/7. This will make you come across as needy or like a control freak. Strong guys run away from clingy and possessive girls. We don't like feeling trapped or caged in.

11- guys need modesty from the girls they date, even though inside their animal brains they may act they always want it. Be mature enough to give us not what we want, but what we need

12- What is most attractive to us are women of integrity, who find their security in God- not us.

13-never become so preoccupied with who you want that you forget to be who you are

Love

Someday after we've mastered the winds and the waves, the tides and gravity, we will harness the energy and power of God's love. And then for the second time in human history of humanity, the world will have discovered fire. Teilhard deChardin

people who know the love of God

1- make other people a high priority in their lives

2- treat other people the way they would like to be treated

3-respect themselves by paying attention to self-talk the words that constantly float through their unconscious minds- keeps us from treating others better, because by listening to the chatter- we're not treating ourselves well

4-those who are most loved have the most love to give away

5-are never alone

Friendships

Show me your friends- show me your future

Predict your future by looking at your current circle of friends. The external friendship group reveals the current and future internal state and therefore the external life. Affects your attitudes, goals, conversations. The less you associate with some people the more your life will improve. It is better to be alone than with the wrong people. Don't cheapen yourself

It's always easier to drag down than pull up

Hang around God-centered people their values will rub off on you

secret of making friends:

Be an authentically affirming, encouraging person to everyone you are privileged to connect with under every possible circumstance. Look past the worst in people and take the time to call out the best in them. Appreciate people

14 things girls wish guys knew about friendship

1-don't send mixed signals. Since we are just friends watch the amount of emotional energy you put into our relationship

2-Give us the same emotional energy you would give a sister

3-don't treat us like one of the guys because we're not

4-help us avoid making stupid mistakes with other guys- you understand guys

5-one of the biggest ways you show real friendship is listening to us when we talk

6- don't let personal insecurities or hurts make you arrogant, detached, angry or defensive. We value honesty over superficial macho moves

7-make sure our friendship is two-sided, don't be a user

8-trust is very important to us

9- encourage us- tell us what you appreciate about us

10-don't misread our friendship for something more- if you start to have feelings for us- be honest and back away

11-guard against the friendship becoming too close. it is almost impossible for guys & girls to be "Best friends" without one starting to have stronger feelings

12- notice us for the right things

13-give us hope that men of God really do exist these days

14- be a Christian friend

11 things guys wish girls knew about friendship

1-it's a friendship-- nothing more

2-treat us like a brother

3-spare us your drama queen moments

4-don't hold grudges and keep bringing negative hurtful things back up.

Lets talk it out and then move on.

5-Don't make the mistake of falling in love with love

6- laugh with me, make me think I'm funny and be fun yourself

7- don't send us mixed signals, it's not fair using us for friendship when you can tell we are beginning to fall for you romantically. if we try to kiss you or hold hands we no longer think of you as just a friend- don't let it happen- it will ruin a great friendship

8- don't expect us guys to read your mind. Girls are good at this, but we stink at it. if you want us to know something- say it.

9-have our backs, but don't talk behind our backs

10-remember we guys are really visual- watch what you wear

11-help me be a man of God and character that I really want to be. "To a man is given the greater spiritual authority, but to a woman is given the greater ability to influence."

sex

-you are free to ignore the commandments of God, but never free to avoid the consequences

-3 million teens a year 1 in 4 sexually active teens contract STDs

-63% of teens who drink alcohol have also had sex vs. 26% of non-drinking teens

-cyber-sex industry generates \$7 billion a yr. in porn

-8 of 10 teen girls who have had sex wish they had waited 6 in 10 guys wish they had waited

-best birth control is till abstinence

-God made sex and created your body & your sex drive. He knows how it will operate best over the long haul

-the decision to have sex before marriage is one of the most crucial decision you will ever make

1- pre-choice choices- decide in advance how far you will go. Not to decide is to decide

2-make a won't do list & be specific (the kind of list you wouldn't want anyone to see)

3- determine what your short fuses are & stay clear of them. These are any person, place or pattern that makes you vulnerable to temptation. Remember the problem is not the fuse shortener- it's where it will eventually lead you. Also remember that you will be extra vulnerable when lonely, angry, horny or tired.

