



MORAL REVOLUTION

THE NAKED TRUTH ABOUT SEXUAL PURITY

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& JASON VALLOTTON**

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www.moralrevolution.com

ISBN # 978-0-9856859-3-5

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MORAL REVOLUTION

40-Day Journey to Purity

Welcome to the journey.

It's no mistake that you are holding this journal in your hands. **It's a tool created just for you by people** who are 100% passionate about you stepping into God's amazing best for your body, your sexuality, your relationships, and your life. This forty-day journal will take you on a journey into the deep caverns of God's divine design. You will discover the truth of the way God designed you to function sexually and you will learn the skill of managing your appetite nobly. You will grow in your ability to honorably cultivate healthy relationships with men, which will ultimately prepare you to find and marry the man of your dreams.

Kris and Jason Vallotton wrote this journal as a companion to their book *Moral Revolution*. Each day begins with a quote from the book and then dives deeper into the foundational truths that support the points made in the book. If you want to get the most out of these resources, we recommend that you use the book and journal together.

This journal should **take you about 15 minutes a day to complete**, though you can always take more time with it if you want to. And if you really want to get the most out of it, the main thing you need to do is to be brutally honest with yourself. This may be painful at times, but it's the only way that true transformation takes place in our lives.

Each day, you will have the opportunity to practice being honest by answering questions and completing a self-evaluation test. Each self-evaluation consists of six statements that describe the attitudes and behaviors of a person who is pursuing God's standards in their life. Measuring yourself with these statements is not meant to discourage you, **but to assist you in reaching your goals with God's help!**

Finally, each day of this journal quotes a statistic or fact about sexuality and relationships in our society. Hopefully some of these will help you feel that you're not the only one in your situation! Others point to some major problems in our world. We included these not to discourage you, but to describe exactly why the world needs an amazing woman like you to rise up, defy the status quo, and do your part to turn the tide in your generation. We believe in you, and more importantly, **God believes in you!**

Let the journey begin!

WHAT'S IT ABOUT?

This journal was created for you by people who are 100% passionate about seeing you experience health and freedom in every area of your life! It will equip you to walk in a greater understanding of how God created you, and His design for sexuality and relationships.

WHAT DO I GET?

- Daily Truths
- Daily Quizzes
- Real and Raw Testimonies
- Character Challenges
- Compelling Stats
- Scriptures
- Reflection and Activation Opportunities
- ...and so much more!

WHO IS IT FOR?

- Teenagers
- Youth Pastors/Leaders
- Parents
- Small Group Leaders
- Young Adults
- College Pastors
- Married Couples
- Sunday School Teachers

HOW TO USE THE BOOK



1 Scan the QR Code



2 Read the Moral Revolution Book Quote



3 Review the Daily Truth



4 Read the Testimony



5 Answer the Interactive Questions



6 Take the Daily Test...be sure to keep track of your scores!



7 Respond to the Activation



8 Engage with God



9 Fill out the evaluation at the end of each 10-day section

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"Johnny began... a grueling schedule that left him no time for school activities, sports, dances or dating. But he reassured himself that sacrificing for the woman of his dreams would be worth it." (page 25)

DAILY TRUTH

Character: The Fruit of Managing Your Desire

In many ways, Johnny was just a normal kid with ordinary dreams and simple desires. But what he did with them was radical. Johnny decided to live a purpose-driven life.

Some people think that character is all about saying "no" to things, as if the goal in life is to be able to say, "I've never smoked, never gotten drunk, never had sex, and never done drugs." But imagine someone coming up to Johnny and saying, "Wow, bro, you don't get smashed with your buddies, you don't chase girls, and you don't smoke. You must be a strong person because of all the things you don't do." I imagine Johnny would probably say, "It's not what I don't do that makes me strong, it's what I have chosen to do."

When you define who you are by what you don't do, you partner with a poverty mindset. This way of thinking imprisons you with rules and tries to punish you into purity. But when your standards come from who you are, you live a purpose-driven life, and poverty and powerlessness are defeated on the battlefield of true character.

Character will dictate your boundaries. More specifically, saying "no" to premarital sex only makes sense because you are saying "yes" to being a noble and virtuous woman. ★

I'm not a strong person because of what I don't do...

Summary A purpose-driven life makes a complete fool out of sin!

SOUND WISDOM

Take delight in the LORD, and he will give you your heart's desires.

Psalm 37:4 NLT

If you abide in Me and My words abide in you, you will ask what you desire, and it shall be done for you.

John 15:7 NKJV

These two verses reveal that God is not saying "no" to the dreams and desires of your heart. He is the One who put them in you in the first place. And, as their Chief Engineer and Divine Creator, He is the best One to teach you how to manage them. Whether or not you have a father figure in your life who you can talk to about sex and girls, you can always start by talking to God. Like any good father, He wants you to come to Him with your questions so that together you can work through the challenges of managing your feelings. Best of all, no one believes in you like He does. He is supremely confident in you!

Real Story

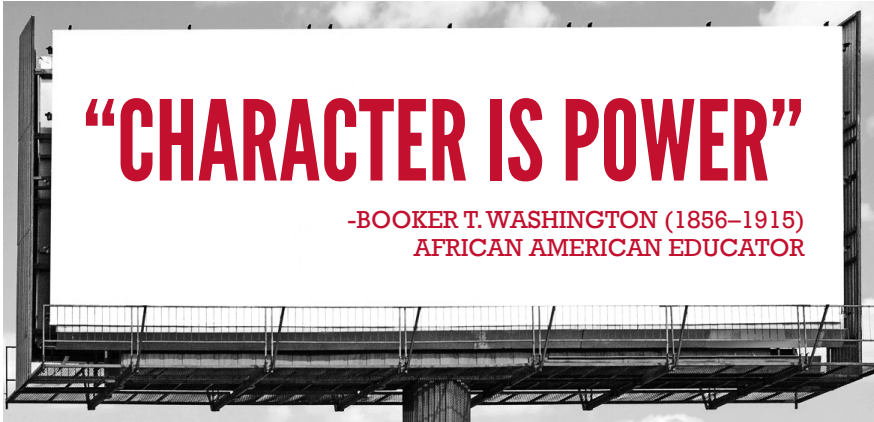
Once, at a birthday party, we all received chocolate kisses with a little card that said “Sweet 16 and Never Been Kissed?!” It was true for me. I hadn’t been kissed. But I knew my feelings about this fact were different than those of the other girls. Rather than seeing it as something to be ashamed of, to me it was a trophy to be prized. I knew that my first kiss was going to be something special. I’d even thought of saving it for my wedding day.

I made a decision for purity when I was very young. It wasn’t just about saving sex for marriage or even saving my first kiss; it was about saving my heart. The people who spoke into my life, the purity books I read, and God’s quiet whispers all reinforced the idea that I was a treasure and that my heart was precious and worth fighting for.

That truth took root and guided so many of my choices in the romance department. I continued to ask myself, “When I meet the man of my dreams, in what condition will he find my heart?” It’s been years since that Sweet 16 party, and I still believe my first kiss will be the sweetest ever. The best part is knowing that I will look into the eyes of the man I love on my wedding day and tell him, “I saved my whole heart for you.”

Angela

AGE 30 OKLAHOMA, USA



Psychologists say that 95–97% of the people in the world do NOT have written goals and fail. While 3–5% have written goals and succeed.

Source: www.busywomenfitness.com



Interact

Do you believe God designed your desire for sex and intimate relationship? Do you believe that He says “yes” to this desire?

Do you believe that He wants to teach you and help you as you manage this desire? Think about it and be as honest with yourself as you can!

Write down 3 rules you have learned about sex from your parents, peers or teachers:

- 1)
- 2)
- 3)

How many of these are “no” or “don’t” rules?

What are you saying “yes” to that explains these negatives? (If you don’t know, don’t worry. That is why you are going through this training manual!)

Character Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I want to understand both what I am saying “yes” to and what I am saying “no” to when I make a choice, and I want my choices to be consistent with my values and goals.	1	2	3	4	5
I often set short-term goals for myself and am pretty good about reaching them.	1	2	3	4	5
If I don’t reach a goal I have set, I don’t beat myself up. I just try again.	1	2	3	4	5
I know the kind of person I want to be. When I act beneath my identity, I apologize, make it right, and get back on track.	1	2	3	4	5
I have relationships I care about deeply and fight to protect.	1	2	3	4	5
I am fighting to become a woman who can pursue and protect the heart of the man of my dreams.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Set up a reminder system for yourself today. It could be a timer or alarm on your phone, or a good, old-fashioned piece of string tied around your finger. Use the reminder to ask yourself why you are doing whatever you happen to be doing at the moment. Ask, “What am I saying ‘yes’ to right now, and why? What am I saying ‘no’ to, and why?” The more you know the reasons for your choices, the more proactive you can be about them.

Talk to God

Have a conversation with God today about the desire He gave you for sex and relationship.

Thank Him for these gifts, and invite Him to teach you how to manage this desire.



"Your virginity is a treasure hidden in the vault of your life, protected by the helmet of your virtues, values and principles." (page 47)

DAILY TRUTH

Why Virginity Is A Treasure

What is so special about something that so many people see as a simple 'lack of experience'?

Virginity is not a lack. Virginity is one season of learning to carry a gift that God has given to every human being, the powerful gift of your sexuality. Our society devalues virginity because it devalues sex. We devalue anything God created when we refuse to treat it according to His design. God created sex to be powerful. It creates life, physical pleasure, and an incredible bond with another human being. If we deny this power, deny its consequences, or try to manipulate it into doing things it wasn't made to do, then it doesn't stop being powerful. It just does damage instead

of doing good. God made you a virgin because He wanted to give you the chance to discover His design for your sexuality and the choice to express it within the boundaries of that design.

The goal is not just being able to say "I've never had sex," on your wedding night. It's about being able to say, "I have chosen to express my sexuality with you in the way God designed, the way that honors and protects the power of sex."

Virginity is not a lack.



Summary

*"With great power comes great responsibility."
—Ben Parker to his nephew Spiderman*



SOUND WISDOM

Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.

1 Corinthians 6:19–20 MSG

Jesus knows how to handle God-given power. He not only used His power to heal people, He used it to manage His body, including His sex drive. (Yes, Jesus had one too!) If you take a look into His story, you will learn not only how to handle yourself, but more importantly, how to thrive in a world that's raging against all virtues! God wants you to wrap your brain around the idea that your body is not your own. It's holy, set apart, and designed to show the world who's your Daddy! Jesus revealed that your body is actually God's palace. When people walk by your "house" and look in the windows, so to speak, they ought to be able to say, "Wow, God's home." Your body and your sex drive are beautiful and powerful. For His sake and yours, keep it that way.

Real Story

I was exposed to sexuality at a very young age—molested at nine, exposed to pornography at eleven, gave my virginity away at thirteen, and was raped at the age of fourteen. Given these experiences, it would be fair to say that my view and ideas of sex were tarnished in the most impressionable stages of life. My worth became defined by engaging in sexual activity. I wanted to believe I was seen as beautiful, powerful, and worthy of the “love” I was experiencing through sex, but in reality, the “pursuit of love” was an anesthetic to numb the pain of a wounded and screaming heart. My deep heart’s cry was, “I’m hurting and I’m broken. Can someone please rescue me and love me in purity and truth?” In hindsight, even as a Christian I always knew that God’s true love existed, but the need I had was much more powerful than the revelation of His love and acceptance. The cycle continued as I made conscious decisions to violate my heart in order to feed the hunger of my soul.

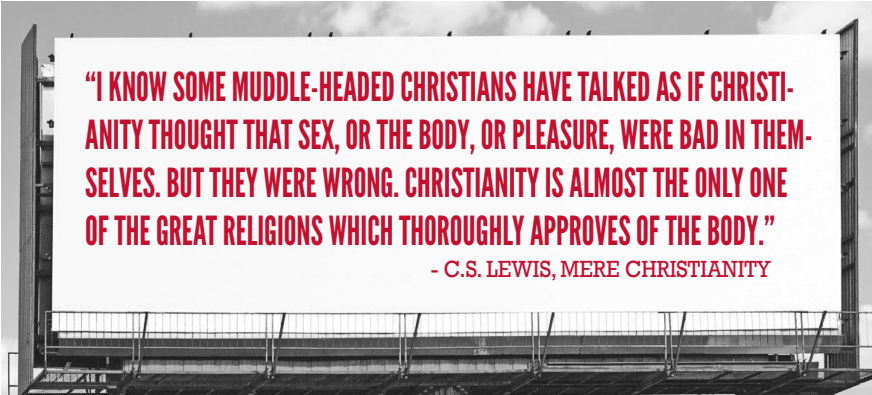
The change began when God asked me to trace my life back to where everything began. He gave me grace to look at my past, own my story, and walk into the freedom of my future. Although scary, I got brave and started to develop relationships with healthy men and

leaders. These healthy men have restored my view of men, taught me how to trust, and shown me that there are men in the world who have the capacity to create a safe place—men who will love, cherish, and protect the woman that I am. They have affirmed the truth that I am a treasure.

I have forgiven myself of the past, understanding that my past doesn’t define me, but has refined me for my future. I live in a new expectation that I will one day experience sex the way God intended. Knowing that I will be commissioned to engage in one of the most beautiful acts of worship is astounding to me. I know that someday I will experience intimacy like never before, and will be fully known and continuously discovered by a man who will love me in sickness and in health, a man who will lay down his life for me like Jesus, and will love and cherish me all the days of my life in purity and freedom, not in guilt, soul ties, and shame. Sex will be beautiful and will be well worth waiting for with the right man.

Cherlene

AGE 32 **ENGLAND**



Most teens (65% of girls and 57% of boys) who have had sex say they wish they had waited.

Source: "With One Voice," The National Campaign, 2010. http://www.thenationalcampaign.org/resources/pdf/pubs/wov_2010.pdf. Accessed April 30, 2012.



Interact

What has your attitude been toward your virginity?

Do you believe that He says "yes" to this desire?

Do you think of it as a powerful treasure? Why or why not?

Have you ever thought of your body as God's house?

Write down 3 things you could change in the way you think about or treat your body in order to truly treat it like His holy home.

1)

2)

3)

Body Attitude Test

STRONGLY DISAGREE

MOSTLY DISAGREE

AGREE SOMEWHAT

MOSTLY AGREE

STRONGLY AGREE

I love my body. It is a very valuable gift from God.	1	2	3	4	5
My body's capacity for sex is a powerful thing, and I can either use it constructively or destructively.	1	2	3	4	5
There are things I don't do with or to my body because I consider my body holy.	1	2	3	4	5
It is my job to manage my physical appetites, including my sex drive.	1	2	3	4	5
God won't control my sex drive for me, but He will help me learn how to control it.	1	2	3	4	5
I want God to be pleased with the way I take care of our "house."	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Pick one thing from the list you wrote that you can do today to treat your body like God's house.

Talk to God

Thank God for your body today. Tell Him everything you like about it.

Tell Him what you like about your sexuality. Ask Him what He thinks about it and how He wants you to treat it.



"For most of us, keeping our purity is not merely a matter of exercising self-control over our sex drives. The world we live in is a minefield just daring us to try and scale the hill of holiness. We are surrounded on all sides by aggressive messages designed to get us to confuse love for lust, and we're surrounded by a bunch of people who have bought into these lies." (page 51)

DAILY TRUTH

The Battle Between Love and Lust

There's a true story of a man who died and joined a line of people waiting to pass through the gates of heaven. He overheard each person ahead of him being asked one simple question before they were allowed to enter Paradise: "Did you learn to love?" Some people answered with a joyous "Yes!" Others had to admit they never learned that lesson very well.

When it was the man's turn to answer the question, he heard, "It's not your time to come in yet. You have to go back and remind the world that this is the question they will have to answer."

If protecting your purity is the battle, then learning to love is the war—the whole purpose of your time on earth. In both cases, victory will be impossible unless you understand what love is in the first place. The

world stamps "love" on all kinds of things—feelings, actions, desires, preferences—which creates a ton of confusion, especially in the realm of sex and relationships. A good rule to remember is this: Love is giving yourself to benefit another person. Lust cares only about personal gratification while it drains the life out of the world around it.

As Paul the apostle pointed out, it is possible to do a lot of good things that appear totally unselfish and sacrificial, like giving to the poor, and still not have love (see 1 Cor. 13:3)! In the same way, sex and love are easy to confuse because sex is a good thing. When you're "in love" with someone it can feel like the most obvious way you both want to love each other. But it is not always the best thing. Love is a choice, and love always chooses the best.



Summary

*Love is giving yourself to benefit another person.
Lust cares only about personal gratification.*



SOUND WISDOM

Love never gives up. Love cares more for others than for self. Love...doesn't force itself on others, Isn't always "me first," Doesn't fly off the handle, Doesn't keep score of the sins of others... [It] puts up with anything... Always looks for the best, Never looks back, But keeps going to the end.

1 Corinthians 13: 4–7 MSG

This is how God loves you. He always looks for the best for you. He cares more for you than He does for Himself. That may sound hard to believe, but it's true. And the first lesson of learning to love is learning to receive His love for you. The more you receive and experience His love for you, the more you will know real love and be able to spot counterfeit love in an instant. The main reason so many people around you (and maybe you too) have bought into all the fakes is that they have never experienced real love in the first place.

A non-negotiable element of any battle plan for purity is to have frequent encounters with God's love. Set aside some time to just hang out with Jesus so that you can encounter Him any way He wants you to.

Real Story

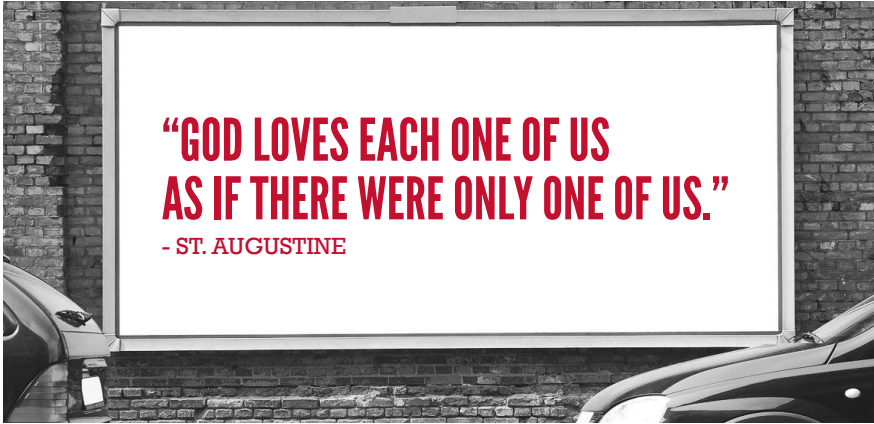
I cried my last tear over a failed relationship on Easter Sunday, 2004. That relationship had led me down a road of sin, sadness, and a self-proclaimed chasm between God and myself. The road lasted for four long years. I call them my “wilderness” period. Just a week or so after that Sunday, God led me to Isaiah 40:1–2. It reads, “‘Comfort, comfort my people,’ says your God. ‘Speak tenderly to Jerusalem. Tell her that her sad days are gone and her sins are pardoned.’” (NLT). I cannot begin to express just what this verse meant to me. It was as if it had been written just for me thousands of years ago.

Enter my husband. One night, as it was getting closer to our wedding day, my husband made a comment about being glad we were both virgins. While I had never shied away from my past, I also hadn’t come right out and said I wasn’t a virgin either. I was sick to my stomach as I knew I had to tell him that he wasn’t marrying who he thought he was marrying. With tears in my eyes I told him I wasn’t a virgin. He looked right at me and said that I was a virgin. He said, “Remember when I told you that Isaiah is my favorite book in the Bible? It’s my favorite because the people were so rebellious but God forgave them and made them new, clean, white as snow. That’s how I see you and how God sees you.”

God used my future husband that day to share an important truth with me. The love of my Father far exceeds the sins of my past, present, and future. His love is big. His love is forgiving. His love is real. His love is for you.

Eva

AGE 30 **FLORIDA, USA**



Teens overwhelmingly value virginity and waiting, regardless of their personal decision. More than nine in 10 agree that being a virgin is a “good thing.”

Source: “Virginity and the First Time,” Henry J. Kaiser Foundation. (<http://www.kff.org/entpartnerships/upload/virginity-and-the-first-time-summary-of-findings.pdf>). Accessed April 26, 2012.



Interact

Describe one example of what the world calls “love” that doesn’t line up with the description of God’s love in 1 Corinthians 13.

Write down 3 different ways you have experienced God’s love.

1)

2)

3)

Love Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I know God loves me, because I experience it as a reality, not just as an idea or truth in the Bible.	1	2	3	4	5
God knows me and likes me, even though I am not perfect and am still learning to love.	1	2	3	4	5
God is passionate in His pursuit of my heart.	1	2	3	4	5
I trust God's love and know that He will never give up on me.	1	2	3	4	5
God enjoys hanging out with me and wants me to be myself.	1	2	3	4	5
I can talk to God about anything.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Memory Challenge! Copy this verse on a 3x5 card and either take it with you or post it somewhere you'll see it often. Try to memorize it: The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. (Zephaniah 3:17 NIV)

Talk to God

Invite the Lord to encounter you with His love today... love that will ROCK YOU!



“Sometimes before you can beat the Goliaths of your life, you have to take on your brothers (see 1 Sam. 17:1–58).” (page 53)

DAILY TRUTH

Peer Pressure: Taking on Your Brothers

For most people, being caught between an insecure bully on one side and a bunch of skeptical, jealous, critical friends on the other is the ultimate social nightmare. It's a rare person who can stand up to both and do what needs to be done. David not only did it; he did it with so much style that everyone else in Israel looked lame. How did he do it?

First of all, David never ran with the crowd. He hung out in the fields worshiping God and protecting his father's sheep (a vulnerable and valuable asset, much like your purity) from ravaging wolves, lions, and bears. He conquered his insecurity with God in private long before he had a face off with his insecure peers.

Don't worry, being courageous doesn't mean that you don't have fear. It means that you don't let fear tell you what to do! It also doesn't mean being a loner. Winning the battle for your purity requires the support of a strong community that calls you to a high standard.

But if you want positive peer pressure in your life, it's important to realize that it's created best by people like David who can think for themselves, know who they are in God, and do what is right, whether anyone else is doing it or not.

David never ran with the crowd.



Summary

*David was best friends with the God of the impossible.
The insecurity of others couldn't shake his security in God.*



SOUND WISDOM

I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. (Psalm 34:4–5 NIV)

There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love. (1 John 4:18 MSG)

Most people try to use things like anger, control, and apathy to overcome their fears. But there is only one true antidote to fear—love. Only God's perfect love can free you forever from your insecurities, and the good news is that all you have to do is receive it. David simply "sought the Lord," and the Lord removed all his fears. Wow! Can you imagine what it must feel like to have someone say something that totally wipes out your fear? Well, you don't have to just imagine. If God did it for David, He can and will do it for you.

Casting your cares on the Lord is not a one-time deal; it needs to be a lifestyle—a growing skill of recognizing what and why you're afraid, confessing it to the Lord, and letting His love and truth align your heart with His reality.

Real Story

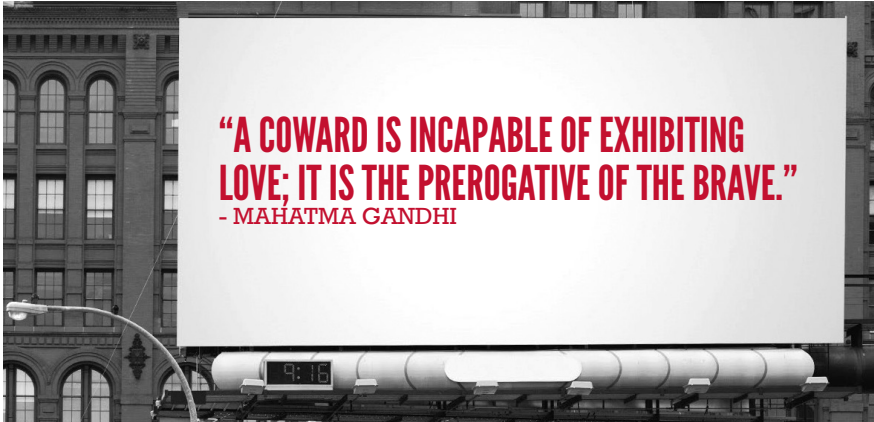
Throughout my life I have had many moments to give in to peer pressure. It wasn't just in the area of purity but in all areas of character and moral choices. Some would say I was a "goody-goody," others questioned my sexuality, and at times I even lost friends. There were moments these comments would deter me and cause me to ask, "What am I really standing for? God, what is this battle all about? Why am I doing this when it seems like I'm the only one?"

When it came to my purity, I knew who I was and what I was called to. I knew the heart of God, which made it easy for me to say no and

not give in. When I chose to say no to peer pressure, I knew I was saying yes to Him, and that is what I wanted more than anything. Like David, I sought after the Lord in my personal time with Him and it was His nudging and love that got me through those moments. Each time I said "no," it re-established in me who I was, which made it easier the next time I was faced with the decision to stand or to give in.

Ratie

AGE 24 CANADA



More than 20% of teens say that "pressure from friends" is a reason they send sexually suggestive messages and images.

Source: http://www.thenationalcampaign.org/sextech/PDF/5_Things.pdf



Interact

We all deal with fear and insecurity. The real question is, how aware are you of what you fear and how you are dealing with it? Write down three areas where you deal with fear or insecurity.

1)

2)

3)

What are three things you do when you feel afraid?

1)

2)

3)

Peer Pressure Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
When I feel stressed, I can usually identify the cause of the stress.	1	2	3	4	5
It's important for me to know how to face and manage my fears so I can be true to myself and to God.	1	2	3	4	5
I make sure that my close friends are people who won't pressure me to do things that conflict with my commitment to God.	1	2	3	4	5
I care about what people think of me, but I care more what God thinks of me.	1	2	3	4	5
I often confess my fears to God.	1	2	3	4	5
I want to be a woman of courage who consistently overcomes my fears and does the right thing.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Pick one area of insecurity you struggle with—it could be feeling beautiful, speaking your mind, trying out for a play, or doing a pull-up in gym class. Challenge yourself to do one thing, no matter how small, to face your fear and do it anyway.

Talk to God

Follow David's advice and have a conversation with God today about insecurity.

Expect His answer, which can't help but express perfect love, to be exactly what you need to hear.



August 22

Got up late and ran halfway to school...stressed me out. I hate mornings. First day of high school sort of freaked me out...**WHATEVER**...at least I wasn't the only one stressed out!

Something crazy happened today...I was crossing the road when this ring caught my eye. For whatever reason, I stopped to check it out and everything went mental on me...it was like I saw into the future, but not a pic of me. I saw a vision of some woman. I guess this is what happens when puberty kicks in! (xx)



“...the billion-dollar question is: Who do you think you are? Our behavior flows from the vision that we have for ourselves. Once we decide who we are, then we will naturally work out our actions, attitudes, and behaviors to manifest our person.” (page 63)

DAILY TRUTH

Vision: Finding the One... Or Becoming the One

It's really fun to imagine being swept off your feet by a handsome prince. But it's not a good idea to spend more time thinking about something that's out of your control—meeting the love of your life—than you think about and take responsibility for what is in your control—becoming the woman of character who your dream guy will respect and cherish, a woman who is capable of being loved and loving well for the long haul. As you wait for “the one” to ride up on his white horse, focus your energy on becoming “the one.”

We all need heroes and heroines, because we need to see the beauty of character on display in order to gain a vision for who we want to become. We need women

like Esther and Abigail to show us that women can walk in beauty as well as passion, purity, and character. If you don't have heroines and role models putting the beauty of a godly woman on display around you, you need to find them.

You also need to pursue a greater vision of God, the author and source of true beauty. The more you become like Him, the more beautiful you become.

Focus your energy on becoming “the one.”



Summary

*The best beauty plan is to cultivate an attraction to who God is.
The best vision plan is to look like Him.*



SOUND WISDOM

Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised. (Prov. 31:30 NIV)

What matters is not your outer appearance—the styling of your hair, the jewelry you wear, the cut of your clothes—but your inner disposition. Cultivate inner beauty, the gentle, gracious kind that God delights in. (1 Pet. 3:3–4 MSG)

Inner beauty isn't exactly popular these days. The world is aggressively selling a personal vision that is all about visual and the external—especially to girls. In our sexual culture, a woman's body and appearance are a huge measure of her worth.

Your Heavenly Father wants to give you His vision for you to grow in beauty in every area of life, not just the physical. The reason He instructs you to cultivate inner beauty is that life flows from the heart. If your heart never receives His vision of your beauty, you can work all you want on your physical appearance, but you will never see the truth of what He sees. But if you really have inner beauty, it can't help but show up on the outside. Pursuing God's vision for your beauty is an essential part of becoming “the one.”

Real Story

Knowing my beauty and value in the Father's eyes has been a beautiful journey. It begins and ends with knowing that I am His beloved daughter—His precious princess. Really, this knowledge has been a gift from Him. I asked God to help me see the way that He sees, to give me a heart for Him, and to expand my capacity to love. He has done this and so much more. My beauty and value stand in the fact that He loves me just the way that I am and not the way that I should be. There is nothing that I can do to make Him love me less and there is nothing that I can do to make Him love me more. Now that is assurance of heart.

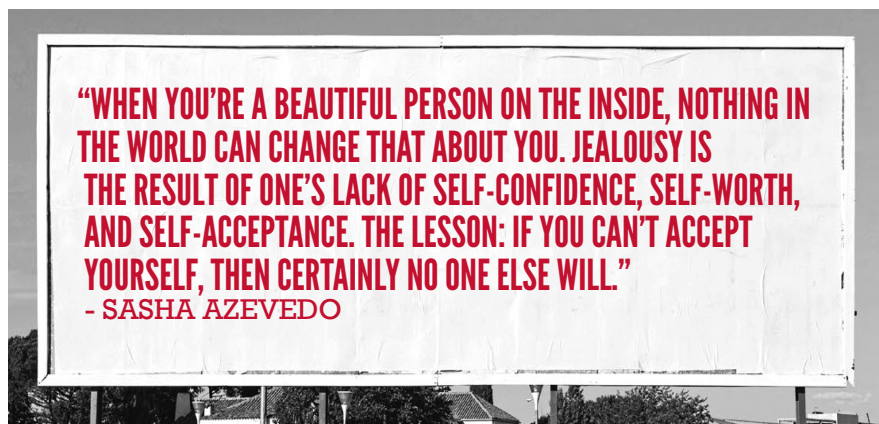
As a child who longed to please the heart of her father (and those around her), I struggled with truly believing this. Growing up, I struggled to believe that I was beautiful. I had a lot of insecurities. I was insecure in my friendships and my identity. I was choosing to believe the lies: "Oh, they don't really like me... I'm not good enough, etc...." Throughout all of my childhood, though, God kept me. He chose me. Today I know that I am His. I know that I am beautiful. Somewhere along the line, there was a transformation. I know that it began with

saying, "Yes, God. Have your way in me."

This transformation came as I chose to sit in my room crying out for God to see every part of me, for Him to search me and know me. It came as I chose to laugh at the lies and work on communication in my life. It came as I chose to believe what He says and to say yes to Him. Mostly, it came as I turned my affection towards Him and chose to look at Him, trusting that He would tell me if there was something that I needed to work on in my life. We become what we behold. When I look at Him, I become like Him. I have set my heart on knowing Him and becoming one with Him. I want to move His heart. I know that I cannot do this without Him and have discovered that it is a daily journey. He is so faithful. My job is to believe and say yes. Beauty comes as we learn to sit at the feet of Jesus and bring Him everything that we are, trusting that He is good and faithful to complete that which He began in us.

Chelsea

AGE 25 WASHINGTON, USA



According to a survey of adults aged 20 to 59, women have an average of four sex partners during their lifetime; men have an average of seven.

Source: http://www.cdc.gov/nchs/nsfg/abc_list_n.htm#numberlifetime



Interact

List three women—real or fictional—who express godly beauty, and describe how they express it:

1)

2)

3)

How can you follow the example set by these women?

Vision Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I am beautiful, inside and out.	1	2	3	4	5
God says I am beautiful, and I believe Him.	1	2	3	4	5
True beauty flows from my character.	1	2	3	4	5
It's important for me to be a woman of character if I hope to attract a man of character.	1	2	3	4	5
My value is not determined by society's assessment of my physical beauty, but by my eternal value as a daughter of the King.	1	2	3	4	5
My personal vision is shaped by my desire to become my true self by becoming like Jesus.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Media Challenge! What media is influencing your “beauty vision” and what fruit is it producing in your life? A regular diet of fashion and celebrity gossip magazines can quickly get you prioritizing a fantasy of unattainable external beauty above real beauty. (Remember, these magazines are primarily marketing for the beauty industry—they are designed to make you dissatisfied with yourself so you will go out and spend money on the latest diets and beauty products!) Challenge yourself to take a break from this media today and start looking for the real beauty in yourself and the women around you.

Talk to God

Ask God to reveal His beauty, and His vision of your beauty, to you.



"Virtues help us to live from the inside out instead of from the outside in. No longer do I live by other people's rules. Instead, I live by values that guide my attitudes, which, in turn, determine my choices. Choices dictate my behavior. My behaviors become manifestations of my personhood, and my personhood leads me into my destiny." (page 66)

DAILY TRUTH

Virtues, Part 1: Laying Out Your Boundaries

Jesus lived from the inside out. He said, "...I freely lay down my life. And so I am free to take it up again. No one takes it from me. I lay it down of my own free will" (John 10:17–18 MSG). He was in full command of His choices. Life was not happening to Him; He was happening to life!

Jesus often pointed out that His choices were fully aligned with whatever His Father was doing and saying. This central relationship with His Dad defined the boundaries of His choices from day to day, moment to moment. Though constantly confronted by many things—the needs of people, pressure from His disciples, opposition from the enemy and religious leaders, and even His own needs and desires—that

could have led Him to act apart from relationship with His Father, He never gave in to them. He was able to say "no" to everything that His Father was not asking Him to do, even things that looked good, holy, and important.

Jesus set the example for you. Your primary responsibility is to align your virtues with His and walk in close relationship and partnership with Him, doing and saying what He is doing and saying. The beautiful thing is that the boundaries of your relationship with Him will make you free and powerful. He is a free and powerful God, and when you join Him in what He is doing, you can't help but become free and powerful like Him.



Summary

Align your virtues with what Jesus is doing and saying, and you will receive His power to live within the boundaries created by those virtues.



SOUND WISDOM

Now that we know what we have—Jesus, this great High Priest with ready access to God—let's not let it slip through our fingers.

We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all—except the sin. So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help.

Heb. 4:14–16 MSG

The center of any plan to align your virtues, choices, and boundaries with Jesus must be spending regular, frequent time with Him. These encounters and conversations build your connection with God, which is the true source of your power to live within His boundaries for your life. God doesn't want your boundaries to be motivated by fear of breaking the rules, but by your desire to protect and deepen your heart-to-heart connection with Him.

As you set boundaries to prioritize your relationship with God, remember that they will be tested. And you need this testing in order to grow strong and skillful in keeping those boundaries. Always remember in every test that Jesus has been there before you, knows exactly what you're going through, and has strength, encouragement, and comfort to offer you. He invites you to come boldly to Him and ask for help in any and every situation.

Real Story

Relationships have aided in the development of my virtues and helped me to better understand the importance of boundaries. One particularly helpful interaction with an acquaintance of mine heightened my value for communicating boundaries in order to protect and value the hearts of those with whom I share relationship.

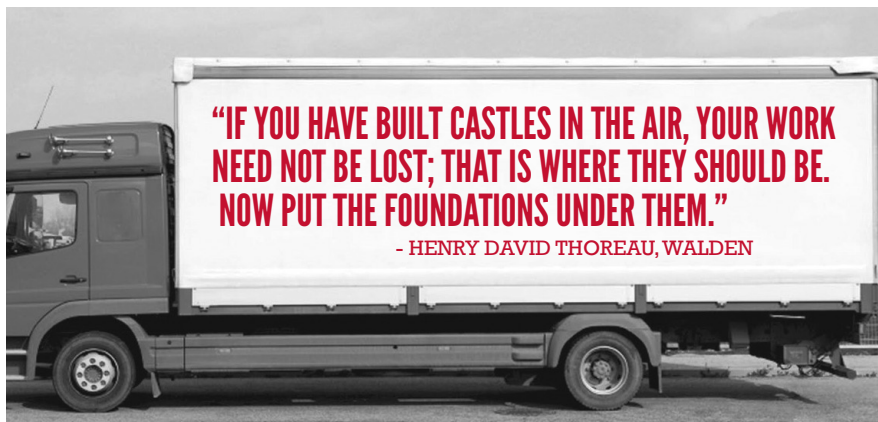
Joe and I bumped into each other at Starbucks quite often and in one conversation I mentioned my frustration with “unintentional” guys. I told him of my recent bout with a male friend who had labeled himself a brother in relationship to me, only to later propose that we date and make changes to our Facebook statuses. I expressed my disappointment in my friend’s change in heart because I wanted a brother figure in my life.

After I finished, Joe responded to my crushed hope by saying, “I am sorry to hear that. I hope you find that someday, but I can not be that for you.” In a moment, Joe had drawn a boundary for himself in relationship to me and expressed that he was interested in being more than friends. I had to decide what to do. I did not reciprocate that desire, so I decided that my

interactions with him should be limited to brief hellos. Valuing someone’s heart is important to me and I won’t pursue non-exclusive relationships where my heart can become entangled. My value for someone’s heart is more important than having a close friend with no boundaries.

Christina

AGE 25 MICHIGAN, USA



1 in 2 teens who have been in a serious relationship say they've gone against their beliefs in order to please their partner.

Source: http://loveisnotabuse.com/c/document_library/get_file?p_l_id=45693&folderId=72612&name=DLFE-205.pdf



Interact

Read these words of Jesus that specifically address boundaries for sex.

Then write one or two sentences expressing personal virtues that are based on His words:

1. "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5:28 NIV).
2. "But I tell you that anyone who divorces his wife, except for marital unfaithfulness, causes her to become an adulteress, and anyone who marries the divorced woman commits adultery" (Matthew 5:32 NIV).
3. "Haven't you read in your Bible that the Creator originally made man and woman for each other, male and female? And because of this, a man leaves father and mother and is firmly bonded to his wife, becoming one flesh—no longer two bodies but one. Because God created this organic union of the two sexes, no one should desecrate his art by cutting them apart" (Matthew 19:4–6 MSG).

Virtues Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Living out of virtues should not be rules-driven, but relationship-driven.	1	2	3	4	5
I set boundaries to protect my relationships, especially my relationship with God.	1	2	3	4	5
I want to live from the inside out and take responsibility for all my choices.	1	2	3	4	5
I want to be a person who refuses to give up my virtues, even when I fall short of them.	1	2	3	4	5
I want my values and priorities to line up with the values and priorities of Jesus.	1	2	3	4	5
I am committed to knowing Christ and learning to live like Him as we walk in relationship together.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Spend some time reading the Sermon on the Mount (Matthew 5–7) and write out three more personal virtues based on the words of Christ.

Talk to God

Talk to Jesus about the standard He set for you in His words and actions.

Ask Him to lead you and help you in pursuing that standard.

Ask Him for His wisdom in how to apply His words to the circumstances of your life.

Ask Him for the courage to get back up if you stumble.

Ask Him to lead you into a lifestyle completely defined by your trust in His words and by friendship with Him.



"Free people can handle liberty because they have developed character through exercising the restraint dictated by their virtues. They are not the slaves of their physical desires; rather, they train their bodies to behave in order to fulfill the higher desires created by their own virtues." (page 64)

DAILY TRUTH

Virtues, Part 2: Living in Freedom

God gave you a sex drive, and it's your job to manage it. Underlying this message is a key truth: God wants you — not your parents or your friends or even Himself — to manage your sex drive (and your whole life) because He wants you to be free. God could have programmed us to serve Him, but He couldn't force us to love Him. The very nature of love is that it requires us to be free to choose. Otherwise our relationship with God (and people) would resemble an arranged marriage where we have no choice in who we marry.

Love requires freedom and freedom is the power to manage yourself! That is why masters of piano, ballet or sports make what they do seem so effortless -- so free. Through constant and ever-refining practice they

have developed the strength and the skill to control their bodies.

Becoming masterful in any advanced skill — particularly the skill of managing your appetites (including your sex drive) — is a learning journey. You will have good days and hard days, days of victory and breakthrough, and days of just getting up and doing what you need to do to stay "in shape." You will need the support of the Holy Spirit to coach you as well as people you can trust, like spiritual fathers, mothers, youth pastors and friends. But the most important thing you need to remember is to never quit and keep your eye on love's prize!

God wants you to be free.



Summary

The goal of living in the boundaries set by Christ's words and example is to develop increasing levels of freedom—freedom to love.



SOUND WISDOM

It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom.

Galatians 5:13–14 MSG

Your relational boundaries should be driven by God's command to love others as you love yourself. Because freedom is the core of love, this means honoring your own freedom and the freedom of others. It means refusing to let others control you and refusing to control others. Doing this can be tough in a society filled with a lot of people who refuse to control themselves. But no matter what anyone else does, you always have the power and responsibility to choose your responses.

The main thing to remember as you learn to walk in increasing levels of freedom is that love is the whole purpose for freedom. As soon as you start using your freedom without love, you'll end up in slavery. Obviously, this means that freedom is not rebellion.

Real Story

I grew up in the Southern part of the U.S., where sweet tea flows and there is a church on every corner. I was raised in a Christian home and accepted Christ at 8 years old. I went to church three times a week, memorized Bible verses in Awana, water-skied at summer camp, and participated in the youth choir. What can I say? I was a good girl and I followed the rules because obedience and performance equaled acceptance in my tiny world of school, work, and church.

At 18, I became frustrated with church. I remember thinking, as I transitioned from Youth to Young Adult Ministry, that I didn't want to do this anymore. I was tired—literally tired—of being at church all the time. I knew there was more to being a Christian than following rules and “working” all the time...there had to be!

I went to process my feelings with my pastor. I remember him asking, “Tiff, do you know what it means to be in Christ? To be led by His Spirit? To be free in your identity in Christ because you are His?” My answer at 19 years old was no to all of these questions. I had no idea what he

was asking or where he was going, but free was definitely not how I would describe how I was feeling or what was moving me forward.

A few months later, my pastor prompted me to attend a Grace Life conference. This conference changed my life and set me on a completely different path. On this path, no longer was I bound by rules. No longer did my performance tell me how valuable I was in God's eyes or how close I was to His heart. He loved me just because I was His! I had been put into Christ and His Spirit was alive in me, which made me free and powerful on the inside. It was like getting saved all over again!

Now, 12 years later, I wouldn't trade my freedom in Him for anything. I get to do life with the Spirit of the Lord in me every day, and I'm here to tell you there isn't any other way I'd rather live.

Tiffany

AGE 31 FLORIDA, USA



Nearly 1 in 4 girls who have been in a relationship (23%) reported going further sexually than they wanted as a result of pressure.

Source: http://loveisnotabuse.com/c/document_library/get_file?p_l_id=45693&folderId=72612&name=DLFE-205.pdf



Interact

Give an example of how using your freedom in a non-loving way ends up destroying your freedom.

Why is choosing to love others as you love yourself an act of true freedom?

Would you say that freedom—controlling yourselves and not controlling one another—is a shared value in your closest relationships? Why or why not?

Freedom Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Managing my choices within the boundaries created by my virtues is necessary for me to grow in freedom.	1	2	3	4	5
God wants me to be completely free so I can love Him, myself, and others like He does.	1	2	3	4	5
Withholding love will undermine my freedom.	1	2	3	4	5
No matter what anyone else does to me, I am still free to choose whether or not my response will be loving.	1	2	3	4	5
Like ballet and playing the piano, loving others is a set of skills that I must grow in through consistent, focused practice.	1	2	3	4	5
It is not my job to control the choices of people around me.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Choose three things you can do today to exercise freedom—one thing to show your love for God, one thing to show your love for others, and one thing to show love to yourself.

Talk to God

Ask God to show you how much He cares about freedom and to help you understand His purposes for giving us free will.

Ask Jesus to show you how He always used His freedom to love, and to lead you into that freedom in your own life and relationships.



"If you want to be admired and respected for who you are as a person, then you need to present your physical body in a way that sends that message." (page 69)

DAILY TRUTH

Who Do You Want to Attract?

As the booming fashion, beauty, and weight-loss industries today indicate, there are a lot of girls spending a ton of time, energy, and money working on their appearance. Sadly, most of them are driven by a deep need that can never be satisfied, because in their heart of hearts they don't believe they are beautiful or worth pursuing. Instead of celebrating and developing their body, heart, mind and talents that God gave them, they are trying to change something they believe is flawed and of little value.

The command to love others as you love yourself is a vital boundary for your heart as a woman. If you don't love yourself, you won't love other people well.

A woman who uses her body to attract the attention and affirmation of a man is not loving him; she is manipulating him in order to get her needs met. A woman who wants to love a man well needs to be confident in the value of all that she is and has to offer in a relationship.

When guys are asked what makes a woman attractive, one of the top qualities on their list is always confidence. A woman who confidently loves herself and loves others doesn't have to try to be attractive. She just is.

A woman who loves herself is attractive.



Summary

If you want to attract a man who will love you as he loves himself, learn to love yourself.



SOUND WISDOM

A good woman is hard to find, and worth far more than diamonds. Her husband trusts her without reserve, and never has reason to regret it. Never spiteful, she treats him generously all her life long... She senses the worth of her work...

When she speaks she has something worthwhile to say, and she always says it kindly.

Proverbs 31:10–11, 18, 26 MSG

Proverbs 31 has been called just another unrealistic, old-fashioned, impossible standard for women. But if you really look closely, this picture of a "good woman" is what a woman truly looks like when she knows she is loved and appreciated. She is free to passionately pursue the things she loves to do and does well.

It's really smart to make the decision to learn how to live like a well-loved woman right now, by embracing Christ's love for you as your standard. Find out how He loves you, receive His love, and determine never to act in any way below the standard of His love. Run after every dream and desire He has put in your heart with passion and hope. Remember, you don't have to do anything to qualify for Jesus' love and affection, and there is nothing you can do that will disqualify you from His love.

Real Story

Self-esteem is something I struggled with for a very, very long time. I was 14 when I was diagnosed with an eating disorder. With constant thoughts of my weight and the body I hated, I felt myself losing more and more control. I looked in the mirror and saw something far from beautiful and often wished I was someone else. I would compare myself to others all the time and would find I never measured up. All I could see when I looked in the mirror was imperfection and shame. How could anyone really think I was beautiful or desirable, and ultimately, how could anyone really love me? I wore a mask of confidence, and looked like I had it all together. I was always very involved in my church, youth group, drama club, sports team, running team—you name it, I did it! Yet inside, I was dying. I felt so sad, and so alone. I never felt good enough.

But God never left me. Even when the closest people to me turned their backs on me because of my struggle, He never did. It was the Lord, my Father, who would gently whisper words of truth in my ear, even when I did not always listen. God didn't see me as a frail, insecure

girl who had an eating disorder. He saw me as His daughter, who He made in His very own image—a woman who was worth His Son's life. The enemy knew the power of a daughter of God who knows who she is as a beautiful woman on the inside and the out. So he lied to me for many years and tried to keep me stuck in a vicious cycle of comparison and shame. He knew that at the very core of my being, there is beauty.

God showed me His mirror, and in it was a true reflection of me, His prized possession. It was the reflection of this mirror that allowed me to be ME! It was the truth of what my Father God says about me that broke the lies I had believed for so long. He replaced the labels that I wore with what He said I was—beautiful, truly beautiful. As a woman, I carry a piece of the beauty of God that goes far beyond the jeans size I wear or the color of my hair. It is this reflection that set me free.

Kelsie

AGE 20 CANADA



Studies show that happiness is contagious and that potential dates find it hard to walk away from happy people. One of the biggest turn-offs during a date is negativity.

Source: Spindel, Janis. How to Date Men: Dating Secrets from America's Top Matchmaker. (New York, NY: Penguin Group, 2007). As quoted on <http://facts.randomhistory.com/dating-and-relation-ship-facts.html>. Accessed April 27, 2012.



Interact

What makes you feel confident as a woman? Where do you draw your strength from?
Do you struggle with being critical of your faults? If so, what is the fruit of this criticism in your life?
What are three things you would do differently if you truly loved yourself as Jesus loves you?

1.

2.

3.

Confidence Test

STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

I am a woman of value, and I have strength to offer to a relationship.
I refuse to let men define my value, either positively or negatively, in any way that disagrees with Jesus’ definition of my value.
I treat myself and others with a high level of respect.
I like myself, flaws and all!
I believe I can live like a well-loved woman now if I receive Jesus’ love for me and love myself.
Jesus likes me, flaws and all!

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

You wrote down three things you would do differently if you truly loved yourself as Jesus does. Pick one—or all three—and start doing

Talk to God

David prayed, “Search me, O God, and know my heart...” (Ps. 139:23). We get in trouble when we start comparing ourselves to others or to our own standards and making a lot of critical judgments about our flaws. It’s better to let God do the evaluating and comparisons. Invite Him to search your heart and talk with you about any areas where He wants to increase your confidence in your value and increase your ability to love yourself.



THIS IS THE ONE!!

AUGUST 23

officially the worst day EVER! Sooo, after staying up most of the night thinking about that ring, I decided to check it out today... Lets just say I think I'm losing it! For real's... One second I was looking at the ring and all of the sudden I wound up grabbing this old Sales dude by the arms... What the heck am I doing? Unbelievable... UnfreakinBelievable... I wanted to die! The worst part of it all is that it's not my fault... seriously... it's like a magic Genie jumped out of the diamond ring and talked to me! That chick makes me CRAZY! I can't tell anybody about the ring deal because they'll put me a padded room with 3 square meals a day...



"It is really impossible to control your behavior long-term unless you master your thoughts and subject them to the virtues that you have chosen to live by." (page 82–83)

DAILY TRUTH

Purity Plan, Part 1: Teaching Your Sex Drive to Think

A divided mind creates confusion and inconsistent behavior. It steals your power. In contrast, a pure mind is a powerful mind. It has strength because it does not tolerate any thoughts that compromise its foundation.

Jesus said that His words were "foundational words, words to build a life on" (Mat. 7:24 MSG). In the same talk, He clearly said that entertaining lust in your heart is the same as having sex outside of marriage. If you intend to have a pure mind then you will need to build an arsenal around the way you think! Remember, any thought that violates love will compromise your foundation and bring destruction into your life.

Building a strong thought life to prepare for marriage means thinking of yourself in some respects as a bride-to-be.

A bride-to-be exhibits extraordinary focus while preparing for her wedding and marriage. The "big day" is constantly on her mind, putting all distractions in perspective. In fact, there's usually no room for distractions because her mind is full of all the things she needs to do to be ready.

*A pure mind
is a powerful mind.*



Summary

When an "out of bounds" thought pops into your brain, you can't just "not think about it." Train yourself to think about something else.



SOUND WISDOM

Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed...he could put up with anything along the way: Cross, shame, whatever... When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

Hebrews 12:2–3 MSG

Jesus lived like a groom-to-be, because He is one. His focus and attention were constantly filled with the "joy" set before Him—first reconciling you to the Father, and then making you fit for...a wedding. Jesus' entire focus is on preparing Himself and you for a heavenly, eternal marriage, and He refuses to entertain any distractions.

It's not too early to start training yourself to think like a bride-to-be. The best defense against out-of-bounds thoughts and urges is a mind fully occupied with the true object of your heart's desire—first Jesus, and then your husband. Paul said to take your thoughts and make them submit to the knowledge of Christ. Practically, this means getting in the habit of asking yourself, "Would Christ be thinking about this guy this way?" If you don't know the answer to the question, then ask Him. He is the best "thought trainer" around.

Real Story

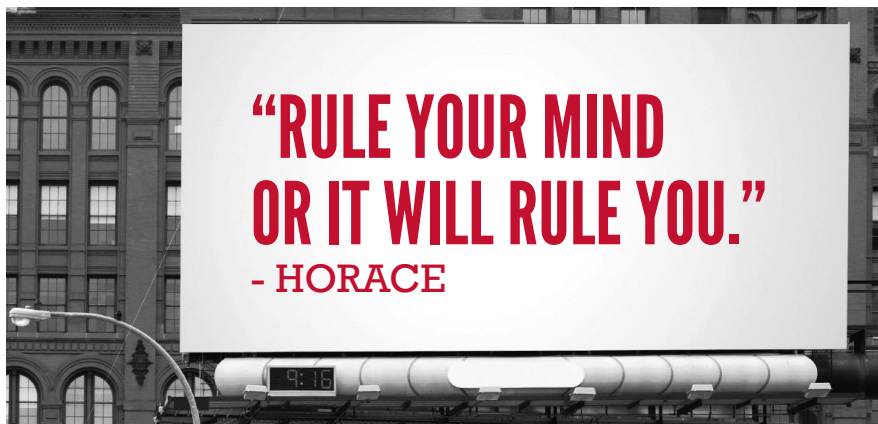
I lost my virginity at fifteen because I was insecure in who I was and I was afraid to say no. I struggled with addiction for thirteen years. In those thirteen years, I had many partners and was searching for love in all the wrong places. By age twenty-four, I found myself in a sexually abusive relationship, and my addiction had brought me near death. Then, at twenty-six, Jesus intervened in my life and completely turned it around. He healed and restored my virginity and surrounded me with loving people who became my family.

Having accountability—safe people who I could be honest with—was a huge part of the transforming process. I began to have a heart to please Jesus—I didn't want to do anything that would grieve Him. He saved me, made me new, and never held one of my past sins against me. That reality gave me a heart to want to

protect His heart, and when that is your driving motive, His Holy Spirit gives you grace to walk out purity and helps you in your weakness. His Spirit reveals what thoughts, behaviors and emotions are not from Him. When I recognized a thought that was not from Him, I immediately dismissed it. I knew the thought itself was not sin, but entertaining it would turn into action. In the beginning it seemed hard, but then it started to become a natural response, like a muscle. It takes focus and discipline to retrain your sex drive, but in the end is so worth it! God wants to satisfy our desires with good things, and He created our sex drives to be fully enjoyed in marriage.

Erin

AGE 29 CALIFORNIA, USA



Among women aged 15 to 44, average age of first sexual intercourse was 17.3 years. Their male counterparts lost their virginity at 17.0 years on average.

Source: <http://www.newstrategist.com/productde-tails/Sex.SamplePgs.pdf>



Interact

How would your thoughts about guys change if you saw them as somebody's husband?

Would you want your friends to think about your husband in the way you think about guys? Why or why not?

When you think about marriage, is it more like a wish, or is it a vision you are proactively moving toward?

What is the difference between wanting a man and wanting to marry a husband?

Do you think of yourself as a future wife? What does that mean to you?

Thought Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I am responsible to manage my thoughts and I choose what I will feed my mind.	1	2	3	4	5
I want to think about men the way Jesus does.	1	2	3	4	5
I want to get married, and I am training my thoughts to align with this desire.	1	2	3	4	5
I do not tolerate lustful thoughts about men.	1	2	3	4	5
I think about and look forward to marriage on a regular basis.	1	2	3	4	5
I am training my mind to think of and respect every man as a son of God and as someone’s husband or future husband.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Make a list of the top 10 qualities you desire in a husband:

Talk to God

Go over your “list” with God and ask His opinion on the qualities you wrote down.

Ask Him to help you train your mind and your life to pursue and wait for the marriage He has for you.