4- ask God for help to remain pure & resist compromising when facing temptation. If you stand for nothing, you will fall for anything

5- your most powerful sex organ will always be your mind

6-resist temptation to masturbate- know that God understand the difficulty in doing this. He is more interested in your direction than your perfection.

7- resist temptation to taste sex with out digesting- enjoy the pleasure, but not let the person become part of you. Self-centeredness without responsibility. Sex is as much spiritual mystery as it is physical act. Strive for relational integrity

Porn

Anything that steadily creates an unreal, fantasized picture of the opposite sex in our minds

-Reject porn-remember that when you get sexual sensation, whatever you are looking at even in your imagination begins to strongly bond with you. it can lead to a possible difficulty with bonding in the real world. Seeing the opposite sex as objects not people. Porn slowly creates a brain- makeover. It numbs and desensitizes you sexually. Insides unsettle with the push & pull of passion and guilt.

Remember: your partner for life can never measure up to the sex images you have been hanging out with in your fantasies. Your ability to have a fulfilling healthy romance slips away from you.

1-Take this fight seriously the sooner the better. With porn time is your enemy. It will be infinitely harder for you to resist it a year from now than it is right now

2- guard your eyes- they are the gateway to your soul. What you look at for only a few minutes will be burned into your brain for years

3- get an accountability partner

4- reach out to others struggling with porn addiction

5- know your vulnerable times- when compromise is most likely

6- be honest with yourself about masturbation's real impact- fight for your future happiness and your future family

7- remember that no technological convenience is worth messing up your future

8-if your porn viewing is on-line limit your time on-line. When horny, lonely, depressed, vulnerable- stay off line totally. Go online with a purpose. if the internet has become a mindless entertainment activity, where your brain goes neutral and your defenses go down stay away- it's dangerous territory

9- ask God for help. remember God doesn't say resist sexual temptation- he says run from it.

10- remember that God's love will always outlast your sin- he is bigger than you and all of this,. Don't let your guilt push you away from God when you need Him most. No matter how bad things get- you are not scaring him away

How to deal with this

1-remember God's help is there for you- turn to Him. He knows how special it is when the gift of your sexuality is saved for your best friend, the person you have committed to spend the rest of your life with. Sex is only beautiful in its place: inside marriage

2- see purity as a virtue to be cherished, not a bunch of rules to be endured

3-recognize self-discipline as an important muscle to be developed, especially regarding key times and places

4-remember, one screw up doesn't cancel out all your sincere efforts. Falling down indicates movement

5- Guard your heart above all else for it determines the course of your life" proverbs 4:23

13 ways to resist temptation

1-accept personal responsibility for moral purity- means continually making decisions that move you in that direction

2-recognize and remove fuse-shorteners from your life: people. places, patterns

3-remember small compromises eventually lead to big trouble

4-be honest about the influence of music. media & internet in your life

5-never lower yourself to arouse sexual desire in another person you are not married to by your words,actions, appearance

6-remember that your brain is your most powerful sex organ: garbage in- garbage out, accept that after honest attempts at mental self-discipline you still experience crazy sexual thoughts

7-God's word inside you will clean your soul

8-visualize the shameful, hurting and disappointing consequences that giving in to temptation might bring to you and those you love

9- decide to invest long-term not short-term in romance- see pressure to not wait as a red flag

10- ask: what am I saving to give to the person I will want to spend the rest of my life with? don't cheapen yourself by giving away your priority status too easily

11-forgive yourself and other key people in your life- avoid excess guilt, resentment, rejection & bitterness. Don't seek revenge- you will regret it every time. And forgive yourself- Jesus already has.

12-cultivate dignity and self-respect in your life

13-remember that sexual purity is a fight you expect to win, but also battle for the rest of your life