"If you are not compromising your heart by what you look at, you will bring wholeness, purity and light into your body. But if your eyes compromise your heart, it will bring darkness into your life." (page 86)

DAILY TRUTH

Purity Plan, Part 2: Teaching Your Sex Drive to See

Mother Teresa dedicated her life to caring for the poorest of the poor in Calcutta, India. Many people could not fathom why, day in and day out, she touched the lepers and held the dying, fed the orphans and loved those that society had deemed outcast and untouchable. Her reason? "Each one of them is Jesus in disguise," she said.

She got this idea from Jesus Himself, who told us that however we treat "the least of these" is actually how we are treating Him (see Mat. 25:40). Mother Teresa believed Jesus' words and trained herself to see every person, even a leper or starving orphan dying of AIDS, according to their eternal God-given value.

Seeing men as "Jesus in disguise" can be a challenge. The world has told guys that "boys will be boys," and most have responded accordingly. But you are responsible to change that and, with grace and strength, to hold the bar high for guys to act like men.

Make room for guys to be gentlemen in your life. Look them in the eye, smile, and speak to them with respect and confidence. Don't flatter, flirt, manipulate or play games. Don't entertain thoughts about a guy that are either seductive or judgmental; instead, pray for him to receive and walk in his true identity as a son of the King. If you are attracted to a guy, discipline yourself to think of him as someone else's husband, not your own. Until he puts a ring on your finger, you don't have the right to think of him as yours.



Summary

*Jesus wants you to see guys through His eyes.
Then you'll be able to love them as He loves them.*



SOUND WISDOM

So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:18 NIV

The things that last the longest are the most real, and the most real things are usually invisible to our naked eyes. So if you want to see what's most real about people, you're going to have to learn to see the invisible.

This is how God sees. When Samuel went to search for Israel's new king, he didn't pick David first. He saw Jesse's tall, handsome son, Eliab, and thought he was obviously God's choice. But God said, "Looks aren't everything. Don't be impressed with his looks and stature...God judges differently than humans do. Men and women look at the face; God looks into the heart" (1 Sam. 16:7 MSG). God had chosen a man after His own heart.

God wants to give you His ability to see heart-to-heart. All you have to do is ask Him how He sees people, and soon you will see them like that.

Real Story

I have wanted to get married since I was young. Anytime I walked in a room, I would scan the room for my husband, wondering if he was there. Every time I interacted with any amazing man who came into my life, instead of just seeing him as a friend or brother, I was always wondering if he was “The One.” I was always on the hunt.

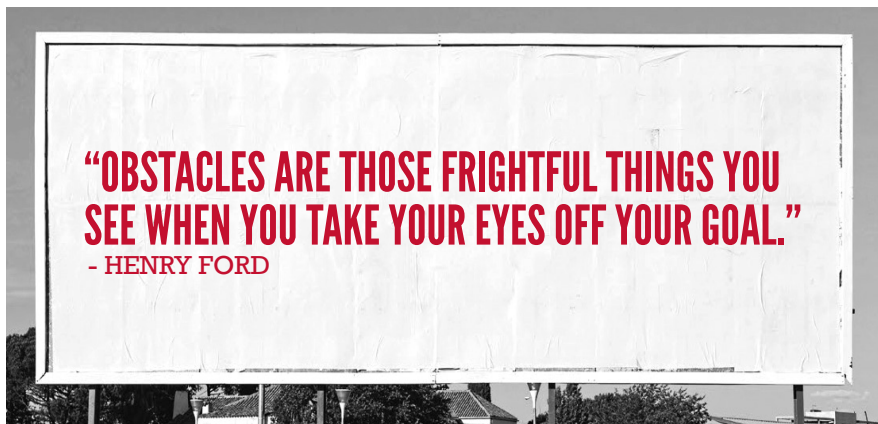
I would get a crush on the guys who were my friends, never eliminating marriage as an option, and my heart paid the price many times. After one too many occasions of my heart being crushed because a guy only wanted to be my friend, I decided that it was time to stop assuming that any guy I was friends with could possibly be my husband. I needed to change my expectations and retrain the way I saw the sons of the King around me.

A whole new world of relationship opened up to me. The men in my life were no longer “potentials,” but friends and brothers who I could honor, respect, and receive love from in a healthy way. My own brothers have not always been around, so I’ve been able to turn to the men I have built relationship with, and they “brothered” me!

A few years ago, I went through a season of deep grief. Several of my guy friends knew that I was grieving and they told me that I could come over at anytime to cry on their couch and process with them if I needed to. I will never forget how those men took care of me during that time, and I’m so thankful that I didn’t miss out because I was trying to find a husband.

Jen

AGE 30 OREGON, USA



Among teens surveyed who had not had sex, over three-fourths agreed that they were waiting to have sex when they are in a committed relationship or married.

Source: "Virginity and the First Time," Henry J. Kaiser Foundation.



Interact

Have you ever had someone really "see" you on a heart level?

What did that person do or say to make you feel "seen"?

How does seeing someone's heart change your view of them, either positively or negatively?

Have you ever asked Jesus to show you how He sees a certain person?

How did this change your view of that person?

Eye Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I refuse to see men as sexual predators or just “boys,” even if they see themselves that way.	1	2	3	4	5
I want to see and treat people as “Jesus in disguise.”	1	2	3	4	5
I want to be able to see past the physical and see from God’s eternal perspective into people’s hearts.	1	2	3	4	5
I am training myself not to judge or value people according to their physical appearance.	1	2	3	4	5
I want to see men as Jesus sees them.	1	2	3	4	5
I want to be seen for who I really am.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Think of someone in your life who is “poor”—someone who needs a kind word, a friend, some money or food, or just a hug. What is one thing you could do to treat that person as “Jesus in disguise”? Go for it!

Talk to God

In his letter to the Ephesian church, Paul said, “I pray also that the eyes of your heart may be enlightened...” (Eph. 1:18 NIV).

Ask God to enlighten the eyes of your heart to see those around you as Jesus in disguise, and to see into the realm of the heart.

Evaluation

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Total (300 possible)	

Congratulations! You have made it through the first 10 days of the journey! Now's your chance to go back and add up your scores from all your self-evaluation tests.

No matter what you scored, if you were really honest with yourself about how you measured up, you are doing an amazing job at this! Again, the goal of these self-evaluations is to help you identify the areas where you can grow in aligning your thoughts and behavior with godly standards.

1. What is one area where your thoughts or behaviors have changed in the last ten days?
2. What is one specific area in which you want to grow over the next ten days of the journal? What is one thing you are going to do to strengthen that area?



*"If you do it often, you are covering up deeper issues in your heart."
(page 89)*

DAILY TRUTH

Purity Plan, Part 3: Masturbation & Intimacy

Though there is no explicit law about masturbation in the Bible, it's obvious that habitual masturbation is not the purpose for which God designed your sexuality. His design is all about connection.

Even on the physical level, the hormones released during sex are all designed to bond you with your sexual partner. Masturbation is actually an act of bonding with a non-partner, and this is why most people feel worse—lonelier, guiltier, and less powerful—after masturbating, instead of feeling better.

Any kind of sex that is not expressed as a total spirit, soul, and body connection between a you and your husband falls short of God's best for you. Masturbation

is not the best way to "relieve sexual tension" as you prepare for marriage because it trains you to move away from intimacy in order to get your sexual needs met.

Instead of seeing your single years as years of sexual frustration, embrace the idea that this is the season where you get to learn how to meet your physical, emotional, and spiritual needs through your relationships with God and close friends. These relational skills are absolutely essential in marriage.

His design is all about connection.



Summary

You were designed for intimacy. Any expression of sexuality that leads you away from deeper relationship with God and your husband works against you.



SOUND WISDOM

*There's more to sex than mere skin on skin.
Sex is as much spiritual mystery as physical fact.
As written in Scripture, "The two become one."*

Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one."

1 Corinthians 6:16–17 MSG

Like any behavior, the real issue with masturbation is not the "fruit" but the "root." The root issue is your level of intimacy and trust with God. The goal is to learn to run to Him as your first source of intimacy and comfort. Otherwise you will inevitably set up a false comforter as an idol in your heart, which will ultimately lead you into bondage.

Every choice you make in managing your sex drive is moving you either toward or away from becoming a person who can hold up your end of a commitment in a relationship. If you want God's best, you need to remove everything that blocks you from intimacy. Shame, fear, guilt, selfishness, pride, idolatry (addiction is a form of idolatry) and self-hatred are all enemies of intimacy. Declare war on these things and invite the Holy Spirit to uproot every one of them from your heart.

Real Story

Like most girls, I have always longed to feel loved and desired. Early wounds of rejection attracted lies that I believed—lies that somehow I was disqualified from the love I longed for, which, of course, only kept the wounds alive in my heart.

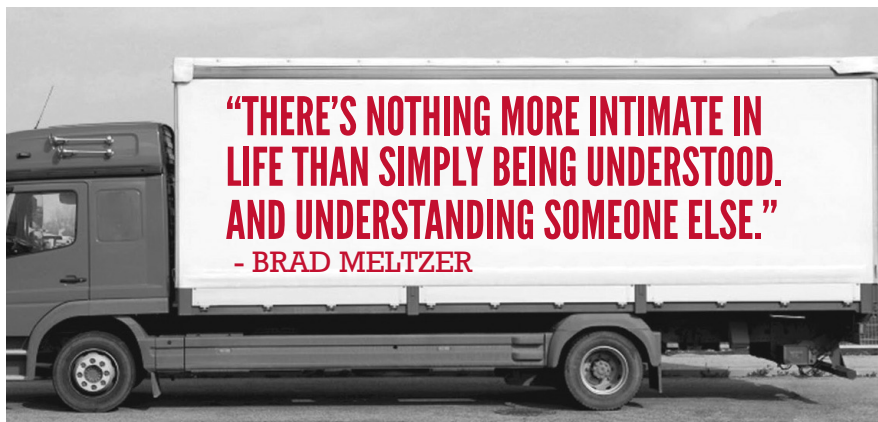
In college, encouraged by feminist writings about worshiping the female body and claiming independence from men, I tried masturbation as a relief from pain. It didn't really work. The sense of "release" only lasted for a moment, and then, instead of liberation, I felt intense shame. I actually felt more alone than ever. But after that first experience, though it never became a habit, masturbation was added to the list of "comforters" I used in my lonely, bored, or stressful moments. I kept thinking that maybe the feelings of shame and loneliness would wear off, but they didn't.

A couple years after college, I embarked on an inner healing journey in which God began to break off the lies of rejection I had believed and taught me the truth of who I am in Him.

As I finally heard God tell me what He really thought of me—unfiltered by the old lies, which I had projected onto Him—I felt loved and desired in a way I had never felt my whole life. However, these healing encounters were only the beginning of my journey to actually live, day in and day out, like the daughter He says I am. I had to learn to run to Him in moments of loneliness and stress. I had to learn to fight the shame and remember who I was, even after I acted like I had forgotten. Like a child who runs to her mom when she falls down and scrapes her knees, I have learned to run to Jesus, and without fail, He embraces me, wipes away my tears, kisses my hurts, and tells me how much He loves me. He has freed me from shame, and He is helping me to walk in that freedom every day.

Hannah

AGE 31 **NEW YORK, USA**



An evaluation of Christian leaders produced by Pure Desires Ministries found that 24% of Christian women in leadership struggle with compulsive sexual behavior.

Source: <http://www.puredesire.org/get-help-for-women/>, Accessed April 27, 2012.



Interact

What is your experience with masturbation, and what is the fruit of this in your life?

When you are in pain or discomfort, whether physical, emotional, or spiritual, who or what do you look to for relief and comfort?

What is your greatest pleasure in life? Would you be willing to give it up if God asked you to in order to make room for something better He wanted to give you?

Comfort Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
When I am in discomfort and pain, I am aware that I have a choice of who or what I will look to for comfort and relief.	1	2	3	4	5
I want to look to God as my first source of comfort and intimacy.	1	2	3	4	5
I am committed to aligning my sex drive with my ultimate design for intimacy and connection.	1	2	3	4	5
I want to know and be known in close relationships with God, friends, family, and my (future) husband.	1	2	3	4	5
I am the master of my sex drive. My sex drive does not master me.	1	2	3	4	5
I am committed to overcoming every hindrance to intimacy in my life.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Paul said, "...the Father of compassion and the God of all comfort...comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God" (2 Corinthians 1:1-2 NIV). God not only wants to be your Comforter; He wants you to become a comforter for others. Look for someone today who needs comfort and ask the Lord to show you how you can offer it to them. Acts of generosity like this are powerful ways to break out of the cycles of pain and self-medicating that can lead us into the arms—and chains—of false comforters.

Talk to God

Be as fully honest with God as you can be about how you are dealing with sexual frustration and other areas of discomfort in your life.

Invite Him to comfort you and help you to deal with any hindrances to intimacy in your heart.



"Accountability requires you to invite—not tolerate—input, correction, discipline, and confrontation into your life, as well as comfort and encouragement." (page 92)

DAILY TRUTH

Purity Plan, Part 4: Being Accountable

Accountability means seeking out safe, trustworthy spiritual mothers and sisters who support your personal vision and standards for purity on a regular basis. These partners are there to help you walk through the practical steps of keeping that bar raised in your life. In these relationships, you should be able to be gut-honest and vulnerable about your heart and how you're doing in the battle for purity.

These safe and trustworthy relationships should have the following characteristics:

1. They understand that you are on a learning journey. They do not expect perfection and they are extremely patient in helping you move forward, even when you stumble.
2. They won't disrespect you by taking control of your life in any way or by telling you what to think. They will simply offer what they know from their own experience and ask questions that help you better think for yourself.
3. They respect your relationship with the Holy Spirit, and their guidance will lead you toward deeper intimacy and trust with Him.
4. They will treat you like a princess who is destined and able to become a powerful and pure lover of God.
5. They speak about sex with honor and without shame. You should feel safe and invited to bring up any sexual questions or concerns you have.
6. They will be passionate and uncompromising about God's standards for your life. They will be unafraid to confront you, in love, with God's standard.
7. They should be free of any bondage you're dealing with. An accountability partner is not someone who struggles with the same things you do. That wouldn't be helpful! What you really need is someone who is strong and brings strength to you.



Summary

Accountability does not mean making other people responsible to police you or manage your relational choices—that would violate freedom and love.



SOUND WISDOM

*Fools are headstrong and do what they like;
wise people take advice.*

Proverbs 12:15 MSG

The first section of the book of Proverbs records the wisdom Solomon received from his father, King David. A lot of parents who made sexual mistakes feel insecure about teaching their kids about sex. But David, who majorly messed up with Solomon's own mom, Bathsheba, didn't hesitate to take his son aside and say, "Hey son, let me show you how these choices will play out for you. You don't have to repeat the mistakes I made." What's the point?

The relationships that will help you on your purity journey aren't necessarily with people who have done everything right, but with people who have learned lessons and aren't ashamed to share what they have learned. They will be humble enough to share their stories with you and strong enough to help you out. Your job is to be humble enough to listen to them.

Real Story

All the other kids in the youth group who had been at this Christian thing longer than I, had what they called an “accountability partner.” From what I gathered, an accountability partner was basically this: another kid in the youth group who would ask you every so often if you’d messed up at all in your walk with God. They were there to help keep you on track, mostly with the “what-not-to-do’s” of Christianity.

This seemed like a great idea to me! It really was in my heart to do the right thing... especially in the area of physical purity with my boyfriend. The threat of having to confess a mistake seemed like enough to keep me on the straight and narrow. The problem is that this type of accountability didn’t work very well. The “what-not-to-do’s” were hard not to do! I tried with all my might to navigate the stormy seas of sexual tension, afraid of confessing any struggle. Later in life I realized that fear is actually a really bad motivator. The threat of having to answer to someone who hardly knew

me about the mistakes I’d made pushed me into a place of isolation. The truth is that scared people hide.

It wasn’t until I started dating my husband that I realized that love is the only thing that motivates people into vulnerability and honesty—the best soil for successful accountability. With this revelation, I was able to invite a spiritual father into my process because he knew me, I trusted him, and he had already successfully navigated this season of his own life. He affirmed the truth that love is the opposite of fear. Love sounds like this: “You are powerful and free to make great choices, which is easy to do when you know who you are and Whose you are. I’m here to remind you of those things. I’ll help you get up when you fall, and I’ll celebrate with you when you’re victorious!”

Lauren

AGE 26 **SOUTH CAROLINA, USA**



1 out of 5 teens has not had a conversation with their parents that lasted 10 minutes in more than a month.

Source: <http://www.swmihoh.org/INeedHelp/TeenStatistics/tabid/71/Default.aspx>, Accessed April 27, 2012.



Interact

Do you have a person in your life who fits the guidelines listed previously? Why or why not?

Are you willing to pursue a relationship where you can be real about your purity journey?
How well do you receive input and correction?

Do you seek correction when you feel like you are getting off track in some area of your life?

When you see someone you love acting below his or her standards, do you
1) get in their face, 2) blow it off, or 3) gently and lovingly confront them?

Why?

Accountability Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I want the input and correction of trusted friends and leaders in my life, including the areas of my sexuality and relationships.	1	2	3	4	5
I am responsible to be honest and vulnerable about what is really going on in my heart and where I am struggling.	1	2	3	4	5
I need others to support me in the battle for purity, and they need my support.	1	2	3	4	5
I have someone with whom I talk honestly about my sexuality.	1	2	3	4	5
I welcome a loving confrontation when I am, knowingly or unknowingly, making choices that compromise my identity and destiny.	1	2	3	4	5
I want to learn from the mistakes of others so I don't have to make the same mistakes myself.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

If you don't have a purity accountability partner, start looking for one. If you do you have one, find one thing you can do to be more intentional about connecting with that person and sharing how you're doing in your purity journey.

Talk to God

Ask God to establish you in strong, safe, and supportive relationships with sisters and mothers who are 100% with you in your purity journey.



THE JEWELRY STORE

September 15

I finally got the guts to go back into the ring store. Every day since I first saw that ring I can't shake the feeling that I have to buy it. I was so scared I almost crapped my pants!! The sales lady was pretty cool...but I think she knew I was BS..ing her when I pulled out my wallet to see if I had enough money to buy it. ~~HA!~~ I was afraid moths were going to fly out of my wallet. it is soooooo crazy every time I stare at that ring that girl appears... (not sure if she's even real, but whatever)...I just got to have that ring.





"The war over your virginity is too vicious for you to not be proactive about it. If you fail to plan, you have planned to fail! Obviously, this means that you have to have a conversation with that person about his or her convictions before you get into a romantic relationship of any kind." (page 95–96)

DAILY TRUTH

Talking About Sex...With the Opposite Sex

The very idea of bringing up your standards for sex with a guy you are just getting to know is probably a little scary. But the last thing you want is a romantic relationship with a guy who does not share your standards. It's enough of a challenge for two people who do share the same values to guard each other's hearts and purity as they move toward marriage. The discomfort of breaking the ice about sex is nothing compared to the crazy pressure of being with someone who doesn't share your values.

Just because a guy goes to church does not mean that he has made a personal commitment to honor God's design for sex. The only way you can find that out is by hearing it directly from him. You want to find out whether or not he shares the same level of passion

and commitment you have to honor sex. A guy who merely respects or tolerates your values is not a good candidate for romance.

You can simply say, in a calm, direct way, something like this: "I really value sex. I believe it is more than physical and it has a lot of power. I respect it so much that I think it should be protected, and I think the best protection is to keep sex in a loving, committed relationship.

This is why I have made a promise to God and to myself to express my sexuality within the boundaries of marriage, and I have a plan for how I am going to keep those boundaries. I'm not interested in dating someone who isn't on the same page."



Summary

You shouldn't need to apologize for your standards or whack a guy over the head with them.



SOUND WISDOM

Be ready to speak up and tell anyone who asks why you're living the way you are, and always with the utmost courtesy.

Keep a clear conscience before God so that when people throw mud at you, none of it will stick.

1 Peter 3:15 MSG

Peter told us to "be ready" to give our reasons for our choices. This means that 1) we need to know why we are doing what we are doing in the first place, and 2) we need the courage and skill to explain it. There is no shame in preparing and practicing what you would say to a guy who asks you why you do what you do to protect your purity. In fact, you would be really wise to do so.

Run your "speech" by your parents, youth pastor, or close girl friends and get their feedback—not only will they help you organize your thoughts; you will know that they are 100% behind you when you end up needing to respond to a guy's questions.

Real Story

I was 19 years old when I met my husband. When I met him, I had just come out of a relationship with my first boyfriend. In that relationship, we set some boundaries with each other before we started dating. But we only did that because it was something that we knew you were supposed to do. The boundaries weren't something I saw true value in, because I didn't really know my or his true value. So as our relationship continued, we slowly started pushing the boundary lines as far as we could. In the end, we both ended up hurting each other because we had given more to each other than we ever wanted to before marriage.

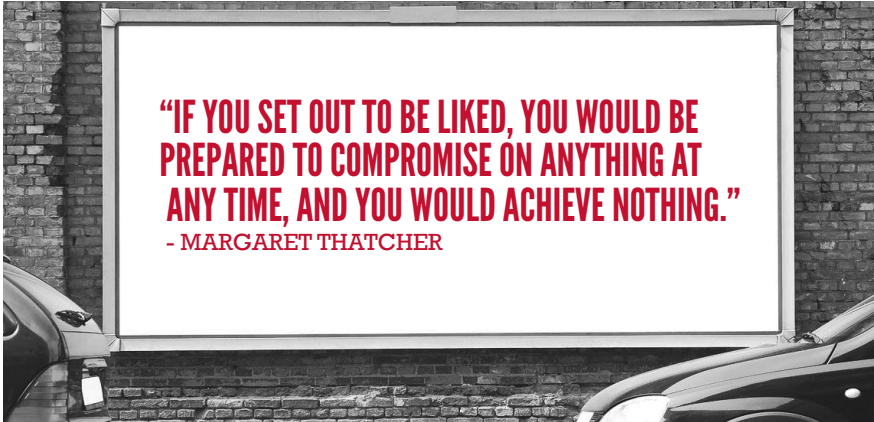
When my husband and I started pursuing each other, I knew that I wanted to set much clearer boundaries than I had before, because I knew the value they had in protecting us. We had a few minor boundaries, like we wouldn't be home alone together, and we wouldn't stay out with each other past midnight, because you don't make the smartest decisions if you're tired. Also, I didn't want to kiss until we were married, though my husband was okay with kissing.

But I knew where kissing could lead to and how fast it could take you there, and I didn't want to end up going there before we were ready. I knew my value and how it made me feel when I had gone too far before, and I didn't want to do that to myself again. I thought it better to just avoid temptation all together. I also knew his value and I knew that I never wanted to make him struggle with sexual thoughts if I did something he couldn't handle.

When he knew how I felt on the whole issue, he was so great about it and agreed to this higher standard for my sake. I always felt protected and loved by him because of this. During the relationship we would hug, hold hands, and kiss on the cheek, but the moment one of us felt like we were going too far, we would immediately tell each other and talk it out. We were always open with each other and with people we trusted, and because of it we walked into our marriage with full trust in each other and no baggage from any past, unresolved issues.

Mari

AGE 23 UTAH, USA



1 in 3 girls between the ages of 16 and 18 say sex is expected for people their age if they're in a relationship.

Source: <http://www.confidencecoalition.org/statistics-women>, Accessed April 27, 2012.



Interact

Write out a “speech” communicating your value for sex in your own words.

What emotions and thoughts rise up in you when you think about communicating your standards for sex to a guy?

Can you identify your reasons for these thoughts and feelings?

It's good to prepare your mind for any possible consequences of sharing your values for sex. What are some ways a guy might respond to your “speech” and are you prepared to face these?

Value Communication Test

STRONGLY DISAGREE
MOSTLY DISAGREE
AGREE SOMEWHAT
MOSTLY AGREE
STRONGLY AGREE

I always try to have a good reason for what I am doing.	1	2	3	4	5
My value for sex is based on love and respect for its divine design, not just fear of negative consequences.	1	2	3	4	5
I am passionate about purity, and I want to date a guy who shares that passion.	1	2	3	4	5
I am confident and comfortable that I can respectfully let a guy know my values and standards for my sexuality.	1	2	3	4	5
I am not afraid of being misunderstood for my values and standards, or of being pressured to change them.	1	2	3	4	5
I am comfortable asking a guy to share his values and standards for sex.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Show your "speech" to a trusted friend/accountability partner and ask for feedback.

What did they say?

Talk to God

Ask God for courage, wisdom, and grace to know your reasons for honoring His design for your sexuality and communicating them to others.



"When all of the systems are a go, it becomes quite a feat to shut them down..." (page 97)

DAILY TRUTH

Respect the Power of the Turn-On

Too many girls have ended up compromising their virtues because they didn't understand and respect the power of the turn-on. The chemicals that flood your body when your sexual desire is aroused are designed to give you the intense focus and physical power to follow through with the act of sex. Putting you and your boyfriend or fiancé in situations where you have to put the brakes on while "under the influence" of these chemicals is not fun or respectful.

There is a deeper reason for avoiding the "turn on" while you're dating. As soon as you introduce physical affection of any kind into a relationship with a guy, you are greatly hindering your ability to make a reasonable assessment of his character. Just because

he "feels good" doesn't mean he's a good guy! His affection makes you feel loved, but that love is only one expression of the total love he needs to be able to provide in a long-term relationship.

Consider the difference between a guy kissing you and a guy fixing your car, bringing you flowers, or texting you a word of encouragement. Which expressions of love are going to show you his character, how well he knows you, and how much he values and respects you? Challenge yourself and your boyfriend to channel your physical attraction into these non-physical expressions as you build the foundation of your relationship.



Summary

You want to marry a man you deeply respect, not just one with whom you have good chemistry.



SOUND WISDOM

*I also want women to dress modestly,
with decency and propriety...*

1 Timothy 2:9

One of the primary things you can do as a woman to prevent the "turn on" is to dress and act modestly. If you don't know what that means (and many girls don't), then ask the guys in your life (father, brothers, boyfriend) to be honest with you about what clothes and behaviors make it easier for them to keep their thoughts pure.

What do they find attractive and pleasing vs. sexy? You might be surprised by just how grateful they are for your efforts to honor their eyes—if they are trying to be pure. The way you dress and carry yourself will do much to help keep his main sex organ—his brain—from entertaining thoughts about you that stimulate his sex drive.

Real Story

When I was single, I heard stories of other Christians who “slipped up” and ended up having sex when they were dating. I used to think to myself how crazy they were, that they must have been either dumb or weak. Then I started dating the man who is now my husband. Suddenly all those other people’s “slip-ups” suddenly made sense. I could not believe that I actually wanted to have sex with him all the time.

I love physical touch. If you have heard of Love Languages, this one is mine. While dating, I learned that my love for touch was derived from a healthy place and from a not-so-healthy place. I found myself at times wanting to push our boundaries because I would know he desired me in that way. God really challenged me in this area. I was dishonoring myself when I required physical touch for validation, and I was dishonoring him by not helping him in his fight for purity. There is something so attractive about being able to watch the person you are dating fight for your purity in your relationship. As their partner, you need to do everything possible to help them succeed.

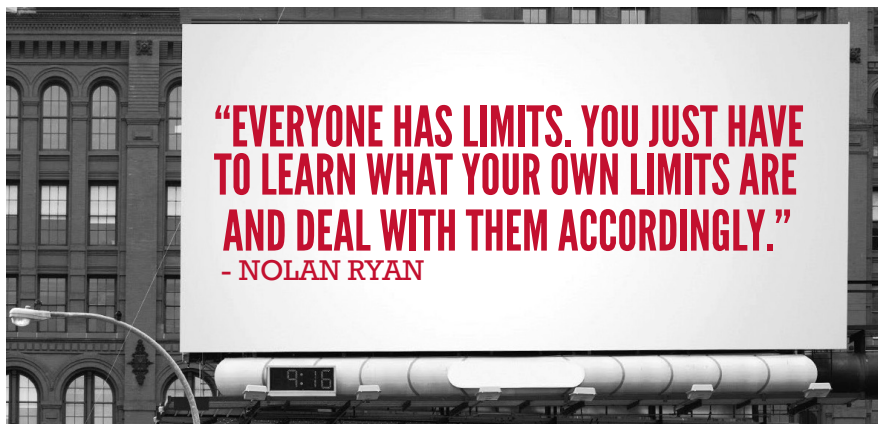
The fight to save ourselves through dating and engagement was the best fight I have fought. The night of our honeymoon was so worth the wait, not only because we got to have sex, but because we got to have it without shame and with the sense of being one through the covenant we had just made that afternoon. I

had assumed we would sign papers and the only difference would be that I would call him my husband and we would live happily ever after. I was so surprised to discover how much more it was. It’s hard to explain, but I could tangibly feel a deeper knowing of each other and that we had made a lifelong commitment, not just signed a document.

If I could give any advice, it would be to sit down with your boyfriend and make a list of boundaries you feel are good for you as a couple, and then make those boundaries even narrower than you think they need to be. For example, early on we felt it was totally okay to make out with each other, but we found out it turned us on, so we had to re-evaluate and tighten our boundaries.

When you are making your boundary list, there is the temptation to lower your boundaries to meet your desire for intimacy. But this really only makes your wait harder and the likelihood of winning the battle to wait drastically decreases. Be honest with yourselves and admit that you want to have sex with each other and that it is normal. But even more than wanting to have sex, you want to honor each other and God in waiting till marriage. And it is so worth the wait.

Gillian
AGE 22 CANADA



Over 1,600 Christian guys took a survey on modesty. 95% agreed that modesty is an important quality to look for in a future wife. 85% agreed that bikinis are immodest and can be stumbling blocks to purity.

Source: <http://www.therebelution.com/modesty-survey/>, Accessed April 27, 2012.



Interact

What turns you on? Do you know your limits?

Have you ever gone too far physically with a guy? What were the consequences of that choice?

How responsible do you feel to protect the purity of a guy you like or are dating, and why?

Turn-On Test

STRONGLY DISAGREE
MOSTLY DISAGREE
AGREE SOMEWHAT
MOSTLY AGREE
STRONGLY AGREE

I know when I start to get turned on, and I know why.	1	2	3	4	5
I purposely avoid situations and behaviors that will turn me on.	1	2	3	4	5
I respect my own turn-on boundaries, as well as the turn-on boundaries of the person I am dating.	1	2	3	4	5
When I get into a situation where I am turned on, I know how to put the brakes on and set a limit for myself to avoid that situation in the future.	1	2	3	4	5
If a guy disrespects my boundaries, I am strong enough to confront him and enforce my boundaries.	1	2	3	4	5
If I act disrespectfully toward God, my own body, or a guy, I know how to clean up my mess and restore my standards.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Write out a statement to your boyfriend (or future boyfriend) explaining your commitment to protect his purity and honor his turn-on boundaries, and ask him to do the same for you.

Talk to God

Ask God for grace and wisdom to respect the turn-on and save it for the day when you can go all the way with the man of your dreams, your husband.



*"You need to make sure that your actions and participation leave him feeling protected and appreciated regardless of whether or not the relationship goes the distance."
(page 103)*

DAILY TRUTH

Going Out With a Son of the King

It's important to see yourself as a daughter of the King and men as His sons, while always keeping in mind that none of us have done anything to earn this identity or relationship before God. You didn't choose your family, and you didn't choose your spiritual family—God did. If one of your brothers is not acting godly, that doesn't erase his identity as a son; it just means that he is not living out of that identity.

One of our jobs as brothers and sisters is to remind each other of who we are and uphold a noble standard. This won't work with an entitlement attitude like, "Hey, I'm a princess, and I expect you to treat me like one." It will work with a humble attitude, like, "Hey, I believe we're both valuable, and I am doing my best to carry

myself like that. I hope you are too, and I hope we can agree to uphold that standard together in this relationship."

Jesus set the standard when He took off His royal garments, was born into poverty, washed His disciples' feet, and sacrificed His life for His family. There may be no such thing as a painless breakup, but if you and a guy agree to pursue Jesus' standard of servanthood from the beginning of your relationship, you will keep the damage to a minimum. Because you love yourself and others, you should always leave a man better off than when you started dating. This does not mean that you have to marry him; you just have to be honoring no matter what happens!



Summary

Work to maintain a servant's heart as you are getting to know a guy in a dating relationship.



SOUND WISDOM

If you've gotten anything at all out of following Christ, if his love has made any difference in your life, then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage.

Philippians 2:1–4 MSG

Here are a few questions to ask yourself in order to help maintain a servant's heart toward a guy:

- What am I attracted to in this guy? Is it just the good stuff God gave him—looks, talent, gifts? Or is it his character?
- Where is the "great" in this guy, and how can I call it out of him?
- Have I surrendered the outcome of this relationship to God and asked for Him to be glorified through it?
- Am I honestly trying to serve this guy however God is asking me to and leaving the results to Him, or am I pressuring him to change or act in a certain way?

Real Story

When I came to Bethel Church, I knew that I needed to focus on becoming whole, getting my identity in Jesus, and discovering who I really was. My first year in Bethel School of Supernatural Ministry was like having open-heart surgery and I felt God completely restore my heart and my dreams.

In my second year, I felt like I was ready to meet someone and start dating again. At the end of the year, I went on a ministry trip and met a really special guy—definitely a son of the King! We hit it off and after the trip ended he approached me and told me that he was interested in pursuing me. I was interested, so I said yes. We started dating and grew a lot together. We liked each other and enjoyed learning how to connect, respect, and honor each other.

About four months into our relationship, however, I began to notice that my heart wasn't fully invested. I knew what it felt like to be in love and my heart was not there. So, we sat down to talk about how we were feeling and discovered that our feelings were mutual. We

both were not quite feeling what we knew we needed to be feeling to keep investing in each other's hearts and continue dating. That night we talked and ended the relationship.

After learning so much about the culture of honor, brave communication, and how to do life in the Kingdom, it was beautiful to experience both of us actually putting all that into practice in real life—to live out honor. We were vulnerable and honest with each other. We cried together. We hugged. We prayed for each other, broke our soul ties, and blessed each other. We blessed our future husband/ wife and just released heaven over each other during our breakup! I learned something that day: I learned that breakups don't have to be painful or full of resentment, anger, and disappointment. When you know that someone is not the right person for you, you can release each other and bless each other in honor!

Cris

AGE 30 USA



**“NOTHING LIBERATES OUR GREATNESS LIKE
THE DESIRE TO HELP, THE DESIRE TO SERVE.”**

- MARIANNE WILLIAMSON

78% of guys surveyed said they would rather be in a relationship with someone who is smart and funny than someone who is super hot.

Source: “That’s What He Said,” The National Campaign to Prevent Teen Pregnancy. <http://www.thenationalcampaign.org/resources/pdfs/ThatsWhatHeSaid.pdf>, Accessed April 27, 2012.



Interact

How should remembering that a guy is a son of the King affect your attitude and behavior in a dating relationship?

How should remembering that you are a daughter of the King affect your attitude and behavior in a dating relationship?

How could the goal of serving a guy help you to battle against your fears in a relationship?

Service Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I am a daughter of the King, and I am learning to carry myself like one.	1	2	3	4	5
I endeavor to think of and treat guys like sons of the King.	1	2	3	4	5
Humility and service are the truest expressions of royalty.	1	2	3	4	5
When I am convicted of acting beneath my identity as a daughter of the King, I don't beat myself up. I go boldly before my Father's throne to receive His mercy and be restored to my true identity.	1	2	3	4	5
I recognize that fear is the enemy of love and relationships, and it is my goal to overcome this enemy in my life.	1	2	3	4	5
I look for the best in people around me and call it out of them.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

What is one thing you can do to serve your boyfriend or another son of the King today?
Once you know what it is, go for it!

Talk to God

Ask Jesus to give you a deeper revelation of how to walk as a daughter of the King, and a revelation of how you can serve sons of the King without fear.



"...in a relationship, any cracks in your foundation will be magnified and exposed by the pressure of another person standing on the foundation of your life." (page 103)

DAILY TRUTH

Do I Have Cracks in My Foundation?

We all have limits and breaking points that the stresses of life make apparent. Even the healthiest person gets sick, tired, hungry, lonely, and anxious. The difference between a healthy person and an unhealthy person is that it takes much more stress to get her to her breaking point, and much less time for her to bounce back from that point when she reaches it.

Also, a healthy person knows how to respond to pressure, rather than react to it. When she feels grumpy, she doesn't take it out on someone. She sits back and goes, "Grumpy is not my normal state. When did I eat last? What is stressing me out?" Once she figures out what is disrupting her "normal," she finds a way to fix the problem and moves on.

Unhealthy people have cracks in their foundation and they usually get stuck in unhealthy cycles. They have wounds in their heart that never heal, because they have believed lies that lead them to keep reacting negatively to their pain. For example, a girl gets hurt after she likes a boy who doesn't like her back. She then believes a lie that she is unattractive to men. This lie leads her into cycles of striving to become attractive and then giving up on herself.

Neither state—trying too hard or being a slob—is attractive to most of the guys around her, so their indifference perpetuates the cycle she is in. Then, when a guy actually does give her attention, she doesn't know how to receive it because it contradicts the reality she has allowed to become hers. She has to choose to heal the crack in her foundation or push him away.



Summary

When the stress of a relationship brings you to a breaking point, find out if you are reacting from a place of wounding.



SOUND WISDOM

A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it! It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it.

James 3:5–6 MSG

Perhaps you have heard the phrase, "Hurt people hurt people." As you and a guy get to know each other and uncover places of fear or wounding in your lives, it's easy to react in unhealthy ways that can cause even more hurt. You can save yourself from this unnecessary pain by setting a goal to 1) avoid disrespectful conversations and 2) have respectful, honest conversations. When you start letting emotions like fear and anger overpower what you are saying, decide to walk away until you're in a place where you can get to the bottom of your hurt. Or, if you tend to shut down and bottle up your pain rather than talk about it, challenge yourself to speak up and be vulnerable. All you really need to say is, "Ouch. That hurts." How he responds to your pain will tell you a lot about how healthy he is.

Real Story

When I recall my previous relationships, I cringe because I was so immature in the way I communicated and processed my feelings. I would project my feelings and issues onto the guy I was dating, leaving me with little-to-no responsibility in any area. My insecurity and pride would always affirm that it was him who had to change to make everything better.

In most recent years, God has been my relationship guide, and since I gave Him room to speak and humbled myself in my current relationship, I now am able to see what needs to change in me. I am able to ask for forgiveness and admit when I am in the wrong. In the past when I was hurt, anger was my first response. Now I am able to identify what the root issue is in the heat of the moment.

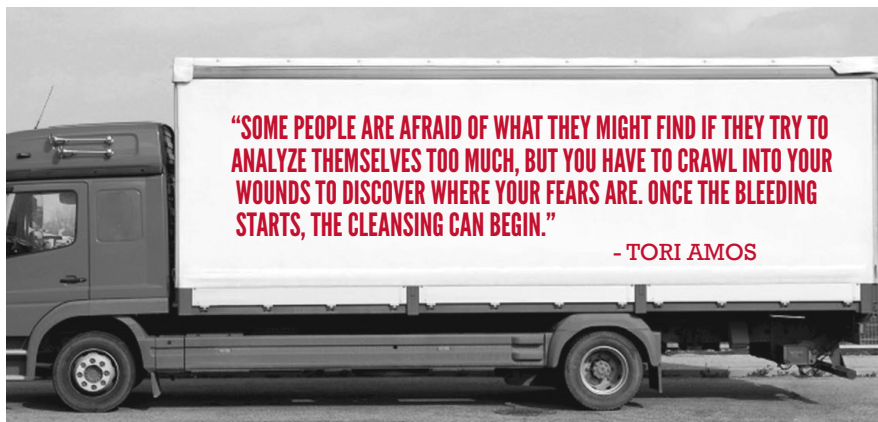
However, I did not get here overnight and I am still in process.

Allowing a boyfriend, girlfriend, family member, or friend to speak into your life will absolutely challenge you and help you see things inside that you aren't always aware of. I am enabling myself to mature into a more teachable, powerful, and aware woman by receiving correction from the Holy Spirit and those who love me.

Seeing my reactions, insecurities, and hurts isn't always pretty, and the process isn't easy, but the woman I am morphing into is the beautiful woman God has designed and created me to be. Being in relationship has exposed me to myself, like holding up an internal mirror. I am so glad that I do not have to live in deception any longer and can allow God and my boyfriend to help me to identify and fill the cracks in my foundation.

Dawn

AGE 24 CANADA



Waiting to have sex leads teens to feel like they are in control of their relationships, and are behaving consistently with their moral or religious beliefs.

Source: "Virginity and the First Time," Henry J. Kaiser Foundation. (<http://www.kff.org/entpartner-ships/upload/virginity-and-the-first-time-summary-of-findings.pdf>). Accessed April 26, 2012.



Interact

Would you say that you respond to stresses in your life in a healthy way? Why or why not?

Have you ever reacted negatively to pain or stress and caused more damage in your life? Give an example.

Can you tell the difference between someone who is causing a wound in your life and someone who simply happens to put pressure on a place of wounding that already exists in your heart?

Foundation Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I know the difference between healthy and unhealthy responses to stress.	1	2	3	4	5
It is my goal to respond proactively to pain and stress, rather than react negatively to them.	1	2	3	4	5
I am aware of the primary areas of wounding in my heart and I am pursuing healing and restoration in those areas.	1	2	3	4	5
I try to avoid disrespectful conversations and practice respectful conversations.	1	2	3	4	5
When someone hurts me, I can say “Ouch” without retaliating.	1	2	3	4	5
I want to learn where I have “cracks in my foundation” so that I can be healed and strengthened.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

What is one way you could respond to stress in a more healthy way?
What can you do today to begin making this a habit in your life?

Talk to God

Invite the Holy Spirit to reveal any cracks in your foundation—lies you are believing, unhealthy patterns of dealing with stress and pain, wounds in your heart, etc.

Ask Him to lead you into healing and health.



MY FIRST JOB

OCTOBER 21

I finally got a job! I beat the pavement for a month looking for work. Everybody wants you to have experience, but nobody wants to give you a job so you can get experience! How the heck are you supposed to get experience unless those bozos give you a chance? Totally frustrating! Henry talked to his boss and got me on at the carwash. It's cool...not exactly a career opportunity, but at least I can make some green to buy that ring...lol! Maybe I should become a famous Rapper or something....





*"...the more you know and understand your own needs and desires, the better you will be at discovering what you are looking for in a relationship with another person."
(page 105)*

DAILY TRUTH

Getting to Know Yourself

It's worth taking the time to get to know yourself in the following areas if you want to successfully recognize a man who fits you:

- What are your goals for your health, finances, career, family, faith, and relationships?
- What are the unique demands of your career/calling?
- What is your personality type?
- What is your primary love language(s)?
- What are your strengths and weaknesses?

There are several books and resources available today to help you learn more about yourself. StrengthsFinder 2.0, by Tom Rath, can help you discover what you're naturally gifted at. The 5 Love Languages, by Gary Chapman, will help you understand how you receive love. The Supernatural Ways of Royalty, by Kris

Vallotton, is a great resource for helping you to find your true identity as a son of God. A teaching called "Intimacy" by Jason Vallotton will show you how to connect to your heart, one of the most vital parts in discovering who you are. Once you know this, all you have to do is find out who God is and you will know who you are!

Beyond what you can learn from the "experts," the best resources for helping you know yourself and the kind of man you want are your closest friends and family members. A best friend—not just someone you hang out with, but someone who really knows you on a heart level—can help you identify key things to look for in a romantic relationship. If you don't have a best friend in your life who can give you this level of feedback, then you need to get one.



Summary

A strong friendship is the foundation of every strong marriage. The better friend you are now, the better friend you will be in your marriage.



SOUND WISDOM

Put your life on the line for your friends. You are my friends when you do the things I command you. I'm no longer calling you servants because servants don't understand what their master is thinking and planning.

No, I've named you friends because I've let you in on everything I've heard from the Father.

John 15:13–15 MSG

Of all the "experts" and friends you should consult in getting to know yourself, the most important and obvious is God Himself. And His opinion on who you are and who you ought to be with might surprise you. If you read the stories of Gideon, Saul, Nathanael, Peter and Moses, you find they all had one thing in common; they all had an encounter in which God told them who they really were. They thought they were nobodies—just kids, just shepherds, just fishermen, just "average Joes." God told them they were actually mighty warriors, kings, prophets, and fishers of men. God then invited them into a relationship in which He led them to become their true selves. If you seek Him, He will encounter you and lead you into the same kind of relationship with Him.

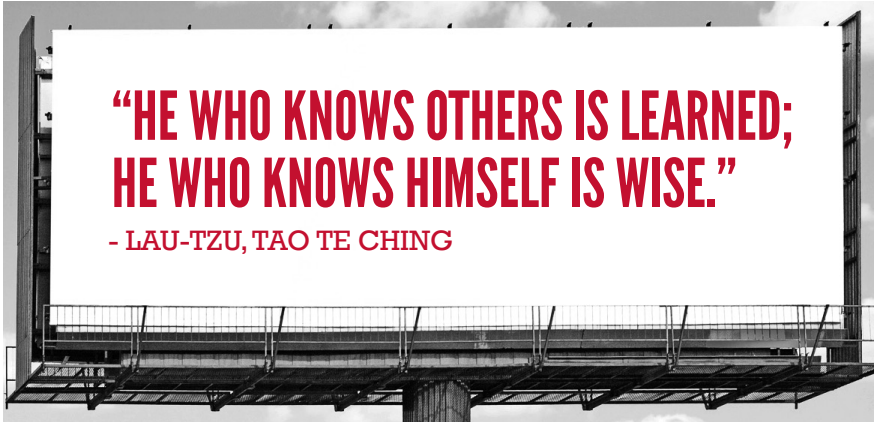
Real Story

I have a vivid memory of myself on a school break at the age of 13, sitting and crying alone in the bathroom. My family and I had just moved to the coast from a small town, and all I longed for was love, acceptance, and belonging. I did not have an intimate relationship with Jesus, so I felt lost, rejected, and very lonely. I was drawn into the wrong crowd of friends, who led me down a path of destruction. I began smoking, drinking, dating, and taking drugs simply to feel loved and part of a group. After ten years, I left this path and I gave my life to Jesus Christ at the age of 23. I instantly became part of a community of friends who completely loved, accepted, and believed in me. The empty void I had tried to fill all those years was finally filled by the love of Christ.

I met the man of my dreams, and was married within a year. We had four beautiful children in five years. Our exciting adventure in God continues. Our journey would never have been so fulfilling if it were not for true covenantal friendships that have held our arms up when we needed it. We were designed and created to live in and rely on community and to be His hands and feet wherever we go. If Jesus, our role model, needed and relied on deep friendships like Peter, James, and John in His darkest hours to pray for Him, then how much more do we, His sisters? Let's embrace each other with the love and commitment of Christ Himself.

Tanya

AGE 35 SOUTH AFRICA



Psychologists affirm that “other people — especially those who spend a lot of time around us and who we open up to — almost inevitably become experts on our personality.”

Source: Simine Vazire, and Erika N. Carlson, “Others Sometimes Know Us Better Than We Know Ourselves,” *Current Directions in Psychological Science* 20 (2011): 104–108. Available at <http://www.psych.uncc.edu/acann/Vazire2011.pdf>. Accessed March 26, 2012.



Interact

How does not knowing who you are affect a relationship?

Do you have a best friend (or friends) who knows you on a heart level?

How has this relationship helped you to know yourself better?

Do you believe that Jesus knows the real you?

Has He ever revealed something about you that you never really knew about yourself?

If so, what was it?

Friend Test

STRONGLY DISAGREE
MOSTLY DISAGREE
AGREE SOMEWHAT
MOSTLY AGREE
STRONGLY AGREE

Jesus knows me better than anyone, even better than I know myself.	1	2	3	4	5
I have friends who know my heart and invite me to be the real me.	1	2	3	4	5
I want to know who I really am so that I can share myself in a relationship and not be looking to others to define me.	1	2	3	4	5
I value the opinion of my trusted friends on who I should date.	1	2	3	4	5
I value Jesus' opinion on who I should date.	1	2	3	4	5
It's important that I find a person who knows himself and isn't going to be looking to me for identity and security.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Learn about your Love Languages! Log on to <http://www.5lovelanguages.com/assessments/love> and take a short assessment to help you understand how you receive and give love.

Talk to God

Ask God to lead you into a deeper understanding of your needs and desires so that you can know yourself and what you are looking for in a romantic relationship.



*"DTR is really where the 'official' pursuit of any relationship should start."
(page 106)*

DAILY TRUTH

Skip the Love Dance. Do the DTR.

How do you know when you need to "define the relationship" (DTR)? Well, you should be able to say that you have a relationship with the guy in the first place. This means you have been spending time together exclusively and getting to know each other as friends—friends who have had enough time to figure out whether or not you are attracted to one another and are interested in pursuing a serious relationship.

As a girl, it's always amazing when the guy initiates the conversation and tells you what he is thinking and feeling about the status of your relationship. But if for some reason he isn't speaking up and his intentions aren't clear, you should speak up and invite him to

share. You might say something like, "It's been really fun hanging out with you. Can we talk about how we're feeling and thinking about this relationship and where it is going?"

If either of you don't feel sure that you want to take the relationship to the next level, then you shouldn't be spending a ton of time hanging out—it's just a setup for you to settle for less than God's best for you.

How do you know when you need to "define the relationship"?



Summary

*It's not healthy for a relationship to be in a "holding pattern."
If you're not moving closer together, decide what to do about it.*



SOUND WISDOM

An honest answer is like a warm hug.

Proverbs 24:26 MSG

God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything.

Ephesians 4:15 MSG

Your relationship will only be successful to the degree that you love the truth and are not afraid to tell it. The truth can sometimes hurt...but never as much as suppressing it will.

Fear can keep you from facing and owning up to the truth about your feelings in a relationship—positive or negative. This will ultimately erode your character and your relationship.

Even if the truth is, "I don't feel the same way about you," you should be able to say it without fear. To do anything else is actually disrespectful and unloving. Refuse to be a coward about the truth so that you don't sabotage your best relationships.

Real Story

Defining the relationship is completely necessary! Knowing where a guy stands in the relationship and in his feelings for you is so important to building a relationship on honesty and trust, rather than guesses and implications. I recently had a DTR with an amazing man who I am now dating. He was very honest when he said he was interested in me. He put it simply: “I like you, and enjoy who you are. I would like to continue to grow in our friendship.”

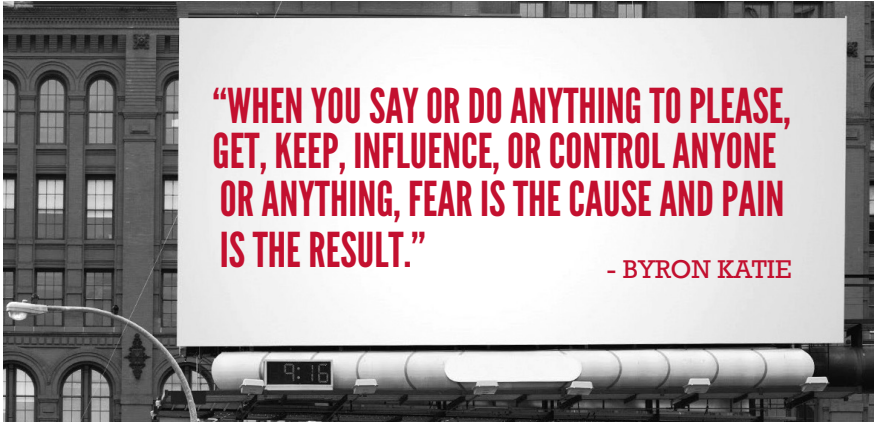
It was sweet, harmless, and left me without pressure to marry him right there. The next thing he did, which most guys skip (it’s okay, girls, to tell them not to skip over it), was to continue just getting to know me and being my friend. Most guys think, “Well, since I shared my feelings and she was cool with it, I can be pretty sure that she wants to be my girlfriend.” But that is something you get to tell him when you’re okay with him pursuing you exclusively.

After a bit of time, my feelings were growing more for him and I knew another DTR was to be had. Gratefully, he was feeling the same way, and again we were able to talk about where we were. I got to let him know that I would be delighted if he wanted to pursue me. Even after that second DTR there was still time where we were not exclusively dating.

A third DTR took place and that’s when we began our relationship. If we had stopped having these conversations after the first DTR, there would have been a ton of questions in my mind about where he stood with me and what he was hoping for in a relationship. I am learning more than ever before that communication about how you feel is healthy, valid, and vital to a successful relationship.

Casey

AGE 23 CALIFORNIA, USA



The goal of DTR is to make sure the degree of connection matches the degree of clarity in a relationship. Boundless.org provides a DTR assessment tool to help you measure these things.

You can find it here: www.boundless.org/dtra



Interact

You can prepare yourself to have a DTR conversation at the right time and in the right way by asking yourself these key questions before and in the beginning stages of a relationship. Write down your thoughts and make note of where you need to make some decisions:

- Am I willing to take responsibility for a friendship connection with a guy and treat him respectfully, whether or not I end up wanting to pursue a serious relationship with him?
- Am I afraid of a guy liking me more than I like him, or vice versa? What will I do if I find out our feelings are not on the same page?
- Am I willing to be intentional with a guy, both in a friendship and a serious relationship, and will I consistently be honest with him about my intentions, feelings, and expectations?

Think: Why is it disrespectful to stay in a romantic relationship that is not moving toward a serious commitment?

DTR Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I take an exclusive friendship/dating relationship with a guy seriously. With every interaction that deepens our connection, I take stock of my feelings and the expectations we are raising in one another.	1	2	3	4	5
I want to love the truth in my relationships and be unafraid to speak it in love.	1	2	3	4	5
I am not afraid of feelings developing in a relationship with a guy, even if it turns out that we don't feel the same way about each other.	1	2	3	4	5
I am willing to take the lead in defining my relationship with a guy.	1	2	3	4	5
I am intentional about all relationships, especially dating relationships, and I try to avoid unhealthy holding patterns.	1	2	3	4	5
I want God's best for me in a romantic relationship. If I am pretty sure that the guy I am dating is not His best, I won't disrespect him by staying in the relationship.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Practice being intentional in a relationship today, whether romantic or not. Tell your mother you love her. Buy coffee for a friend. Hug your dad or your brother. Don't take anyone in your life for granted.

Talk to God

Ask God for wisdom and strength to remain honest and intentional in your dating relationship.

Ask Him for discernment to know your feelings and courage to communicate them without fear.



*"All too often, we use our intimacy to build connection and relationship instead of allowing the foundation of trust to build our intimacy."
(page 109)*

DAILY TRUTH

Laying the Foundation of Trust

If someone walked up to you and said, "Hey, I want to give you a million dollars," what would you think? You'd probably want to know what the catch was, right? People do not usually give expensive things to people they don't know and trust, and for a good reason.

A daughter of the King who knows her value will be wise in entrusting her heart little by little to a guy who proves himself consistently trustworthy to protect and honor it. She will also treat his heart with the same value and respect she has for her own, and will be careful to show him that he can trust her with it.

Always remember that you are trying to get to know a guy's character, not just how he makes you feel while he is on his best behavior trying to impress you. Don't

disregard it when he treats your feelings, thoughts and needs as unimportant. Don't ignore it when he complains or speaks harshly about someone, or is chronically late.

He may not have terrible motives for doing these things, but these are the kinds of "little things" that reveal where he is in his character growth. And if you don't already know his close friends and family, seek them out and ask them to give you their honest assessment of his character.

People don't give expensive things to those they don't trust.



Summary

As you seek to learn the truth of a guy's character, live up to your own high expectations for him.



SOUND WISDOM

If you're honest in small things, you'll be honest in big things; If you're a crook in small things, you'll be a crook in big things. If you're not honest in small jobs, who will put you in charge of the store?

Luke 16:10–12 MSG

Jesus has given you His entire Kingdom. However, He entrusts it to you little by little as you demonstrate faithfulness with the measure you currently have. Jesus is fully aware that you have to grow in holding up your end of the relationship and partnership with Him, and that you will make mistakes.

Yet He is also fully convinced that you will ultimately be successful, and for this reason, He does three things: 1) He never stops trusting you, no matter how many times you mess up, 2) He is constantly there to help and train you to handle what He has entrusted to you, and 3) He never lowers the standard He has called you to reach.

Learning to be trustworthy with the small things in your relationship with Jesus will help you to be trustworthy with the things entrusted to you and by you in your relationships with others.

Real Story

It wasn't until a few years ago, when I began learning what it meant to walk in my identity as a child of God and a daughter of the King, that I really started building lasting trust in relationships with other people. As I've learned to be a more powerful person, I've learned the value of my trust in another, and how to know where to invest it wisely.

Not long ago, I became friends with a guy who was spoken well of by trustworthy people in our group of mutual friends. We began hanging out in public places and in group settings to get to know one another. Conversation flowed easily and hanging out was a joy, but the friendship felt different from many others I'd had before. I felt safe and empowered, even down to my boundaries in the depth of our conversations being respected and upheld.

But increasing my trust investment would take time and consistency. I wanted to know more about my new friend and his trustworthiness, so I began to pay attention to his non-performance

moments—his interactions with his other female friends, his connection to his guy friends, how he responded in disagreements with others, and how he honored wisdom from the leaders in his life, to name a few. I discovered that he was a man of consistency, character, and respect, and as time has gone on in our friendship, he has only further proven that point.

In our friendship, I feel really safe to ask questions and to expect honest answers. Vulnerability isn't being asked on either side that the level of friendship can't cover and protect appropriately. It is a friendship where I feel fully empowered to walk wisely in healthy levels of trust and intimacy. I am making choices now that set standards for my future relational experiences.

Bethany

AGE 25 PENNSYLVANIA, USA



More than nine in 10 (teenagers) note that abstaining from sexual activity in high school results in having respect for yourself and enjoying the respect of your family.

Source: "Virginity and the First Time," Henry J. Kaiser Foundation. (<http://www.kff.org/entpartnerships/upload/virginity-and-the-first-time-summary-of-findings.pdf>). Accessed April 26, 2012.



Interact

What do you need to do to show a guy that you can be trusted with what he shares with you?

How does he need to show you that he can be trusted with what you share with him?

What does it mean to be faithful in the little things? What are some of the little things you need to find out about in a guy in order to make sure you share the same character standards?

Jesus was not ignorant of His disciples' character. He knew their weaknesses, and even that they would betray and abandon Him. But He still trusted them. Why is it important to know the full truth of a guy's character, including his areas of weakness and wounding, and yet still extend trust to him in a relationship?

Trust Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
It's really important for me to find out if a guy I'm dating is trustworthy.	1	2	3	4	5
It's really important for me to show a guy I'm dating that I am trustworthy.	1	2	3	4	5
True character is seen in the "little things."	1	2	3	4	5
I want to keep my eyes open about where I am in my character growth.	1	2	3	4	5
I want to be able to extend trust, and keep extending trust, to someone I love, even when they mishandle what I have given them.	1	2	3	4	5
I want to be a trustworthy woman who can handle and protect a man's heart and invite him to be fully known, flaws and all.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Choose one of the "little things" God has asked you to be faithful with and ask yourself what you can do today to strengthen your faithfulness in that area.

Talk to God

Thank Jesus for consistently extending trust to you, no matter how many times you fail. Ask Him to lead you into being a woman who can trust a man like Jesus trusts you.



*"By talking through each step and sharing your needs and desires,
you are creating an environment of trust where intimacy can flourish."
(page 110)*

DAILY TRUTH

Real Talk

Communication in a relationship is a skill—an art that you must learn and perfect. Always remember that your job is basically twofold. It's your job to let the other person know what you are thinking, feeling and needing. And it's your job to listen well to him when he is doing the same for you. It is not your job to read his mind; neither is it his job to read yours. You will get into trouble when you start assuming or expecting him to know things about you that you have not communicated to him.

There are four basic communication styles. It's important to know and understand them all:

- **Aggressive:** "My thoughts, feelings, and needs matter. Yours don't."
- **Passive:** "Your thoughts, feelings, and needs matter. Mine don't."
- **Passive-Aggressive:** "Your thoughts, feelings, and needs matter....(Not really!)"
- **Assertive:** "Your thoughts, feelings and needs matter, and so do mine."

Whether you are dating anyone or not, the best time to start practicing assertive communication is now—in all of your relationships. Tolerating disrespectful communication in any person will threaten the quality of all your relationships.



Summary

In order to build successful communication in your dating relationship, you must cultivate a high value for your own thoughts, feelings and needs, and for his.



SOUND WISDOM

*Counsel in the heart of man is like deep water,
but a man of understanding will draw it out.*

Proverbs 20:5 NKJV

The better you know your own thoughts, feelings and needs, the better you will be able to sympathize and relate to others. But all of us need help getting to know ourselves. We need people of "understanding" who are further along in life and have more fully developed language by which to name and explain what is going on inside. A person of understanding is a good listener—you should feel like he or she really "hears" you on a lot of levels and can even help you say what you're trying to say when you get stuck. Practice talking about your feelings, needs, and thoughts with your spiritual mother or mentor and ask them for help in expressing yourself in an assertive, respectful way. Watch and learn how they communicate in their relationships. Also, the book *Boundaries* by Henry Cloud and John Townsend is a great tool for learning how to communicate the standards you have established in your life.

Real Story

I have learned in my current relationship that communication is so important. The days of assuming some guy will be able to read my mind are over.

Through trial and error, I have personally learned that I need to communicate when things come up that affect me, hurt me, or lead me to believe something that might not be true. I have been dating my boyfriend for five months now and we still are challenged to communicate with each other in every area. When communication fails, disconnection takes place and I have discovered that this is no fun at all. In my younger years of dating I used to think that a guy should just be able to tell that I am not okay. He should just pick up on the fact that he said something wrong or hurt my feelings, and realize that it would be the ideal time to say sorry...but I never came across such a man. My dating was full of me pushing things down, ignoring things, and just moving on to let it all work itself out.

In my current relationship I have yet to experience a time where not communicating was the best choice. I am learning that I do not have to be afraid of this man who loves me, that I am free to have needs and feelings, and that they are legitimate. Communicating is now seen as a tool to maintain connection, a way that I can help my boyfriend grow to know me. God has shown me how to love others in my communication, and when it is done in love, it can be such a powerful way of understanding, learning, and growing.

Joceyln
AGE 24 CANADA



*Confident individuals
listen to message content
better than individuals
who lack confidence.*

Source: http://d1025403.site.myhosting.com/files_listen.org/Facts.htm, Accessed April 27, 2012.



Interact

What primary communication styles did you see modeled for you in your home? What did your upbringing teach you to believe about the value of your thoughts, feelings, and needs, and the value of others' thoughts, feelings, and needs?

What are some of the results of disrespectful conversations you have either observed or participated in?

Who in your life is a model of respectful, assertive communication? What are two things you have learned from them about healthy communication?

Assertiveness Test

STRONGLY DISAGREE
MOSTLY DISAGREE
AGREE SOMEWHAT
MOSTLY AGREE
STRONGLY AGREE

I have a high value for my thoughts, feelings, and needs, and I know what they are.	1	2	3	4	5
I have a high value for the thoughts, feelings and needs of others.	1	2	3	4	5
I do not expect someone, even someone close to me, to be able to read my mind. I only expect them to be accountable for the information I have communicated to them.	1	2	3	4	5
I communicate my value for a person by listening well to them and giving them my attention.	1	2	3	4	5
I seek out relationships with people of “understanding” who know how to share what’s going on inside and invite me to do the same.	1	2	3	4	5
I do not participate in disrespectful conversations.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Ask a close friend if he or she thinks you are a good sharer and a good listener. Invite his or her input on how you can improve in any area.

Talk to God

Often we project the communication style we grew up with on God. But God wants to have respectful conversations with you. He listens to you and values your thoughts, feelings, and needs, and wants you to do the same with Him. Invite Him to lead you into assertive communication with Him!

Evaluation

Day 11	
Day 12	
Day 13	
Day 14	
Day 15	
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Total (300 possible)	

Congratulations! You have made it through the first 20 days of the journey! Now's your chance to go back and add up your scores from the last 10 days of your self-evaluation tests.

What is one way in which your thinking or behavior have changed in the last 20 days?

What is one specific area in which you want to grow over the next 10 days of the journal? What is one thing you are going to do to strengthen that area?



THE BARRACKS



July

It's 4am and I am in the freaking laundry room washing clothes!!! What happened to the days when "carefree" was in my vocabulary? This place is anything but that...the sergeant is complete idiot! I swear, sometimes I want to punch that guy in the face. He was screaming at us like some kind of freak show, all while throwing our lockers on the floor. I looked up just in time to see the sock I had my ring stashed in fall right at his feet. Perfect! I mean what are the chances? Then sergeant freak show made me pick it up so he could smell it... On a good note, I'm glad it wasn't my underwear; he probably would have Court Marshaled me! Thank God for duct tape...it's like the 8th wonder of the world...



"Because our emotions are so powerful, often times the decisions that we make while we are 'under the influence' are much different from the decisions we would have made while being 'sober.'" (page 111)

DAILY TRUTH

Under the Influence: Handling Strong Emotions

Like your sex drive, your capacity to experience the full range of human emotions is a divine gift from your Creator. And like your sex drive, it is your job to manage your emotions. Some people disregard or shut down their feelings because managing them seems too difficult and scary. Others give in and let their feelings manage them. But as He does for your sex life, God wants you to have a fully developed and satisfying emotional life, where you can feel things deeply and harness the power of your feelings to act according to your virtues and godly goals.

You can, and must, learn to take your emotions "captive," just as you do with your thoughts. This holds true whether your emotions are positive or negative. Both the powerful excitement and joy of a new

relationship and the powerful ache of loneliness will push you to act in ways that either honor your virtues or don't. No matter how strong the feeling may be, you always have the power to choose how you will respond to it.

Relationships founded on emotions are at the mercy of emotional changes—and emotions will change. If you don't want to be an emotional rollercoaster, make sure that you decide what you're going to do with the emotions you feel. Use the messages your emotions are communicating to help you to make decisions, but always make sure that your powers of reason and your knowledge of truth weigh in on those decisions. Don't ever let your emotions be the only thing that determines your behavior.



Summary

The commitments you make should be inspired by your emotions, but should also rule your emotions.



SOUND WISDOM

When [Jesus] looked out over the crowds, his heart broke.

Matthew 9:36 MSG

When Jesus saw her sobbing and the Jews with her sobbing, a deep anger welled up within him... Now Jesus wept.

John 11:33, 35 MSG

At that, Jesus rejoiced, exuberant in the Holy Spirit.

Luke 10:21

Jesus felt all kinds of strong emotions—anger, grief, compassion, and joy—and expressed them with a freedom that makes most of us look like robots. But whatever "moved" Him always moved Him toward His God-given assignments and goals, not away from them. He also knew how to move consistently toward those assignments with or without the help of strong emotions. His character created safe boundaries in which He could be vulnerable to His feelings, but not ruled by them.

If you are afraid of strong emotions, Jesus wants to heal your heart and awaken your ability to feel, within the security created by the power He gives you to manage your feelings well.

Real Story

When I got into my last year of high school, I became very depressed for several reasons. Growing up, I never learned how to communicate my feelings in a healthy way without crying or being angry (screaming). In my senior year of high school, all the feelings that I had suppressed for a long time came up all at once. Every day was different. One day I would cry a lot, another day I was numbed to any feelings.

After high school, I went to a ministry school where I learned more about my royal identity in God. On one hand, as I discovered more of who I am, I realized that I am a powerful person. I can communicate my feelings with a community of people when I need to. I learned that my feelings are important and valuable. On the other hand, I noticed that if I base my decisions only on my feelings, they could

change everyday. For example, when someone says something to me that makes me angry, I could only listen to my feelings and treat the situation or person out of my anger. Or I could choose to discuss the matter with the person later on (if needed) and decide to not let my frustration affect the rest of my day. No one can make me act on my anger. I choose what I do when I am angry.

I have now set core values by which I want to live so that in any given situation, I will not act out of my strong emotions, but rather out of the virtues that I choose to live by. I also learned to communicate with God a lot more because He is steadfast and never changes.

Kristien

AGE 21 **FRANCE**



Without emotions, you can't think clearly, make competent decisions, or communicate.

Source: <http://karlamclaren.com/emotions-create-clear-communication>



Interact

When was the last time you experienced a strong emotion, positive or negative? Did you, or can you, identify the cause of that emotion? What did you do about it?

Have you ever made a decision while “under the influence” of a strong emotion, and what was it? Was this decision in line with your virtues or not?

Are you afraid of strong emotions? Why or why not?

Emotions Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
My capacity to experience strong emotions is a gift from God, and I am thankful for it.	1	2	3	4	5
I am responsible to manage my emotions and respond to them in ways that honor my virtues.	1	2	3	4	5
I refuse to let my emotions manage me or tell me how to make decisions.	1	2	3	4	5
I build my relationships on the foundation of my virtues, not my emotions.	1	2	3	4	5
I want to be able to feel things deeply and be moved by my emotions, like Jesus does.	1	2	3	4	5
I want to be able to follow through on my commitments, whether I feel like it or not.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Practice checking in with your emotions today. Ask yourself, "What am I feeling? Why am I feeling it? How should I respond to this?"

Talk to God

Invite Jesus to lead you into aligning your emotional life with your virtues and purpose. Ask Him to heal any places where your emotions have been shut down or out of control.



"Interdependence means that I lend my strength to help you become all that you can be, and you lend me your strength to help me become all that I was created to be." (page 114)

DAILY TRUTH

Interdependence

The foundation of interdependent relationships is mature love. A person with mature love is able to say with integrity, "I will love you no matter what you do." When two people are able to say this to one another, it lays the foundation for a relationship in which both are freely sending and receiving high levels of support and encouragement. This is relationship as God designed it.

Most people never step fully into the incredible joy of an interdependent, life-giving relationship because they never learn to trust God in every situation. Oftentimes we withhold love, or give love with conditions, because

of fear. Realistically, because you and whomever you date and marry are in the process of developing mature love, there are going to be times where you do hurt each other.

God allows these moments where your love cannot be reciprocated to test and grow your love.

Often we withhold love, or give love with conditions because of fear.



Summary

The commitments you make should be inspired by your emotions, but should also rule your emotions.



SOUND WISDOM

"If someone strikes you, stand there and take it. If someone drags you into court and sues for the shirt off your back, giftwrap your best coat and make a present of it.

And if someone takes unfair advantage of you, use the occasion to practice the servant life. No more tit-for-tat stuff. Live generously."

Matthew 5:39–42 MSG

You will be really smart if you look for a guy who goes the extra mile. Pay attention to how he treats those who can't repay him, or who treat him unkindly. If he shows them kindness, forgiveness and generosity in words and action, then you have evidence that he can hold up his end of an interdependent relationship.

An interdependent relationship isn't just about being able to give, though; it is equally about being able to receive. It takes strength to be vulnerable and say, "Hey, I'm (tired, hurting, weak) right now, and I need some help." A guy who "doesn't need anybody" is not ready for interdependence. Also, regularly check in with yourself and look at whether or not you are going the extra mile in your life, or whether or not you have a hard time asking for help when you need it.

Real Story

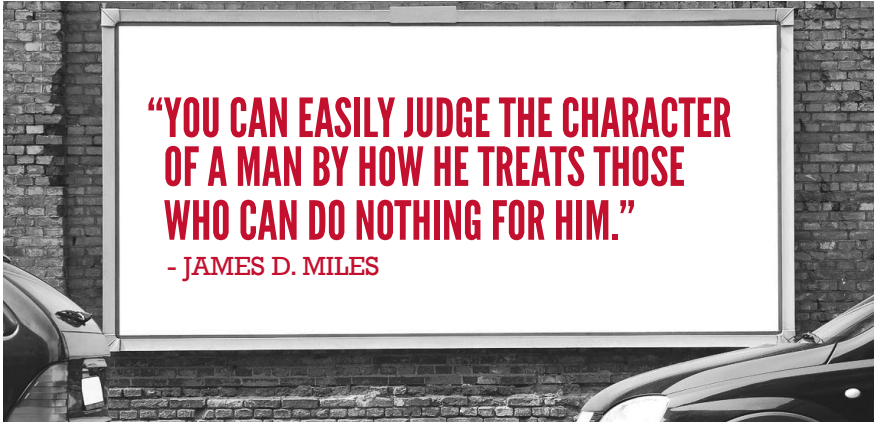
Every week I work Monday, Tuesday, and Wednesday, while my husband, who works as a sports coach for an hour each day, has our two boys. I'm a teacher, so as well as those three days I have a lot of planning and preparation to do outside of work. Each week I leave him a list of things to be done and often they are not all completed. Sometimes I wonder why, as he only works for an hour a day. Then I remember that the job he is actually doing—and is doing really well—is far more important. People often say to me, "Your boys are so happy," "I don't know how you work 3 days and have the boys," and "You're amazing, fitting everything in!" His secret brilliance makes me look great—like Superwoman! And I'm there leaving my lists!

Marriage is a constant balance of lending gifts and strengths, but also realizing what you need to do to show love to the person you love.

When you're in a relationship where trust is central and you've given that person your heart, it doesn't matter who's done what, or when or why, because you're a team. It's a safe, secure place to be loved, where what you do doesn't negatively affect that love. As he lends me his strength and I lend him mine, we are both able to do what we do because of each other, and our team works well.

Claire

AGE 33 **ENGLAND**



Couples who live together are less happy than married couples and are less happy with their sex lives. In America, long-term cohabiting relationships are far rarer than successful marriages.

Source: Linda J. Waite and Maggie Gallagher, *The Case for Marriage: Why Married People are Happier, Healthier, and Better Off Financially*, (New York: Broadway Books, 2001).



Interact

Why is being able to love someone who can't or doesn't love you back, and even someone who hurts you, a foundational ability for a mutual, loving, interdependent relationship?

Describe a time where you withheld love in a relationship, or someone withheld love from you, because of fear. How did this affect the relationship?

Have you ever received grace from Jesus to love someone who otherwise you could not love? How did this affect you and your relationships?

When was the last time you went the extra mile for someone? Describe what you did and how it affected your life and theirs.

Maturity Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I believe God can help me to love someone no matter what they do.	1	2	3	4	5
I want to be really good at showing love and really good at receiving love in relationships with God and others.	1	2	3	4	5
I work on staying connected to God's eternal source of love so that I can love others without fear or conditions.	1	2	3	4	5
I check in with myself regularly to see if I am withholding love or loving with conditions because of fear.	1	2	3	4	5
I go the extra mile for others, and not for just my friends, but also for people who can't repay me.	1	2	3	4	5
I know how to offer my strength to others, and I know how to receive strength from others.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

If there is any relationship in your life in which you know you are withholding love or loving with conditions, choose to show love to that person in some way today. If you are resisting someone's love and wanting to be independent and self-sufficient, choose to humble yourself and receive that person's love.

Talk to God

Ask God to reveal any area of your life where you are acting dependent or independent, and to give you wisdom and strength to move toward interdependence, both in your relationship with Him and with others.



*"Intimacy is so important because it's how we receive the highest level of love."
(page 116)*

DAILY TRUTH

Into Me You See

Intimacy is the key ingredient to an amazing relationship.

Nothing can come close to the feeling of being deeply known. Make no mistake, there are many cheap imitations of intimacy. The desire to feel connected compels people (usually altered by drugs and alcohol) to keep heading to nightclubs, sports games, or porn sites to escape their loneliness, but after each encounter the feeling passes and leaves them empty. But true intimacy is a lasting well of love you can draw from on a regular basis, and it always leaves you better and richer than before.

One thing to remember about intimacy is that it should not be built with everyone; it should only be given where there is mutual trust and respect. In order for

true intimacy to happen, each party involved will have to be a powerful person with real needs and boundaries. Needs and boundaries are so amazing, because whenever you meet a person's needs or respect their boundaries, you build trust. The natural result of building trust is an increase in intimacy.

But remember, wherever fear and suspicion are allowed to influence a relationship, intimacy will dramatically decrease. It's vitally important in intimate relationships that even when you disappoint yourselves and each other, which is bound to happen, you work to believe the best about each other.

True intimacy is a lasting well of love you can continually draw from.



Summary

Intimacy is the lifeblood in every flourishing relationship.



SOUND WISDOM

You know me inside and out, you hold me together, you never fail to stand me tall in your presence so I can look you in the eye.

Psalms 41:12 MSG

Intimacy with God lays the best foundation for intimacy in a romantic relationship. The more real you can be with God, who loves, desires, knows, and accepts you more than any other person ever could, the more real you can be with others.

And if you can't be real with God, then you're certainly not going to be real—as real as you can and should be—with yourself and others, especially a significant other.

Real Story

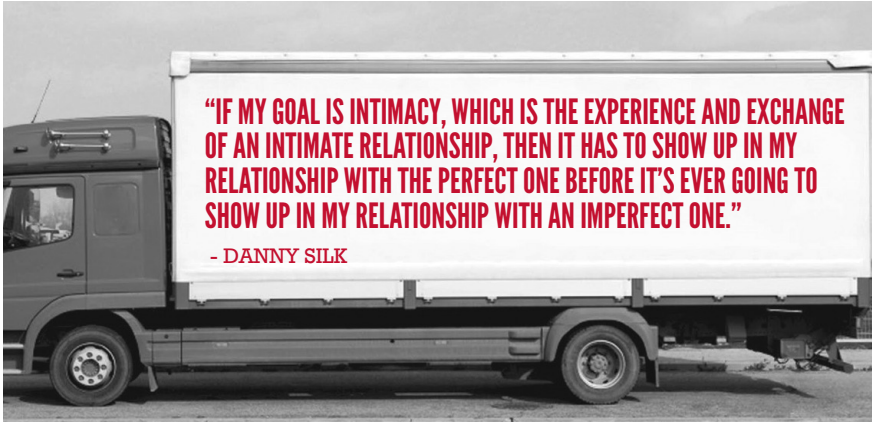
Intimacy. Into-me-see. It's what we all desire—a relationship where we can let all the walls down, really know someone and be known in return. It sounds so wonderful. For me, however, it was the most difficult thing I have ever done. I was able to have sex with my husband, but intimacy was another matter. When he would express desire for me or tell me how beautiful I was, I couldn't believe him. I thought it was his way of getting what I thought he wanted—sex. He wanted intimacy, but all I was able to give him was sex. It became an ongoing issue for us.

About 13 years into our marriage, God began to reveal the root of my struggle. I was sexually abused as an adolescent. In order for me to survive the trauma of that experience, I believed lies: lies about myself and about the beauty of an intimate relationship. It was only when we began to unravel the lies that I was able to enter

into true intimacy with my husband. I tore down the lies and replaced them with truth. Here's what I began to believe: 1. My husband didn't just want to use me, he wanted to know me. 2. I am worth knowing. 3. I am beautiful. 4. I was created for intimacy. When I began to believe these truths, I began to know me and who I am. Knowing who we are is a key to intimacy. When we know who we are, we are free to let others know us. This allowed me to let the walls down and let my husband in. We began to experience sex with intimacy and, after 35 years of marriage, let's just say sex with intimacy is fantastic!

Vicki

AGE 53 NORTH CAROLINA, USA



Matthew Kelly, author of The Seven Levels of Intimacy, says we progress in letting others “see into” us by first sharing clichés (small talk), then facts, then opinions, then hopes and dreams, then feelings, then fears, failures and weaknesses, and finally, our needs.

Source: <http://www.villagecounseling.net/intimacy.shtml>



Interact

Do you make your life an “open book” to God like David did?

If so, how do you do that? If not, why? What can you do to open up to God more fully?

Do you understand that God believes the best about you, even when you mess up? Why or why not?

How does this define what you believe about yourself and others?

What did you do the last time someone you cared about disappointed you? Did you work to rebuild trust? Why or why not?

Intimacy Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I try to be raw and real with God about what is going on inside me.	1	2	3	4	5
I want to share everything with God, the good times and the hard times, because I love Him and He loves me.	1	2	3	4	5
I try to believe the best about myself and others.	1	2	3	4	5
I work to align my opinions of myself and others with God's opinion.	1	2	3	4	5
I am unconditionally accepted by God.	1	2	3	4	5
I want to send a message of unconditional acceptance to those around me, especially in my closest relationships.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Is there anyone in your life who you are viewing through a lens of suspicion, bitterness, or offense? Forgive them for anything they have done to hurt, betray, or disappoint you, and bless them. Ask God to heal your heart of any pain they have caused, and to help you see them through His eyes.

Talk to God

Spend some time reading the Psalms today. When you find a verse that resonates with what you are going through, speak it aloud to God. Use it as a launch pad into a raw conversation with the One who is totally crazy about you and wants to lead you into intimacy with Him.



*"We can actually only be loved to the level that we can be hurt,
so risk is part of the process." (page 116)*

DAILY TRUTH

Risking the Break Up

The poet Alfred Lord Tennyson penned the famous words: "Tis better to have loved and lost, than never to have loved at all." The power of this statement becomes clear when you understand that the consequences of not loving are more costly and destructive to you than the consequences of being hurt by love. Not allowing yourself to love because you are trying to protect your heart from risk and vulnerability is a bad plan. God designed all human beings to love and be loved. When you withhold your love, you are aligning yourself with God's enemy.

Do you realize that you are on this planet because God Himself risked the "break up"? Just think

about the risk He took with Adam and Eve. He was willing to risk the heartbreak of our betrayal and the devastation of watching the sons and daughters He loved be enslaved and brainwashed by His enemy. Then, He endured the pain of losing His only begotten Son to humiliation and death.

And He did it all so that He could love us and give us the chance to love Him in return. If God says love is worth it, then you can be sure that the risks you take in loving others are worth it also.

*God Himself risked
the "break up."*



Summary

*If you want to learn to love like God, you have to be
willing to risk everything—just as God did to love us.*



SOUND WISDOM

*Don't run from suffering; embrace it. Follow me
and I'll show you how. Self-help is no help at all.
Self-sacrifice is the way, my way, to finding your-
self, your true self.*

*What kind of deal is it to get everything you want
but lose yourself? What could you ever trade your
soul for?*

Mat. 16: 25–26 MSG

Jesus showed us that there's only one way to love. You have to lay down your life for others. You can't just feel it or say, "I love you," you have to commit to a choice of action. When it comes to making a "romantic love" commitment in a relationship with a man, it's vital that you are willing to walk out a consistent choice to sacrificially serve him.

Obviously, arriving at the decision to make this commitment is a process that takes time. Your mentors should be a huge part of helping you make sure you are right for one another before you take the step of saying, "I love you," so you know you are ready to back up your words. But the point is that you will never arrive at that point if you begin your relationship with the goal of protecting yourself.

Real Story

After six months of dating Justin, our relationship was getting serious. We had talked about marriage, and Justin had even secretly bought an engagement ring. During a road trip to meet family, we stumbled in our sexual purity. I was wanting to repent, seek counsel, and keep moving forward in our relationship, but Justin wanted out immediately. I understood why; it was so sad for us to go past our boundaries in purity. But I knew our hearts wanted purity, and believed we could learn from our poor choices. Unwilling to change his mind, Justin broke up with me the next day.

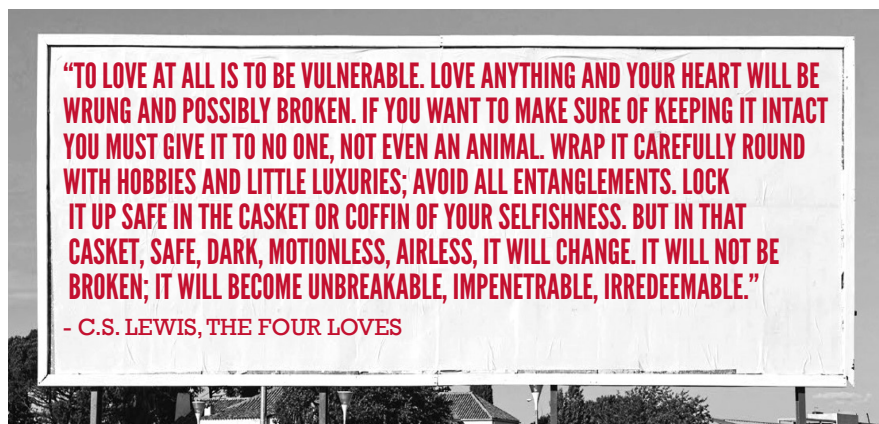
As he left my house, I thought, “I need to choose how I will respond to this wisely.” I prayed and sought God for grace not to be bitter or angry, but to continue to love him just as I would have if he hadn’t given up. God filled my heart with compassion, grace, and humility. Even though I was in a great amount of pain, I trusted that God would take care of my heart, and that I didn’t need to guard it by turning against Justin.

I saw him a few days later at church, was nice to him, and invited him to my house along with my friends, so he wouldn’t feel left out.

I never spoke poorly of him; I did my best to guard my mouth and honor him. Sometime later, I ran into him. He told me he had done some thinking, and was sorry that he ended things so quickly. We were able to start a friendship, and within two months we started dating again. About a year later, we got married! I will always remember making that decision to love him even when I was hurt, just because I knew God would care for my heart and I didn’t need to protect myself by being rude. We may not be married today if I hadn’t risked loving him when it hurt.

Holly

AGE 25 MICHIGAN, USA



Researcher Brené Brown found that the primary difference between people who experience deep love and belonging with others and those who struggle to experience love lies in the belief of their own worthiness: "We must believe that we are worthy of love and belonging."

Source: Brené Brown, "Want to be happy? Stop trying to be perfect," CNN. Available at <http://www.cnn.com/2010/LIVING/11/01/give.up.perfection/index.html>. Accessed March 30, 2012.



Interact

How can building your life around protecting yourself from pain and loss end up backfiring on you? Give an example.

Explain in your own words what Jesus meant when He said that trying to save your life would backfire, while losing your life for His sake ends up saving your life. How have you experienced this truth in your life?

How do you feel when you take a risk to pursue something you really want? Does the risk factor take away or add to the value of what you're going after?

When you think about giving all that you are to love someone, which weighs more in your mind—the risk of heartbreak, or the prize of an amazing relationship? Why?

Risk Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Love inherently involves risk.	1	2	3	4	5
I am willing to risk the pain of heartbreak for love.	1	2	3	4	5
God says giving everything for love is worth it, and I believe Him.	1	2	3	4	5
The only way to really love God and the man I marry is to give it all.	1	2	3	4	5
I want to overcome all fear of pain in my life.	1	2	3	4	5
I am worthy to love and be loved.	1	2	3	4	5

Score:

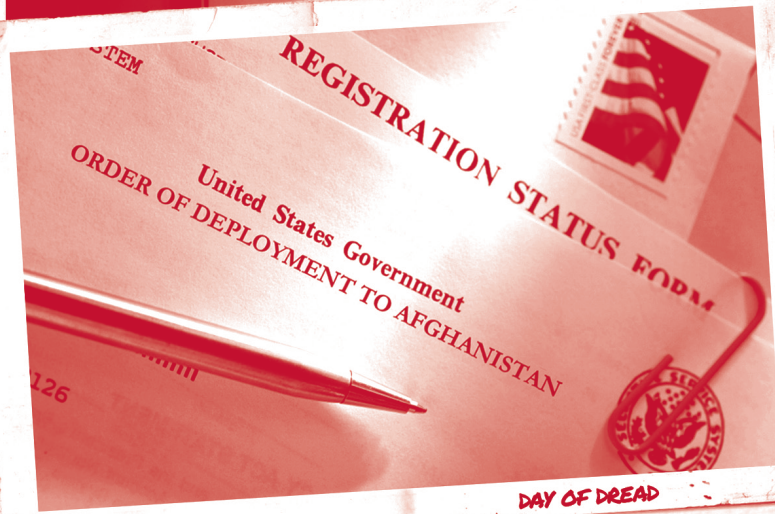
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Ask yourself, "Where in my life am I not taking risks because I fear pain? What is this costing me?"

Talk to God

Ask God to invite you into a deeper revelation of His value for love and why it is so worth the risk.



September

Worst day of my life! Uncle Sam is sending me to Afgan... **SUPER SCARED**. Guys are coming home in body bags or with their legs blown off and stuff. I didn't sign up for this... I mean I joined the Reserves before all this crap hit the fan. The recruiter promised me Germany... I freakin' can't believe this. Everyone is so freaked out today... well except for a few G.I. Joe tough guys. Those jerks make me sick! They think they're bullet proof or something! If you're out there, I could use a little help!





"The tragedy is that many of the people who get 'slimed'...are plagued by the spirit of shame. It lies to them and tells them that they aren't pure anymore." (page 122)

DAILY TRUTH

Shame

Shame is "a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior." People can experience this painful feeling whether they are the victims of wrong behavior, or the cause of it.

Shame makes you hide, just as Adam and Eve did after they sinned. This is why many victims of rape and other kinds of abuse don't speak up about what happened to them. They are treated as if they have no value and no voice, and then they believe the lie that they have no value and no voice. Sadly, their prison of shame keeps the pain of their abuse alive long after their physical wounds heal, and even positions them for further abuse.

People who are hiding parts of themselves, who don't believe in their value and their voice, are bound to struggle in relationships. A healthy relationship, particularly an intimate, romantic relationship, depends on you being able to open all the doors to your life and say, "I'm not going to hide anything from you."

A healthy relationship says, "I'm not going to hide."

It depends on you carrying a high value for yourself and your husband, and it depends on both of you having a voice. If you want to have healthy relationships, you must declare war on every bit of shame attached to you regardless of what you have done. Jesus doesn't make our past or present just "okay." He makes all things new.



Summary

*The greatest weapon against shame is God's love for you.
God's love invites you to come out of hiding and live out loud.*



SOUND WISDOM

Those who look to him are radiant; their faces are never covered with shame.

Psalms 34:5 NIV

Shame is disappointment in yourself, disappointment in others, and disappointment in how your life is turning out. It can be a shock to discover what you and others are capable of, and the pain of disillusionment will fester in your heart unless you allow God to come and realign your expectations with His.

Bible teacher Randall Worley once said, "It's impossible for you to disappoint God. In order to disappoint Him, you would have to do something He didn't know you were capable of doing." He is not shocked by your or anyone else's sin; rather, He paid the whole, horrible price for your sin so that He could forgive you and restore you from every one of its effects. That price forever defined your value and removed every excuse for you to live with any kind of shame.

Real Story

When I was 18 years old, I completely compromised my sexual purity in exchange for what felt like acceptance—a reality I had never experienced before, but one my heart had hungered after my entire life. I was lonely and longing to feel loved. The further I walked down the road of letting another person unhealthily meet my needs and fill the place in my heart that only God can, the more hardened I became. I disconnected from my heart because the pain and conviction were too much to bear. I knew that what I was doing was wrong, but I didn't have the strength to stand for what I knew was right, or the confidence to let go and believe that someday I would be loved the way that I truly deserved. I placed my identity and worth entirely in another person, leaving me powerless.

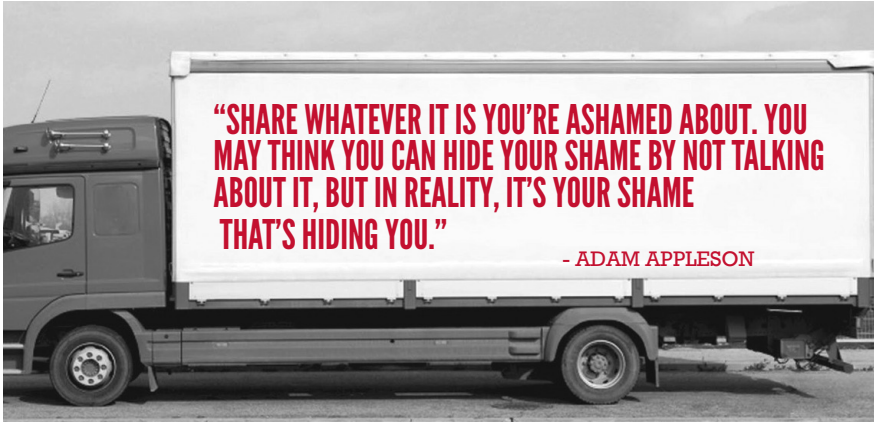
A few months into this lifestyle, I gave up and turned my back on God—not because I was mad at Him, but because I was too ashamed of myself to look Him in the eyes. One day, I looked at myself in the mirror and said aloud to God, “If You're real, then please get me out of this.” That's exactly what He did. Soon after I prayed that prayer, some leaders at church discovered my relationship, and it became impossible for me to continue having contact with the person who had consumed my life for nearly a year. I moved back to my hometown and was faced with a choice: I could hide this painful and embarrassing part of myself from everyone, or I could be known and guided through it. I knew that if I didn't let somebody in, it would surely eat me alive. I thought I was the scum of the earth. I hated everything about

myself. I was convinced that I had ruined my life and that God would never use me for anything good again. I was ashamed.

As I was honest and let a few significant people in on this deeply vulnerable and wounded place in my heart, I was overwhelmed and humbled by their response. They were overflowing with love, acceptance, and compassion for me. Nothing about what I had done scared them or made them question their love for me. In fact, they only loved me more. They walked hand-in-hand with me through my healing, and more often than not, believed in me more than I believed in myself. Their love kept me going. They had eyes to see me when I was blinded by pain. For the first time in my life, I understood the raw, real, radical grace of God. This grace doesn't care where you've been or what you've done. This grace keeps no record of wrongs. This grace does not require performance or that you have it all together, but only that you have an open heart to see the unconditional love you are made to dwell in. For eight months, God led me through the book of Romans over and over again, until the truth of His Word permeated my entire being. These truths are now what I stand on. My gifts and callings are irrevocable. Nothing can separate me from the love of God. I am free of shame. I am in the light, and I am extravagantly loved.

Sara

AGE 24 CALIFORNIA, USA



Experts estimate that 90% of all rapes are never reported.

Source: <http://www.swmihoh.org/INeedHelp/TeenStatistics/tabid/71/Default.aspx>, Accessed April 27, 2012.



Interact

Have you ever had an experience that made you feel dirty or impure? What did you do about it?

What are the messages that shame has tried to deliver to you concerning your identity, dignity and value? In contrast, what does God say about who you are and your value?

Where have you been forced to be silent in your life? Are you willing to start speaking up about these things?

What is one area of your life where your expectations of yourself need to align better with God's expectations for you?

Shame Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
My identity, value, and dignity are defined by my Father God, who knows exactly what I am capable of and is never disappointed with me.	1	2	3	4	5
God does not want me to live with any shame whatsoever, and neither do I.	1	2	3	4	5
When I get hurt, disappointed, or “slimed” by the world, I run to my Father to get cleaned off and healed.	1	2	3	4	5
I was never made to live in secret and in silence; I was made to speak up and freely share who I am.	1	2	3	4	5
When I act beneath my identity, I don’t deny it or stuff it. I own up to it before God and let Him remove my shame.	1	2	3	4	5
God makes me 100% pure, inside and out, when I repent.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

If you can identify any areas of shame that are still hanging on in your life (you can always recognize shame by the desire to hide those areas), then break the silence. Seek out your trusted friend/accountability partner and let your voice be heard.

Talk to God

Invite God to break off any shame in your life, to heal your heart from any disappointment, and to restore your joy and confidence to live out loud!



“One thing that we all need to realize about this propaganda is that it’s not really about sex or lust; it’s mostly about money.” (page 122)

DAILY TRUTH

The Truth About Porn

Porn is virtual prostitution. Its virtual nature removes, for many, the feeling that they are using real men and women to get sexual pleasure. But this lack of feeling does not erase the fact that watching and using porn makes you complicit in a multi-billion dollar business that is profiting by turning thousands of men and women into nothing more than sex objects. And when you turn people into sex objects or anything less than complete human beings, you have initiated the slide into becoming less than human yourself. Porn will—as it has for thousands and thousands of people—destroy your soul, your family, and your life.

One of the biggest lies that keeps people from staking out a firm boundary against porn is that it isn’t hurting

anybody. This is simply not true. It is hurting millions of people, and there is no moral safe house for you to camp out in. If you’re not against it, you are for it. Beyond that, anytime you seek any kind of sexual fulfillment outside of marriage, you are hurting yourself (see 1 Cor. 6:18). And when you hurt yourself, you cannot help but hurt everyone else who is connected to you.

If you’re looking at porn, you are filling your need for true intimacy with trash. In order to break this cycle, you have to learn how to open up and let people in to the depths of your heart so that you’re not starving to be known.



Summary

*The images on a screen or a page are of a real human being.
Someone’s daughter, a sister, a son, a brother.*



SOUND WISDOM

This is God’s Message: Attend to matters of justice. Set things right between people. Rescue victims from their exploiters. Don’t take advantage of the homeless, the orphans, the widows.

Jeremiah 22:3 MSG

You may have heard the saying, “The only thing necessary for evil to triumph is for good men to do nothing.” In fact, good men who do nothing to stop evil are not good men at all. Good men—and women—do not stick their heads in the sand in ignorance and impotence. Instead, they face the evil in the world and ask God where they might serve best in fighting it and bringing His justice and restoration.

The fact that pornographers are using cameras and not guns does not make the destruction they are bringing into peoples lives any less real. Your enemy can take you and your generation out with any false idol. If you are not fighting to love and protect what is important to God—families established on covenant love—then you have already picked the enemy’s side.

Real Story

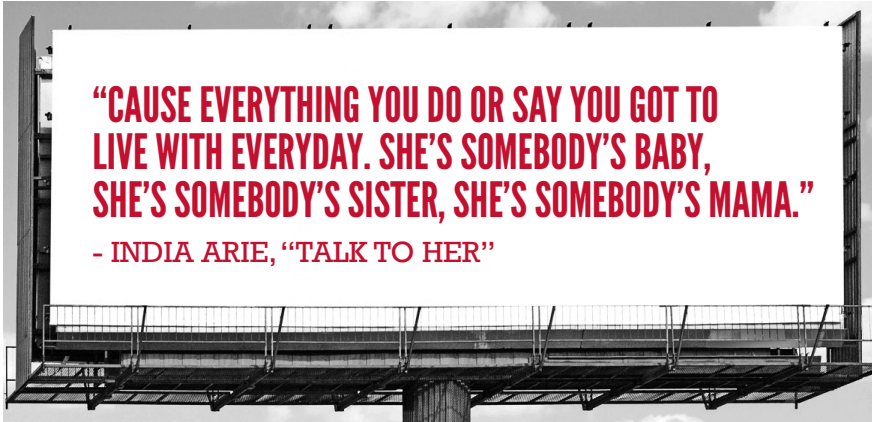
Growing up poor as the chunky pastor's daughter in a very liberal small town set me up for failure pretty early on. I loved people, but had very low self-esteem and no Christian friends to gain strength from. Isolated and lacking vision for my life, I sought refuge from pain.

The first time I saw porn was in the third grade. I was exposed to this crippling vice, which took years to conquer, through a friend who later grew up to have many kids, all with different baby daddies. As I grew up, different emotions and needs would trigger my need for porn: comfort, adventure, education, control, risk. Porn could supply it—or so I thought. Like a family relative you keep locked in the basement, porn was only let out when no one was home. I hid it and hid it well. It wasn't until my twenties that God revealed His desire to bring me out of this destructive pattern, which only led to loneliness and shame.

The first step in getting help was allowing God into every area I had kept hidden. Letting God hear your pain and accepting His love is an ongoing process. You need to become transparent and intimate in a healthy way with healthy people. Bring things into the light with those who have conquered these issues as well. It takes a huge amount of risk, and you're not going to feel like doing it, but I promise there is freedom from the isolation you're in. Face the pain, and it will lessen in time. On the other side are genuine, transparent relationships that God has intended for you all along. Resolve in your heart that you will no longer be passive when it comes to sexual content of any kind: movies, commercials, Internet, etc. There are resources available if you look for them. No one can do this for you, but God is all for you.

Liz

AGE 33 CALIFORNIA, USA



The average age of exposure to pornography on the Internet is 11 years old.

Source: <http://www.xxxchurch.com/teens/stats.html>



Interact

Jesus said that lusting after a someone you aren't married to is the same as having sex outside marriage. How do you think His words apply to lusting after the image of a man or woman who is not your spouse?

How would you feel knowing that thousands of men and women all over the world were using a picture of your sister, mother, brother or father as an object of lust?

Jesus said to treat others as you want to be treated. Would you want people taking your picture and reducing you to a mere sex object? How would you think of people's images differently if you made sure to think of them as you want to be thought of?

Porn Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I refuse to point my sexual desire toward anyone or anything except my husband.	1	2	3	4	5
When I see an image of a person, pornographic or not, I remember that this image represents a real person with a body, soul, and spirit.	1	2	3	4	5
I try to view and think of people the way I want to be viewed and thought of.	1	2	3	4	5
I refuse to turn people or their images into sex objects.	1	2	3	4	5
I refuse to think of myself merely as a sex object.	1	2	3	4	5
Using pornography has nothing to do with loving God, myself, or my husband. I refuse to partner with the porn industry.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Whenever your eyes encounter an image that you could choose to lust after, either ignore it, or pray for that person.

Talk to God

Do business with God, if necessary, over any issues you have with porn and ask Him to show you what steps you need to take to begin your journey towards freedom.



"...righteous people have overreacted against perversion and have made sex a secret or even a dirty act endured for the sake of bearing children." (page 123)

DAILY TRUTH

Afraid of the "Talk"

What would you do if you gave your kid his first baseball bat, and he turned around and cracked one of his friends over the head with it? You basically have two options. You can either take away the bat, or show him how to use it properly. In the moment, taking the bat away may look like the safest thing to do. But this won't help him play the game of baseball.

When you really see the damage that sex outside marriage can cause in society (much worse than a crack to the head), it's understandable that some people think human beings are incapable of managing their sex drives. Therefore they believe that it would be better to just shut off that part of their lives as much as possible and never talk about it. The problem is that

God doesn't agree with them. His answer to perversion is to teach us the real version, not no version. God is not ashamed to talk about sex; after all, He invented it! God not only wants to give us the real version of sex; He wants to give us the real version of ourselves, for unless we become who He made us to be, then we actually won't be capable of experiencing sex as He designed it.

This is why, through Christ, He has given us a new nature that is capable of learning how to manage our sex drives and experience the amazing act of marital love that sex was designed to be, which is a whole lot better than baseball. Those who know and experience the real thing should not be ashamed to talk about it.



Summary *What we don't talk about in the light, will be misused in the darkness.*



SOUND WISDOM

The Man

*Oh, my dear friend! You're so beautiful!
And your eyes so beautiful—like doves!*

The Woman

*And you, my dear lover—you're so handsome!
And the bed we share is like a forest glen. We
enjoy a canopy of cedars enclosed by cypresses,
fragrant and green.*

Song of Solomon 1:15–17 MSG

God's attitude about the beauty of sexual intimacy in marriage is made crystal clear in the Song of Solomon. A lot of people find it hard to believe that God put this book in the Bible! This beautiful, passionate poem puts God's design for sex in marriage on display and proves once and for all that He celebrates this beautiful design and is not ashamed to talk about it. Not only that, Bible scholars agree that the Song of Solomon is a poem about marital intimacy as a metaphor of the intimacy God designed us to have with Him! Unlike the way many Christians talk about sex (sadly), the "talk" God gives us about sex is one full of romance, passion, love, celebration, delight, and beauty. This intimacy is the prize that the pure of heart are capable of enjoying with one another.

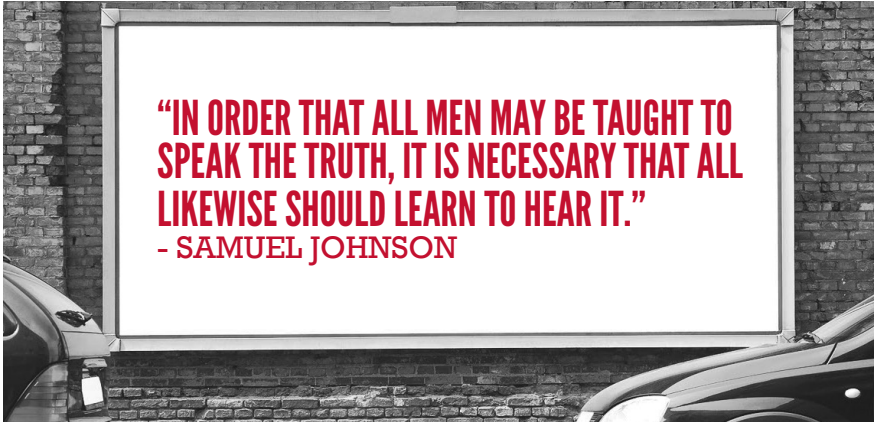
Real Story

I grew up in a very conservative and controlled Christian environment. I was homeschooled for all of my education and was only exposed to like-minded people. Growing up, sex was never talked about, which created a stigma in my mind that sex was dirty and bad, and that to be curious about it was sinful. I grouped the things I didn't understand—boys, relationships, intimacy, and sex—into one category, put a giant red 'X' over it and never asked questions out fear of asking something wrong. To protect myself, I determined that the first guy I dated would be the man I married, which gave me an excuse to act out of fear. I wouldn't date because I didn't want to risk dating a guy who I didn't marry and ruin God's plan. I would let guys close enough to fill the longing I had to be known and loved, but not close enough to actually hurt me.

When I was 20, I looked at the life that I had so carefully created for myself and realized I was never going to be able to understand true love and purity until I let God show me who I am. Being a virgin didn't feel like an accomplishment because all of my actions were rooted in fear, not self-respect.

God opened my heart and began to show me who I am as a woman. He gave me the revelation that purity is more than just physical virginity; it is also a mindset. At that moment, I chose to be pure—not because it was the right thing to do, but because I wanted to protect the value I have for my future husband and myself. I learned how to apply purity to my everyday life. No longer am I afraid to talk about sex or intimacy. No longer do I allow my emotional needs to be met from unhealthy sources. No longer am I afraid to love and be loved. I am blessed!

Mandy
AGE 23 TEXAS, USA



Teens who engage in premarital sex are likely to experience regret, guilt, lowered self-respect, fear of commitment and fears about pregnancy and STDs. They are also more likely to commit suicide.

Source: Bridget Maher, "Why Wait: The Benefits of Abstinence until Marriage," 4. Available at [http:// www.frc.org/get.cfm?i=IS06B01](http://www.frc.org/get.cfm?i=IS06B01). Accessed March 28, 2012.



Interact

What are some examples of the damage that you have seen out-of-bounds sex cause in your life or in the lives of people you know?

Has this damage created fear in you that you won't be able to manage your sex drive and make wise choices to honor God, your body, and marriage? If so, how have you responded to this fear?

Do you believe that Jesus has given you a new nature that can overcome sin and empower you to make wise choices? Do you believe that He wants you to enjoy the fullness of marriage as He designed it?

How are these beliefs playing out in your thoughts and behavior?

Prudery Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Sexual sin has caused a lot of damage in the world, but God is still empowering those who will trust Him to practice self-control and experience sex as He designed it.	1	2	3	4	5
Sex is not dirty or shameful, but neither is it merely a physical pleasure. It is more than what religion and the world make it.	1	2	3	4	5
I want to celebrate and experience the beauty and pleasure of sex as an expression of total intimacy with my husband.	1	2	3	4	5
Praising the beauty of sexual intimacy in marriage is biblical and right.	1	2	3	4	5
I can express my desire for sexual intimacy in marriage without shame.	1	2	3	4	5
I can talk about my desire for sexual intimacy in marriage with God and trusted friends.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

What do you hope to be able to tell your future children about your journey from the battlefield to the bedroom and the beauty of intimacy in marriage? Write a short letter to them explaining that "saving sex for marriage" is about a lot more than just a bunch of rules.

Talk to God

Ask God to teach you how to talk about your desire for sex and marriage with freedom and without shame.



“God intended sexuality to be expressed solely within the boundaries of the marriage covenant. He did this because the purpose of sex is not merely to give pleasure, but also to create families.” (page 124–125)

DAILY TRUTH

What is Sex?

Society is on a mission to prove that sex is nothing more than a physical act performed with minimal-to-no consequences. The problem is that there is no such thing as a sexual act without consequences. Sex affects your spirit, soul, and body and also the future of all your relationships. Sex does something that nothing else can; it makes two people “one flesh.” You can steward and protect this God-created union, or you can neglect and destroy it. But you can’t escape its existence.

Sex does something else that nothing else can—it creates children. You might think this is stating the obvious, which it is, but if you look around in this age of contraception and abortion, a lot of people have

been working really hard to ignore, forget, or destroy this consequence of sex. But our biotechnology can never really erase God’s biological design, and working against that design always comes at a price. Cutting sex off from all its physical and spiritual consequences will keep you from seeing what sex really is.

Accepting these consequences, however, will help you understand God’s design, and how to honor it. Sex bonds you to your spouse. It makes babies and bonds you to those babies. Sex, when stewarded correctly, will lead you and your husband on a beautiful journey of the unique intimacy that makes a family. You’ll do yourself a big favor by always keeping your desire for sex connected to your desire for marriage and family.



Summary

Sex, whether you want it to or not, connects you on every level with another person—spirit to spirit, soul to soul, and body to body.



SOUND WISDOM

Jesus answered, “Haven’t you read in your Bible that the Creator originally made man and woman for each other, male and female? And because of this, a man leaves father and mother and is firmly bonded to his wife, becoming one flesh—no longer two bodies but one. Because God created this organic union of the two sexes, no one should desecrate his art by cutting them apart.”

Matthew 19:4–6 MSG

Hopefully you can see by now that God doesn’t want you to wait to have sex in marriage because He likes to tempt you or because He loves rules. God understands that sex creates something that should only be shared between two people that are committed to each other for life.

Without this commitment, sex is unprotected, no matter how many condoms or birth control pills are involved. And unprotected sex is hazardous to your emotional, spiritual, mental, and physical health.

Real Story

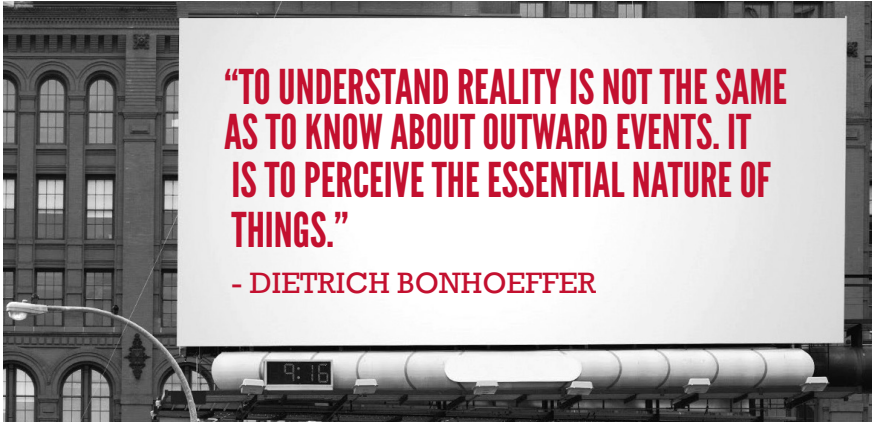
Before meeting my husband, I had bought into the media's version of sex. I believed that it was just an act that I would have to perform to keep my husband satisfied so that he wouldn't have an affair. In my mind it was a physical duty that I would enjoy sometimes, but ultimately it was a chore to keep my man content. I thought that the only thing men wanted was sex.

The first conversation I had with Justin, who is now my husband, totally surprised me. He shared with me his belief that sex is the most intimate and connected experience two people can have. Having sex is actually telling your mind, body, spirit, and emotions that you are making a covenant to become one with that person. If you don't have love and commitment to cover this deep connection, you're defrauding yourself and the person across from you.

When we got married and had sex for the first time, it was the most beautiful and powerful encounter I have had with God and another person. God's presence was so thick and tangible. We knew that this act was connecting us together in ways nothing else could. We wept in the beauty of the moment. There is nothing better than knowing that you are giving all of who you are—all of your flaws, greatness, fears, guards, and love—to someone who is giving the same things back to you. Knowing that Justin paid the price of commitment in marriage, I felt covered in love and was able to let someone into me in a way beyond explanation. I felt protected, comforted, adored, and received.

Abi

AGE 27 COLORADO, USA



Married men and women have more enjoyable sex, and more of it. Married couples are more satisfied with their sexual relationships than cohabiting couples.

Source: Pat Fagan, Anne Dougherty, and Miriam McElvain, "162 Reasons to Marry," (February 8, 2012). Available at <http://www.frc.org/marriewebsite/162-reasons-to-marry>. Accessed March 28, 2012.



Interact

Describe some of the consequences that result from treating sex as something without emotional, spiritual, or relational consequences.

When you think about sex, do you think about it in the context of marriage and intimacy with your husband? Why or why not?

How can you prepare now to protect the "one flesh" reality you will create with your husband?

Reality Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I think of myself as a spirit, soul, and body, and understand that my choices involve every aspect of my being.	1	2	3	4	5
I accept that sex is a multidimensional reality that binds two people together on all levels.	1	2	3	4	5
I want to steward and protect the “one flesh” reality I create with my husband through sex.	1	2	3	4	5
I want my children to be born out of the deep love my husband and I will express to one another through sex.	1	2	3	4	5
I refuse to separate my desire for sex from my desire for marriage and family.	1	2	3	4	5
I understand that when my husband and I give our bodies to one another in marriage, we have created something permanent in God’s eyes. We will no longer belong solely to ourselves; we will belong to one another.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Write a love note to your future husband about the journey of intimacy and family-making you desire to share with him.

Talk to God

Ask God to show you where you can better align your desire for sex with your desire for marriage and family.



MY LIFELINE IN CHAOS



March

War is hell... it takes your innocence in trade for your insanity. I can't sleep...having nightmares...yet staying awake is borderline insane. A month ago I lost Henry from an IED. I'm not sure what or who decides who lives or dies. Is it twisted fate, or some cruel roll of the dice? Either way, thinking too much about all of this out here is sure to kill you. When the war started I duct taped the ring into my helmet. I wanted her close to me; I want to see her again like I did the first time in the window... She's become the reason that I fight to stay alive out here, my reason to hold on to sanity. Fate, if you're out there, can you lend me a hand?



"...when a man and a woman join hearts in true, timeless love, an amazing thing happens; they invite their Eternal Father to join them in becoming a three-cord strand, an unbreakable bond rooted in celestial spheres. Two individuals become a unity. This is a mystery that cannot be explained; it can only be experienced." (page 127)

DAILY TRUTH

Yada and the Mystery of Marriage

If modern society doesn't get God's design for sex, it certainly doesn't get His design for marriage. Sadly, a lot of "religious" people have also missed the boat on both of them. They've interpreted the Bible's language of "submission" to mean "oppression" and given marriage a bad name.

But what happens when you trust God's instructions for marriage along with His instructions for sex and take off the lenses of fear and suspicion that God is a cosmic kill-joy who wants to enslave you? You will see that God designed marriage as a mini-mirror of His relationship with us, which has nothing to do with oppression, slavery, or control—quite the opposite! In

this relationship, "submission" is just another word for mature, whole-hearted, unconditional love expressed through service, affection, and honor.

Ultimately, God created marriage so that we could experience love without fear! Because marriage is a lifelong commitment, it allows you to

*Marriage is a
lifelong
commitment...*

go through hard and easy times without the fear of your husband leaving you. However, if we didn't have lifelong commitments, we would all be running around with our walls up, protecting ourselves from the loss that would inevitably come when things get hard.



Summary

God designed marriage as a relationship in which you are fully known because you fully love, and you fully know because you are fully loved.



SOUND WISDOM

Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder. The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to "stand up for your rights." Marriage is a decision to serve the other, whether in bed or out.

1 Corinthians 7:2–4 MSG

God wants every aspect of marriage, including sex, to be about mutuality—not mutual selfishness, upon which many relationships are based these days, but mutual love and service. What's it like to be in a relationship where you can honestly say, "I am all about loving my husband, he is all about loving me, and we both know it"?

What happens when you are free to focus on meeting his needs because you are confident that he is doing the same for you? Well, it's the kind of relationship that we all dream of—a relationship that many people have given up on because it seems too good to be true. But that is exactly the kind of relationship God wants for you and every one of His children.

Real Story

When my husband Shane proposed to me, he had a table set with red roses, candles, champagne and three big, red cutouts of the letters S, G, and L in a triangle formation representing “Shane, God, and Louise.” At the very beginning of our union we acknowledged that God was an integral part of our relationship. Our wedding day included the verse, “A chord of three strands is not quickly broken” (Ecc. 4:12), as we realized that God Himself worked in our relationship for the success of our marriage and unity and that He would be our Helper.

When we make major decisions in our life, we get input from God both individually and as a couple. As God leads us, we know that together we will be fulfilling both of our destinies in God. God is so for our marriage that I can even ask Him for tips of what will make Shane feel really loved and act on those things that He shows me.

God also works at bringing each of us to greater levels of wholeness, which then brings greater levels of health to our relationship. God shows us roots to issues that keep coming up in our marriage, and He also shows us things like our spiritual inheritance that we have gained through our family line. Our marriage is richer and full of adventure, growth, and fulfillment because of God’s involvement in it.

Louise

AGE 33 AUSTRALIA



**“THE BEST PART OF YOU SHOWS UP
WHEN YOU ARE LOVED.”**

- SHERI SILK

Research has consistently found that married couples have higher levels of emotional and psychological well-being than singles, the divorced and cohabiting couples.

Source: Daniel Lees, “The Psychological Benefits of Marriage,” Research Note (April 2007):1–4. Available at http://www.maxim.org.nz/files/pdf/psychological_benefits_of_marriage.pdf. Accessed March 28, 2012.



Interact

Do you think that you will never really know a person unless you love them? Why or why not?
Do you think that a person will never really know you unless they love you? Why or why not?

Can you know and be known by God if you don’t love Him?
Can He know and be known by you if He doesn’t love you?

What is the difference between knowing about a person and knowing them?
What does it take to really know a person?

Yada Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
God reveals His true self to me by loving me.	1	2	3	4	5
I reveal my true self to God by loving Him.	1	2	3	4	5
I was made to know and be known by God by loving Him and receiving His love.	1	2	3	4	5
I was made to know and be known in relationships of mutual love.	1	2	3	4	5
The only way to really know someone deeply is within a covenant relationship.	1	2	3	4	5
Loving someone is the best way to let them know me.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Is there a relationship in your life in which you wish the person knew or understood you better? Find something you can do today to show love to that person.

Talk to God

Ask God to lead you far beyond knowing about Him into truly knowing Him through His love for you.



"We are a fatherless generation because people are choosing promiscuity, cohabitation, and divorce rather than covenant relationships." (page 129–130)

DAILY TRUTH

Father Wounds and Broken Covenants

The marriage and family landscape can look pretty bleak these days. Generally speaking, an entire generation has given up on marriage because their parents did. "After all," many of them reasoned, "if our parents couldn't stay together, what hope do we have for being able to stick it out for the long haul?" Sure enough, their fears came true—they didn't stay together, and some didn't even try.

But there is one hope. Your earthly parents may have failed to love well and honor their covenants (or make them in the first place), but your Heavenly Father has not and will not. If you tap into your divine bloodline in Christ, you will discover a rich inheritance of relational success, wisdom, and skill. You

will discover an endless supply of covenant love. If you will let Him teach you to love as He loves, you can restore your family relationships to God's design. You can succeed where your parents failed.

All relational healing begins with being restored to relationship with the Father, which usually involves removing the false "father filter" you received from your earthly father so you can see who the Father really is and how He loves you. Some of the primary ways He loves you is by giving you identity, providing for you, and protecting you. As you receive His love in these areas, you will increasingly be sure of who you are, be freed from the fear of lack, and learn to rest in His safety.



Summary

Being restored to a relationship with your Heavenly Father lays the foundation for covenant love and a healthy family.



SOUND WISDOM

God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.

Romans 8:29 MSG

Jesus modeled relationship with the Father for us. Do you think Jesus ever wondered if His Father would provide for Him? Do you think He ever feared for His safety? The answer is no! God has given you an equal standing with His own Son, and an identical share in His inheritance. He withholds nothing from you, which means it's up to you to decide to trust Him to lead you into the fullness of life in the Father's house.

Orphans will never experience romantic relationships and family as God designed them. Only true sons and daughters confident in their royal position and identity will carry themselves with the grace, honor, generosity, humility, and passion required for a divine romance.

Real Story

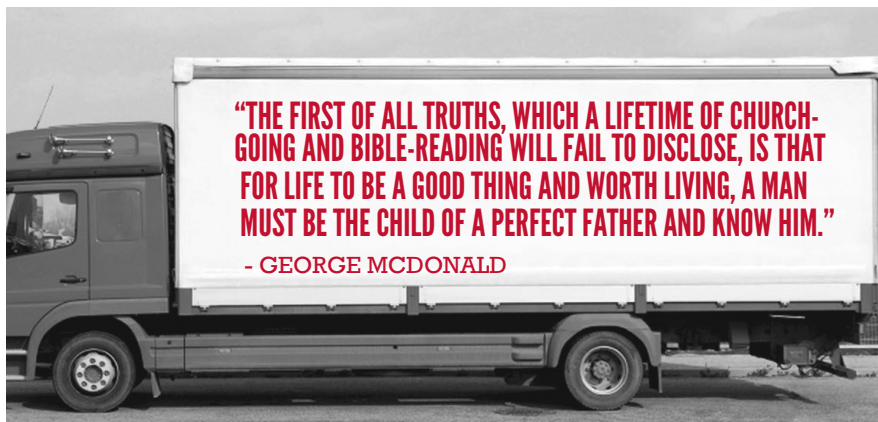
Jesus has always been my best Friend, my confidant, my Savior. He was who I went to when anything hurt, scared, or excited me. He was the most beautiful, safe Man I could picture or experience. The day someone asked me to tell them about my views on Papa God, though, I froze. The Holy Spirit is the fun one, Jesus is the safe one, the Father is the...scary one? I could remember some beautiful visions with myself and Papa God in them when I was a very small child and He was a loving father. But even in those visions I found myself waiting to get yelled at, condemned, pushed away. I'd have dreams about Him in which I would see myself sitting on His lap, curling up in His arms, but I was always afraid. I would always have flashbacks of my own father pushing me off his lap and yelling at me, destroying the identity he was suppose to instill. So when people would ask about Papa God, I didn't have much to say,

not knowing if I should spout out the normal Christian response or I should be honest.

Then I went into a season in which Jesus ushered me into the presence of Father God every day. Each time Jesus slowly took me to the Father and introduced us, and after lots of quality time, I learned to trust Papa God. I hadn't even realized at the beginning how I'd projected my warped views of my earthly father onto my Father in Heaven. I wept when I realized how much had been stolen from me in that. And as I've learned the goodness of Papa God, He has slowly, constantly brought me into safe encounters with Him, healing the wounds from my own father and teaching me what a good Father looks like.

Carly

AGE 23 ALASKA, USA



Married parents are more encouraging and have higher expectations for their children than always-single parents, even after adjusting for intelligence and abilities.

Source: Fagan, Dougherty, McElvain, 2012.



Interact

Who does your earthly father say you are? Who does Father God say you are?

How did your earthly father provide for you? How does Father God provide for you?

How did your earthly father protect you? How does Father God protect you?

Do you believe that your heavenly Father wants you to have a relationship with Him just like Jesus has with Him? How can you step more fully into this relationship?

Father Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Jesus made a way for me to have a relationship with the Father exactly like His relationship with the Father.	1	2	3	4	5
I can trust Father God to do for me everything He does for Jesus.	1	2	3	4	5
My heavenly Father says I am His beloved daughter and that He is pleased with me.	1	2	3	4	5
My Father delights in protecting me.	1	2	3	4	5
My Father delights in providing for me.	1	2	3	4	5
My Father can teach me to learn from the mistakes of my parents and family so I can pass on a better legacy to my own kids.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

f you haven't yet received healing for father wounds in your life, begin the journey now. A good place to start is by reading *Experiencing the Father's Embrace* by Jack Frost.

Talk to God

Often we project the relationship dynamics we grew up with on God. But God wants you to know Him for who He really is. Invite Him to reveal His true nature to you and lead you into intimacy with Him!

Evaluation

Day 21	
Day 22	
Day 23	
Day 24	
Day 25	
Day 26	
Day 27	
Day 28	
Day 29	
Day 30	
Total (300 possible)	

Congratulations! You have made it through 30 days of the journal! Now's your chance to go back and add up your scores from your last 10 self-evaluation tests.

How have the last thirty days changed your thinking or behavior?

What is one specific area in which you want to grow over the next ten days of the journal?

What is one thing you are going to do to strengthen that area?



"It is time to take a stand, to win the prize, to bring home the trophy—the trophy of covenant love, supernatural marriage, and a healthy family." (page 131)

DAILY TRUTH

Restoring the Heart of the Father

God's first instruction to Adam and Eve was to have kids and take over the world. This pretty much sums up what He is all about. He wants a royal family to share His love and rule the planet with Him. At this stage of the process, He has officially restored us through Christ to our royal identity as His sons and daughters. For the last two millennia, He has been at work spreading the "good news" of this restoration around the world, and helping all who receive the message to start living like His true children.

One of the most obvious signs that you are beginning to think and live like a daughter of the Father is that you begin to share His top priority, which is family. The most important thing to God, after learning to love and

honor Him as your Father, is to learn to love and honor your family—past, present, and future; spiritual and natural. You may be young, but from God's perspective it's not too early to start thinking about the big picture. What kind of mother do you want to be? What kind of legacy do you want to leave to your children (natural and spiritual), and to your grandchildren?

Laying God's value for family into the foundation of your thinking will cast your life in a very particular light. As members of royal families do, you will realize that your life is part of something much bigger—a legacy that you did not originate, but are responsible to carry and pass on to your children.



Summary

You are called to carry the royal legacy of your heavenly family and pass it on to the next generation.



SOUND WISDOM

Listen with respect to the father who raised you, and when your mother grows old, don't neglect her. Buy truth—don't sell it for love or money; buy wisdom, buy education, buy insight. Parents rejoice when their children turn out well; wise children become proud parents. So make your father happy! Make your mother proud!

Proverbs 23:22–25 MSG

Leaving a legacy begins with honoring your parents. If you don't recognize and appreciate what you have been given, then how will you know what you have to give away? Of course, since none of our parents are perfect, we also need to recognize the things they gave us that we don't want to pass on. But God told us to honor our parents, knowing full well they would make mistakes.

Honoring parents who were never there for you can be incredibly hard. Begin to ask God how He sees your parents and why they were unable to be there for you. Once He shows you and gives you His compassion for them, take some time to forgive them. By forgiving your parents for their mistakes, you will be in a place to honor them.

Real Story

I have a wonderful father who has always worked hard to provide for and protect our family. However, his long hours at work often meant that we only got the “dregs” of his time and energy during our growing up years. Like many girls, when I became a teenager I grew hungry for affirmation and identity, particularly my identity as a woman. Though I had no idea how to ask for it, I longed for my dad to tell me that I was pretty or ask me about my feelings. However, it seemed that he never really had the time or energy to pursue my heart.

In my mid-twenties, God led me through a process of being reconciled to Him as my Father and exposed many lies and attitudes of an orphan I had embraced. I thought I could only ask God for the things I needed to survive. But God began to show me that He would not only provide for my basic needs, but for everything He had called and gifted me to do, and above all, that He would provide Himself to me. He wanted to talk with me, tell me I was beautiful, ask about my feelings, and know me. He also helped me understand that my dad had not really been able to do those things for me because his dad had never done them for him. I forgave my dad for what he hadn't been able

to give me, and received my heavenly Father's love to fill the need in my heart.

After this restoration process had been going on for a few months, the Lord showed me a vision of one of the things He wanted to provide to me in order to fulfill one of my dreams: a nice, expensive electric keyboard. Only a few months later, I went home to visit my parents and my dad surprised me with the very keyboard I had seen in my vision! I was overwhelmed. Both my father and my heavenly Father had pursued my heart and provided for my dreams. I will forever see that keyboard as a memorial stone of their love. I now have an amazing relationship with both my father and my heavenly Father and know that they both think I'm beautiful and delight in me. I can't wait for my own kids (when I get to have them) to know their grandfather (my dad) and their heavenly Father and receive the incredible legacy of faithful provision in every part of their lives.

Allison

AGE 31 OREGON, USA



The number of single dads grew 70%, and the number of households headed by single moms grew 25% in the last decade.

Source: <http://www.swmihoh.org/INeedHelp/TeenStatistics/tabid/71/Default.aspx>, Accessed April 27, 2012.



Interact

Name three things your parents gave you that you want to pass on to your kids:

1.

2.

3.

Name three things you want to be able to pass on to your kids that you never got growing up:

1.

2.

3.

What are some things you can start doing now to prepare your legacy?

Family Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I am thankful for my parents and for the good things they passed on to me, even though they weren't perfect.	1	2	3	4	5
I have forgiven my parents for their mistakes.	1	2	3	4	5
God's priority is reconciling and restoring His children to Himself, and I am committed to my part in this family business.	1	2	3	4	5
I want to honor both my natural and spiritual ancestors and pass on the best of their legacy to my kids.	1	2	3	4	5
Family, both natural and spiritual, is a huge priority for me.	1	2	3	4	5
I am loyal first to God and then to the family He has called me to love.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Honor your parents today. Call them, write them, or otherwise find a way to thank them for the good things they gave you.

Talk to God

Ask God to reveal to you the hidden “wells” and treasures of revelation, wisdom, testimonies, anointing, gifts, and any other valuable legacies in your family line that are lying unused.



“God is, in Himself, a relationship, an intimate exchange of love and friendship. Unlike everything else in His creation, He made humankind to relate both to Himself and to one another in this loving relationship.” (page 137)

DAILY TRUTH

Relating to One Another Like God

If you study the relationships among the Persons of the Trinity in the Bible (Father, Son and the Holy Spirit), you'll discern a common theme. There is an amazing “dance” of humility and service among the Trinity. In the New Testament, Jesus takes His turn to humble Himself and serve the Father, announcing, “I have come...not to do my will but to do the will of him who sent me” (John 6:38 NIV). Then the Father turns around and exalts His Son, giving Him “the name that is above every name” (Phil. 2:9 NIV). Then the Holy Spirit serves the Father and Son by coming to rest on us, teach us adoption, and speak Christ's words to us (see Rom. 8:15, John 16:13–14). They live to love and serve one another.

This relational dynamic in the Godhead is a profound

mystery, but we can see enough of it to recognize that when God invites men and women to “submit” and honor a divine order of “partnership” in marriage, He is actually inviting us into this very dynamic. He wants us to join Him in the dance of love that created, and then redeemed, the human family in the first place.

You can think of this love dynamic like a seesaw—each partner takes turns going low so that the other can be raised up. The modern world wants both partners to sit on the seesaw in perfect stillness so that they are always “equal.” But that kind of equality destroys the whole purpose for the seesaw...and undermines the great adventure! Real love is not driven by “equality,” but by thinking of others as more important than yourself (see Phil. 2:3).



Summary

Real love is not about an equal “give and take,” but about an extravagantly generous “give and receive.”



SOUND WISDOM

Out of respect for Christ, be courteously reverent to one another. Wives, understand and support your husbands in ways that show your support for Christ. The husband provides leadership to his wife the way Christ does to his church, not by domineering but by cherishing. So just as the church submits to Christ as he exercises such leadership, wives should likewise submit to their husbands.

Ephesians 5:21–24 MSG

Cherish means to “protect and care for someone lovingly.” This is Jesus' job description, and He's really good at it. The problem is that believers often aren't that great at letting Him protect and care for us as much as He can. We think we can protect and take care of ourselves just fine. We're thankful for salvation, but letting Him take the lead and be Lord in our lives? That's tough. It takes a lot of faith and strength to be vulnerable, to follow His lead and receive His love.

As a woman, God invites you to develop this same faith and strength in receiving your husband's love and letting him cherish you. You can trust that He means this for your good as much as He means salvation for your good. If you want to be good at loving a man, make room to receive his love and care.

Real Story

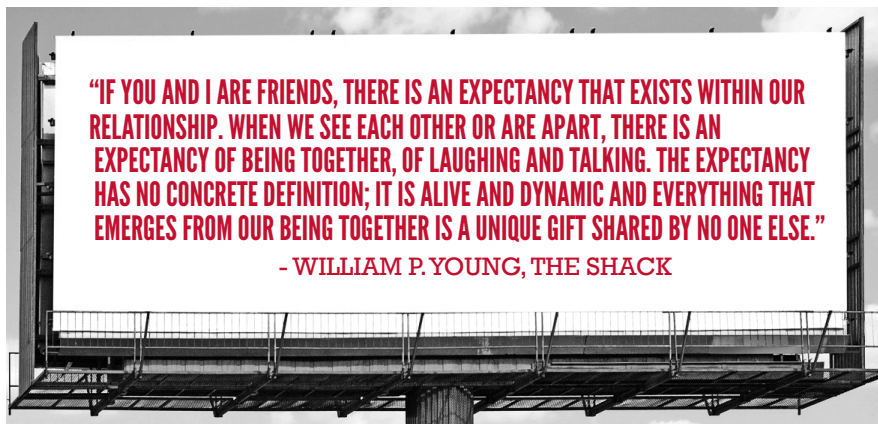
My husband and I have been married for over 24 years. When we were first married, I had a vision of our life together as being fairy-tale perfect. But soon that image was marred by a simple fact: I was so controlling that it seemed to me that my husband couldn't do anything right. Nothing he said or did was good enough for me. I was controlling, critical, and completely self-centered. This limited my ability to give and receive love.

This went on for several months, and then one day everything changed. I was complaining about one thing or another, and my husband finally sat down with me, looked me in the eyes, and gently, but firmly spoke to me the words that changed my life forever. He said, "Do you want me to treat you the way you are treating me?" Instantly, I froze. It felt like a knife went through my heart as I literally gasped out loud. "No! Of course not!" was my immediate response. My eyes were opened, and for the first time I saw the truth of how I was treating him. I thought I was concerned about the imperfections of my husband, when actually my control issues were rooted in the fear of my own imperfections.

Once the light came on, my attitude began to change. Instead of demanding "perfection" from my husband, I started to give affection more freely. The doors to intimacy opened in my heart. And like God does for us, the more I gave of my love to him, the more I was able to receive his love.

Ann

AGE 44 MINNESOTA, USA



A high level of mutual generosity, which includes acts of service, displays of affection, and willingness to forgive faults and failings, is one of the top predictors of marital success and happiness.

Source: "When Baby Makes Three," W. Bradford Wilcox, ed. The State Of Our Unions, (National Marriage Project and Institute for American Values, 2011), 28-29. Available at <http://www.stateofourunions.org/2011/SOOU2011.pdf>. Accessed March 28, 2012.



Interact

What does it look like to lead someone by “going low” and serving them?

What does it look like to let a man love you like Christ loves the Church?

What does it look like to let a man love you like he loves his own body?

Submission Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I want a man to lovingly protect me.	1	2	3	4	5
I care about being loving and generous more than I care about things being equal.	1	2	3	4	5
I want my love to bring out the best in a man.	1	2	3	4	5
I want to support and honor my husband.	1	2	3	4	5
I want to receive a man's love and fully reciprocate it.	1	2	3	4	5
I want to let my husband care for me as though I am his own flesh.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Letting a man love you does not make you weak or helpless anymore than letting Christ love you makes you weak or helpless. This is a common misunderstanding women have received in this generation, but you can be part of overturning it. Find one way you can make room for the men around you to act like gentlemen today. Ask for help fixing your car. Let a guy open a door for you. Be creative!

Talk to God

Ask Jesus to lead you into a deeper revelation of how He loves the Church (which includes you), and how you can more fully receive His love.



BUNKMATE JAKE TOOK THIS

I woke up in the E.R. half dazed and disoriented from a 3-day coma. I frantically checked for all of my limbs, but quickly passed out from the pain...woke up again and I pieced together fragmented memories of how I got here. The last thing I remember was running back for my helmet. I had to go back for my helmet, for her...guess I am lucky to be alive. Then I looked up and there she was standing beside me in a nurse's uniform...**THE GIRL I SAW IN THE WINDOW!!!** I completely lost it. She kept asking me questions but I couldn't even talk, I was all choked up, the words wouldn't come out. As she was leaving the room I panicked and screamed, "**WILL YOU MARRY ME!**" I'm such an idiot! She just ran out and grabbed the doc...





“Let me make it clear that men and women are different but equal. When God created men and women, He gave them both equal authority.” (page 140)

DAILY TRUTH

Co-Heirs to Co-Reign

You only have as much authority as you submit to. For example, a police officer only has authority to arrest criminals because he is under the authority of the police force, which is ultimately under the authority of the society that established it to serve and protect its members.

Ultimately, all authority comes from God, and He has handed it off to His Son, Jesus, who announced, “All authority has been given to Me in heaven and on earth” (Mt. 28:18 NKJV). Jesus said this in order to assure us that every one of His brothers and sisters—

men and women alike— are authorized to do anything He told us to do. He has restored us to equal authority, but the real question is whether we will learn to walk in that authority and do what He has commissioned us to do. Only by coming under His authority do we truly have His authority.

*We have authority
to do anything
Jesus told us to do.*



Summary

When we recognize Christ’s authority on another person, we position ourselves to receive the benefit that person will pass on to us from Christ Himself.



SOUND WISDOM

All actual authority stems from Christ. In a marriage relationship, there is authority from Christ to husband, and from husband to wife. The authority of Christ is the authority of God.

1 Corinthians 11:2–3 MSG

So what does all this authority stuff have to do with marriage? Everything! Marriage is a relationship between two people who are both called to walk in and under authority before God.

As a wife, Christ promises that you will have full authority by submitting to Him through your husband. He wants the authority to “flow” to you through your relationship so that it strengthens your bond with him, rather than tearing it apart. He especially wants you to experience how amazing it is to submit to someone who is himself submitted to Christ and is laying down his life for you.

Real Story

Before saying “I do,” I saw myself being a sweet, submissive wife. Instead, I quickly turned into an agitated and controlling woman. I hadn’t been married long before I realized that the wife I desired to be was very far from the wife I currently was. I later came to understand that I was carrying around an emotional wound that was holding me back from fully submitting.

I can trace my pain back to three specific men in my life. With the first, I gave him my emotions, and they got bulldozed. The second ignored my emotions. And the third took advantage of them. In other words, you could say I got B.I.T. (bulldozed, ignored, taken advantage of). After this wound, I was plagued by a fear that people would trample that which I thought was precious, so I found ways to hide myself and control how much I let people in. I quickly retreated to my world called Control. In this world, I lived in a city called Reservation, which was masked in a haze of false maturity. Visitors that came to my city thought that it looked put together, but had no idea its foundation was built on a fault line.

Then I got married...and everything began to shake. By this time, I had grown accustomed to false independence. Even though my husband and I had both made a commitment to love each other for the rest of our lives, I wasn’t giving myself fully for him to love. I’ve heard many sermons about how submission is humbling yourself to follow the leading of authority. I believe that to be true and healthy, but God opened my eyes to another aspect of submission. I needed to learn that it was okay to submit—to give or present—all of my mind, body and emotions to this man. It was as if I called my husband to the table for dinner and, rather than him getting a nice hot meal, I served him a side salad and expected him to be satisfied. He was expecting all of me, but because of fear, I was giving him what I thought was just enough. God has taught me that the foundation of submission is to give the entirety of who I am. Since having this revelation, we have experienced unparalleled freedom and joy!

Ali

AGE 23 CALIFORNIA, USA



Couples with high levels of commitment, who see their relationship in terms of “we” versus “me,” are much more likely to report being “very happy” in their marriages.

Source: “When Baby Makes Three,” 42–43.



Interact

Why is it so important for a person **in** authority to constantly stay aware that he or she is **under** authority? What attitude should this awareness create?

Why is it important for a person **under** authority to constantly stay aware that he or she **has** authority? What attitude should this awareness create?

If you only have as much authority as you submit to, what does the level of authority you are currently walking in as a Christian say about how fully you have submitted to Christ’s authority?

Authority Test

STRONGLY DISAGREE
MOSTLY DISAGREE
AGREE SOMEWHAT
MOSTLY AGREE
STRONGLY AGREE

There is no authority without submission to authority.	1	2	3	4	5
All authority ultimately comes from God.	1	2	3	4	5
A husband and wife who both submit themselves to Christ, and then to one another, have equal authority.	1	2	3	4	5
I am willing to come under my husband's authority as he submits to Christ.	1	2	3	4	5
When both husband and wife are submitted to Christ and one another, there is no question of oppression or forced submission.	1	2	3	4	5
God created men and women as coheirs to co-reign on the planet, and we should honor and treat one another accordingly.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Read the story of Jesus and the centurion in Luke 7:3–10. What can this teach you about how authority works?

Talk to God

Ask God to lead you to walk in greater authority as you submit to His authority. Ask Him to deepen your understanding of how He created men and women to walk in authority together.



“...God made us different because we needed suitable help.” (page 141)

DAILY TRUTH

Opposites Attract

It's one thing to notice and admit that there are differences between men and women. It's quite another to recognize that we need these differences. And it's a further step to recognize that our differences will only fulfill each other's needs as we freely invite and encourage each other to be fully ourselves as men and women. We move toward getting our needs met by loving and celebrating all that is “woman” and all that is “man” according to God's design.

Most women have been attacked in the area of their womanhood and in their view of men, which has ultimately attacked their trust in the God who made

us all. If not dealt with, these attacks can plant lies in your heart that will keep you from entering into a fulfilling relationship with a man in which you both love, celebrate, honor and receive one another's God-given differences. And guess where these attacks come from? Our enemy, who works on all fronts to destroy the thing God cares about most: His family and our relationships.

We need the differences between men and women.



Summary

It's time for the battle of the sexes to end, and for us to unite against our common enemy.



SOUND WISDOM

Your body has many parts—limbs, organs, cells—but no matter how many parts you can name, you're still one body. It's exactly the same with Christ...I also want you to think about how this keeps your significance from getting blown up into self-importance. For no matter how significant you are, it is only because of what you are a part of...

1 Corinthians 12:13–14, 19 MSG

There is a big difference between human stereotypes and God's design. It's good to not let the world define you, but if you don't embrace God's design for masculinity and femininity, you will only end up with more wrong ideas. Women come in all shapes and sizes, but you have all been designed by God as nurturers and comforters. And He designed men to be protectors and providers. These qualities can take on different forms and expressions in individual relationships, but the point here is that your unique qualities were meant to deepen your connections with men. In order for your distinctions to have a positive effect in your relationships with men, you must understand, value and embrace your divine differences. When you insist that men think like women or you despise their unique role, you begin to destroy your relationship with them.

Real Story

In my conservative, evangelical background, girls were raised to believe that we weren't as important as men. Only men got the "good" gifts, like leadership and teaching. Our job as women was to teach children's Sunday school and bake casseroles for various functions. We were taught to be silent and submissive, and never to question "God's order" of things.

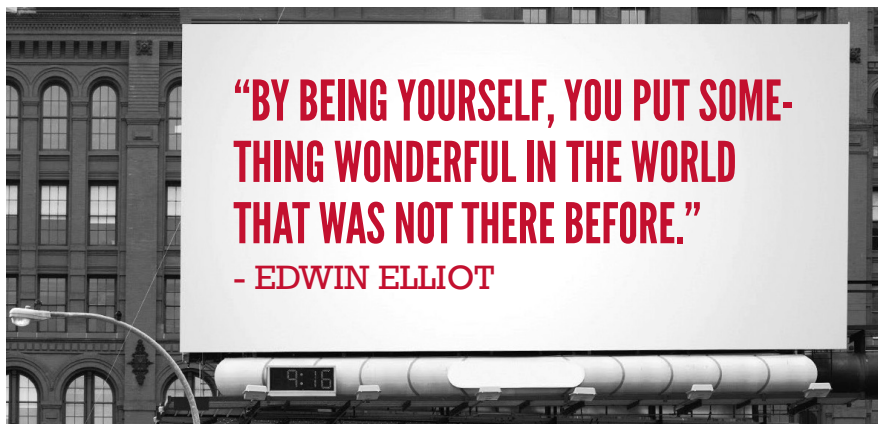
After marriage, my husband and I began attending a charismatic church where we were introduced to *The 10 Lies the Church Tell Women* by J. Lee Grady and *Why Not Women?* by Loren Cunningham, the founder of YWAM. Many of the Scriptures that had been used to teach submission were explained in the Greek, and they were not what we had been taught to believe. We learned that Christ died to free women from every curse, even those brought on by the Fall (Gal. 3:13). God's original plan for me was to co-lead and co-rule alongside my husband, and Christ died to restore that

order (Gen. 1:26–28). For the first time in my life I felt affirmed—I was just as powerful and as important as a man! It took me a while to accept those truths. I felt rebellious just reading those books. Submission had been hammered in hard.

My husband had some "un-learning" to do, but with a minor in Women's Studies, he was quick to champion me. He supported me as I led the prayer ministry at our church for seven years, designed an inner healing ministry (which turned out to be the most popular class at church), and eventually coordinated county prayer events under the National Day of Prayer. He fervently backs women and men co-leading in their marriages.

Holly

AGE 44 CALIFORNIA, USA



Men experience a felt need for respect, while women feel the need for love. In a survey of 7,000, 83% of men said they felt “disrespected” and 72% of women said they felt “unloved” in the midst of a conflict.

Source: <http://loveandrespect.com/about-us/>



Interact

What is one quality you love about being a woman? How could this quality be designed to meet the needs of a man in a relationship?

What is one feminine quality you think is most “misunderstood”? How could this quality be designed to meet the needs of a man in a relationship?

What is one quality you love about men? How could this quality be designed to meet the needs of a woman in a relationship?

What is one masculine quality that you find frustrating or mystifying? How could this quality be designed to meet the needs of a woman in a relationship?

Men & Women Test

STRONGLY DISAGREE
MOSTLY DISAGREE
AGREE SOMEWHAT
MOSTLY AGREE
STRONGLY AGREE

I want to understand God's design for true masculinity and femininity.	1	2	3	4	5
I celebrate the fact that men and women are different.	1	2	3	4	5
I believe the differences between men and women are designed to work together in order to express the image of God.	1	2	3	4	5
My feminine qualities are designed to meet the needs of my future husband and our family.	1	2	3	4	5
My future husband's masculinity is designed to meet my needs and the needs of our family.	1	2	3	4	5
When I encounter an aspect of masculinity or femininity that I don't understand, I don't put it down or ignore it; I look for its redemptive purpose.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

There are some great resources out there to help you understand men's and women's needs better. Check out Shaunti Feldhahn's books *For Men Only* and *For Women Only*.

Talk to God

Ask God to heal your heart from all attacks and misunderstandings around your identity as a woman. Repent for any negative judgments you have made in your heart about men and women, and invite Him to lead you into a revelation of the beauty of masculinity and femininity.



*"As people withhold their affection, a famine of love begins to grow in the land."
(page 149)*

DAILY TRUTH

Fearless Affection

Healthy touch and affection are basic human needs. And in a society where our technology continues to limit or remove normal human contact, where affection has been watered down and made extinct in most homes, and sadly, where unhealthy touch is all too common, meeting these needs can be difficult. However, there are healthy and safe ways of showing and receiving affection that you can and should cultivate.

It's important to realize that your need for healthy touch and affection is not the same as your need for sex. Sex is one way in which these needs can be met, but

there are many other non-sexual forms of affection that you can and should be sharing on a regular basis with those close to you.

Healthy affection grows out of learning to see, honor, and serve others as fellow sons and daughters of the King. Seeing those around you in this way naturally encourages compassion, kindness, and encouragement. Treating guys like brothers and girls like sisters also helps to set good boundaries for healthy touch. The basic guideline for healthy touch is to show brotherly affection to guys and sisterly affection to girls.



Summary

Make it a point to show healthy affection to those you love on a daily basis.



SOUND WISDOM

Be cheerful. Keep things in good repair. Keep your spirits up. Think in harmony. Be agreeable. Do all that, and the God of love and peace will be with you for sure. Greet one another with a holy embrace.

2 Corinthians 13:11–13

Jesus showed healthy touch and affection those closest to Him, and received it as well. One of the most beautiful examples of this is seen at the Last Supper, which began with Jesus kneeling down and washing His disciples' feet. Later, while He and His guys all lay around the supper table talking and eating, one of them, John was actually lying right on Jesus' chest! Talk about touching and being touchable!

Jesus not only affirmed our need for affection; He demonstrated just how powerful and healing it can be. Jesus commissioned us to continue His ministry of affection to a broken and hurting world. We need to follow His example and use our hands to bless, serve, heal, and comfort people. He wants His people to break the famine of healthy touch in the world and unleash an outpouring of His holy, healing affection!

Real Story

Doug's first love language, and my second, is touch. Physical contact makes both of us feel loved, cared for, appreciated, wanted, and needed. Instead of being afraid of our need for physical interaction, we acknowledged that need and agreed to set boundaries for our physical relationship. It was a strong desire in both of our lives to not have sex before we were married. We had to find ways to make the other feel loved in touch, without allowing our physical desires to take control.

We discovered that men and women could be affectionate without having to be sexual. Hugs were essential, and handholding was intimate. Doug and I chose not to kiss until we were engaged, mostly to protect the other

from ourselves. So we cuddled. We dated for seven months before the wonderful first kiss, and were engaged an additional seven months before our wedding night. Throughout that time, I never doubted Doug's commitment and love for me. Our wedding night was perfect, and our sex life is amazing. Nothing is lacking because we didn't choose to have sex before marriage. I am able to trust and open myself to Doug now in marriage because we placed our relationship above our own physical needs while dating. We found a way to satisfy his and my need for touch, without compromising ourselves.

Katrina

AGE 24 **FLORIDA, USA**



Research by the University of Miami's Touch Research Institute has shown that human touch lessens pain, improves pulmonary function, increases growth in infants, lowers blood glucose and improves immune function.

Source: <http://www.livestrong.com/article/186495-importance-of-human-touch/>, Accessed May 9, 2012.



Interact

How affectionate was your home growing up?

Would you say you learned how to receive and give healthy affection?

What kind of affection is appropriate to show to a fellow daughter of the King?

What kind of affection is appropriate to show to a son of the King?

Where can you grow in showing affection?

Touch Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
I am confident in showing non-sexual, friendly touch and affection to those around me.	1	2	3	4	5
I hug people often.	1	2	3	4	5
I want my hands to bless and comfort people, just as Christ's did.	1	2	3	4	5
The best way to counteract the lack of affection and the damage of inappropriate touch in our society is to show healthy, appropriate affection.	1	2	3	4	5
I am aware that I have a need for touch and affection.	1	2	3	4	5
When I encounter an aspect of masculinity or femininity that I don't understand, I don't put it down or ignore it; I look for its redemptive purpose.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Reach out and touch someone! Don't ignore opportunities to give and receive healthy affection with friends and loved ones today.

Talk to God

Ask Jesus to lead you further into His ministry of healthy affection.



"Learning to separate love and sex is the beginning of developing a healthy culture of holy affection." (page 154)

DAILY TRUTH

Love & Desire

"Love" is a common excuse for out-of-bounds sex. Girls often say something like, "I love my boyfriend and he loves me. I can't imagine not being able to sleep with him." Or people say, "It's cruel to tell two people who love each other—man and woman, man and man, or woman and woman—that they can't have sex!" Most people who say such things also agree that sex and love are not the same thing, so the real issue is that they haven't yet learned to distinguish the difference between love and desire (passion). Desire is a powerful thing, but love is more powerful still, because love is not a feeling or an urge; it is a choice. Love is the choice to think about and treat another person like God does, no matter the state of your desires and

passions. What is more, love is a committed choice. Choices defined by your passions will change as your passions change, preventing you from making long-term commitments.

Test your heart as you work to govern your choices by love, not passion, in a relationship with a guy. As you think about him, ask, "Am I truly desiring God's best for him, whether that means having a relationship with him or not? Am I willing to make a commitment to love him no matter what? Or am I thinking about him in a selfish, conditional way, a way that is about him coming in and fulfilling my needs, desires, and fantasies?"



Summary

The more you train your desires to be loving, the more powerful and consistent you will be in cultivating deep, genuine, and holy friendships around you.



SOUND WISDOM

Many a man claims to have unfailing love, but a faithful man who can find? (Proverbs 20:6 NIV)

Wounds from a friend can be trusted, but an enemy multiplies kisses. (Proverbs 27:6 NIV)

Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody. (Romans 12:15–16 MSG)

There are a lot of people in our society who mistake passion (emotional and sexual desire) for love, and then, when they don't feel passionate anymore, they abandon the relationship. Every great marriage is founded not only on passion, but upon friendship, and friendship is always founded upon trust, faithfulness, and commitment. If these factors are missing in your connection with your husband, you have a very broken relationship.

Friendships do not form overnight. You have to build some history with one another. You have to pass some tests and be proven trustworthy. The best friendships are the ones that have weathered the "best of times and the worst of times." If you want to have that kind of friendship with your husband, be sure to protect every stage of the relationship by demonstrating high levels of trustworthiness and commitment.

Real Story

We are designed to desire love, but without God's love, that desire can misdirect our core values and ultimately, our lives. I was five when I scrawled my first love note, and from that point onward, male attention was my core value. I fought with clenched fists to keep it that way for more than twenty years. "More guys, less boundaries" became my motto, and although I felt guilt and shame, it was entangled with pleasure and what I thought was love. Boyfriends took things too far, and I let them, even the ones I didn't like. Guys were my everything, and I gave them everything I had.

Despite growing up in a godly home, I had no walk with God, no understanding of His love, and no value for myself. He had planted a desire for Him within me, but I had diverted that desire into an obsession with men, and they failed me every time. Convinced that God was

disappointed and fed up with me, I avoided Him for many years. After a long journey filled with many breakups, I finally broke down and turned to God for real. I remember crying out, "God! Do whatever it takes! Change me!" I actually meant it, and it has been my heart's cry ever since. He has broken off lies, given me new perspective, wiped away old patterns, and ignited a real love for Him that no human can replace. I now understand that He gave me that desire for love so I would love Him first. Without that, nothing else works. Men and sex will never fill that void. He gave sex as a gift to be shared within marriage, and for those who seek Him first, what a gift it is!

Mary
AGE 30 CANADA



In a 2004 Zogby poll, 91% of parents said teens should be taught that the best choice is for sexual activity to be linked to love, intimacy, and commitment—qualities most likely to occur in faithful marriage.

Source: Bridget Maher, 7.



Interact

How does the test of commitment expose whether you are acting out of love or passion?

Do you have a best friend (friends)? Describe a time in your friendship in which you have shared the following:

1) “Wounds from a friend...”:

2) “Laugh with your happy friends...”:

3) “[Sharing] tears...”:

Love & Desire Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
My desires may feel loving, but they are only really loving if they align with God's best.	1	2	3	4	5
It's my responsibility to train my desires and passions to align with God's best.	1	2	3	4	5
I am careful not to confuse love with passion, sexual or otherwise.	1	2	3	4	5
Being a real lover to a man requires me to be capable of holding up my end of a loyal friendship.	1	2	3	4	5
I want my loyalty to Christ to stand the test of time, conflict, and sacrifice.	1	2	3	4	5
I have a best friend(s), and our friendship has stood the test of time, conflict, and sacrifice.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Do something thoughtful for your best friend today.

Talk to God

Ask God to deepen your understanding of and desire for His best in your closest relationships.



LAST SUNRISE OVER SEAS



June

I get discharged today and fly back to the States. Maria (the nurse) and I talked all night. We spent weeks together in the hospital building a friendship...we've grown really close. This morning she decided to watch the sunrise with me one last time. AMAZING! We always come to the same place on top of the highest peak, just minutes from town. You can see everything as the sun slowly rises in the distance. But this morning was different, Maria was oddly quiet, almost contemplative. Then, just as the sun rose over the rugged mountain peaks, Maria put my face in her hands, looked me right in the eyes, and said, "I DO!" It took me a few seconds to understand what she meant. Then it hit me like a ton of bricks...I started shouting "WOO HOOO!!! I think I woke up everyone in the hospital, but who cares... THIS IS THE BEST DAY OF MY LIFE!"



“...there is no such thing as an unwanted child.” (page 182)

DAILY TRUTH

Contending For Your Children

You are living in a generation that is fundamentally at war over the family, and even more basically, over the value of human life. In this war, you have three options:

1) You can become one of the war’s many victims, most of whom are brainwashed into becoming perpetrators. 2) You can build your own little castle against the world and do everything you can to protect your family and loved ones from the war. Or, 3) you can become a hero who signs up for battle and receives her Commander’s orders as to where He knows she can advance the victory.

The war must be won in your own heart before you can bring victory to others, and that war is over your choice to value, love, and protect human life, and

then marriage and family, as God does. Do you really understand and believe that every human person—great or small, young or old, smart or slow, powerful or weak—has the highest value in all creation in God’s eyes? He forever defined and established our value to Him when He gave up His Son—the most valuable thing in the universe—for us. Our lives either have the greatest value of all, or they have no value. You must choose one or the other, and then you must work that value into your every thought and action.

The war must be won in your heart before you can bring victory to others.



Summary

Establishing God’s value for human life will position you to protect and honor it. You are called to restore His value to the hearts of a devalued generation.



SOUND WISDOM

The people brought children to Jesus, hoping he might touch them. The disciples shooed them off. But Jesus was irate and let them know it:

“Don’t push these children away. Don’t ever get between them and me. These children are at the very center of life in the kingdom. Mark this: Unless you accept God’s kingdom in the simplicity of a child, you’ll never get in.”

Mark 10:13–16 MSG

If you love Jesus, you will love kids, because Jesus loves kids. In fact, all through the Bible God emphasizes His heart of jealous protection for children, particularly the orphaned and fatherless. He has some pretty frightening things to say to those who exploit and abandon children too. Suffice it to say, God’s maternal and paternal “instinct” is quite intact, and you don’t want to mess with His kids!

Invite God to reveal His protective love for His children to you. Invite Jesus to restore the heart of a child within you so that you can value children as He does. And then ask your Father how you can work with Him to protect and care for the orphaned and fatherless, and introduce them to their true home in the Father’s house. May you be one who helps to restore God’s value for children in your generation.

Real Story

A positive pregnancy test? My heart sank. How could this be? I was only seventeen. I just wanted it to disappear. Fear flooded my entire being. They promised I would be okay. They assured me they could “help.” They promised it would not hurt. Little did I know that this decision would hurt for the remainder of my life. Isolated and filled with shame in that dark, cold clinic, I chose to have an abortion. That would be the last time my heart would smile for ten years. As I walked out of that clinic, I not only left my child there; I left pieces of my soul and spirit.

The next ten years were filled with complete self-destruction: addiction, manipulation, deceit, multiple men, domestic violence, and even a stint in jail. I hated myself. I felt completely unworthy. At the bottom of the pit, in sheer desperation, I begged God to rescue me. I was so broken and battered, I knew that only God could help.

God did far more than respond to the cry of my heart. He clothed me in unconditional love. His arms protected me. He proved to be trustworthy. He began teaching me about His plans and destiny for my life. It seemed too good to be true.

However, I still could not bring my abortion to the foot of the cross. It seemed unforgiveable. Finally, with tears streaming down my face, I fell before Him. I poured out my deep remorse for choosing to abort my child. All He could do was cry with me. I could tangibly feel His heart breaking with mine. In this precious moment, He allowed me to see what my child could look like, and that she was sitting in His lap.

Only God could turn my mess into a message. I now minister to post-abortive women and bring His hope to an area so filled with shame and hopelessness. It is such an honor!

Sheridan

AGE 32 TEXAS, USA



**“CHILDREN ARE THE WORLD’S MOST VALUABLE
RESOURCE AND ITS BEST HOPE FOR THE FUTURE.”**
- JOHN FITZGERALD KENNEDY

Nearly half of pregnancies among American women are unintended, and about four in 10 of these are terminated by abortion. Twenty-two percent of all pregnancies (excluding miscarriages) end in abortion.

Source: http://www.guttmacher.org/pubs/fb_induced_abortion.html, Accessed May 10, 2012.



Interact

Give three examples of how you have seen human life treated as having little value in the world around you:

- 1.
- 2.
- 3.

What are three benefits that having children brings into your life?

- 1.
- 2.
- 3.

What are some characteristics of the child’s heart Jesus told us to have?

Children Test



	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Human life is a gift from God, and has the highest value.	1	2	3	4	5
All children are a blessing from God.	1	2	3	4	5
I want to do my part to honor, protect, and fight for the value of human life, particularly those who are weak and vulnerable.	1	2	3	4	5
I want to do my part to restore the value for children in our society.	1	2	3	4	5
Parenthood is a high calling from God and I will do my utmost to love and raise the children God gives me, whether spiritual, natural, or adopted.	1	2	3	4	5
I am pursuing a childlike heart.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

There are a million fronts where you can get behind the fight for the value of human life and the value for children, but the best place to start is where you are. If you don't love the children around you, you're probably not going to dive right into rescuing sex slaves or orphans. Begin looking for where your life is already touching children or issues of injustice, and ask what you can do to help.

Talk to God

Ask the Lord where He wants you to serve in the battle over the value of human life and the value of children.



"...they developed a purity plan for themselves, and they asked... if we would hold them accountable for the plan. We told them we would, but only under the condition that they would work harder to keep their virginity than we would." (page 192)

DAILY TRUTH

Accountability as a Couple

When your relationship with a guy becomes serious, it's a good idea to look for a person or couple who can help you on a consistent basis as you chart the course for your relationship. They could be your parents, your pastors, counselors, or just a couple in your community, but they should have a loving, healthy marriage, and be people you both admire and trust. In particular, they should share your value for purity and marriage and be able to encourage you that your commitment to wait for God's best is absolutely worth the wait! These voices of encouragement will add incredible strength to you both as you manage your desires.

As with all healthy relationships, this older couple or person should never be responsible to control or

police you both as you protect your purity. It is your responsibility to pursue and invite open communication about how you're managing your desires.

Not only can these experienced friends offer the benefits of their "lessons learned"; they can help to remind you that marriage is not only about leaving your families to start a new family, but also about becoming a new unit within a rich tapestry of relationships. Marriages thrive when you as individuals and as a couple are connected to other healthy individuals and couples outside the marriage.

It's good to have someone help chart the course of your relationship.



Summary

Pursue relationships with couples who have the kind of relationship you hope to have with one another.



SOUND WISDOM

Take good counsel and accept correction—that's the way to live wisely and well. (Proverbs 19:20 MSG)

Form your purpose by asking for counsel, then carry it out using all the help you can get. (Proverbs 20:18 MSG)

It's better to be wise than strong; intelligence outranks muscle any day. Strategic planning is the key to warfare; to win, you need a lot of good counsel. (Proverbs 24:5-6 MSG)

It is important to develop a purity plan that you both agree upon as a couple, a plan that accounts for your individual needs and limits. Be as honest as you can about what you need! If there's a situation that you are even 50% sure will push your sex drive into overdrive, then admit it and agree to save those moments for after your "I dos."

After you draw up your joint plan, invite your trusted, older and wiser friends to sit down with you and go over the plan. Then decide on how often you will check in with each other to see how things are going and adjust your plan as needed. When you create a strong team around you in this way, you and your guy will be unstoppable in carrying your purity trophy from the battlefield to the bedroom!

Real Story

Having a purity plan helped me get married. In previous relationships, I did not have one, which led to broken trust and a broken heart. As a result, there was a lot of healing I needed to go through. Not wanting to keep repeating my history, I took time to figure out where my relationships had gone wrong and determined not to make those mistakes again. The key for me was not to get more attached emotionally and physically than my commitment level.

When I met my husband, I determined to define clear stages of our relationship. The first stage was dating. This was the “get to know you” phase. No pressure, no exclusivity. I took time to get to know him and his friends. I found people who had been involved in his life for years and asked them the hard questions about his character and who he was as a man. This helped me make a smart decision whether or not to get involved on a more exclusive level. Well, he passed, so we entered into the “boyfriend/girlfriend” phase. To us, this meant we were exclusive. We were not dating anyone else. All through our relationship we matched

our physical and emotional relationship with our commitment level to each other. We held hands, tried to stay away from the lingering hugs, and never kissed.

After our desire to be more committed to each other had grown to the point where we started to see a permanent future, he proposed! We both prayed about kissing and felt a grace to not kiss on the lips until our wedding day. I never felt taken advantage of or manipulated to do anything physically. It is amazing the amount of trust and respect I have for my husband now because of the respect he showed to our physical relationship before marriage. For us, not kissing was the best decision we could have made. We defined our relationship through every stage. It helped me to stay emotionally and physically pure. Having a plan is one of the main reasons I am married to a wonderful man today.

Haddie

AGE 28 COLORADO, USA



Mentor Couples can help couples avoid a bad marriage before it begins and prepare for a life-long marriage, strengthen existing marriages, restore 80% to 90% of the worst marriages, help 70% of the separated to reconcile, and enable four out of five stepfamilies to be successful.

Source: <http://www.marriagesavers.org/sitems/Re-sources/Articles/Art007TwentyFiveQuestions.htm>



Interact

Name the people in your life who are rooting for you in your battle for purity.

How does their hope and faith in you affect your motivation and decisions as you manage your desires?

Name one couple whose marriage you admire. Describe a few specific things about their relationship that you hope to share in your marriage.

Do you struggle with either the idea of making a purity plan with your boyfriend or inviting input on the plan from trusted friends? If so, can you identify why?

Couple Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Marriage is a relationship that is deeply connected to other relationships, so it's important to honor these connections as I move toward marriage.	1	2	3	4	5
I have people in my life who are rooting for me to be successful in honoring purity and who help to remind me that the battle is worth it.	1	2	3	4	5
It is irresponsible not to have a plan for purity as a couple. We need to know each other's limits and how to honor them.	1	2	3	4	5
I will do whatever I need to do to protect my purity and the purity of my future husband.	1	2	3	4	5
I look for successful marriages to emulate.	1	2	3	4	5
It's important for me to be able to live out loud with those I love and trust and share both my struggles and my victories with them.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

If you are in a relationship and you either don't have a purity plan or don't have a couple you are sharing your courtship journey with, then pick one of these things to start working on. If you're not in a relationship, start making note of possible couples whose input you would like to have in making your purity plan when the time comes.

Talk to God

Talk to God about any concerns, fears, or resistance you experience over being open about purity with your boyfriend and trusted mothers and fathers. Ask Him to lead you to the perfect people who will encourage you, remind you that you can have an amazing marriage, and help you move toward it.



"You can never fall so far that you can't be restored. Whether you have lived a life like Grace's or you have just failed your own standards, you need to understand how to clean up your mess and get yourself back on the Holy Highway again." (page 194)

DAILY TRUTH

Restoring the Standard

The story of the Prodigal Son is probably the most famous restoration story in the Bible. Here it is:

There was once a man who had two sons. The younger said to his father, "Father, I want right now what's coming to me." So the father divided the property between them. It wasn't long before the younger son packed his bags and left for a distant country. There, undisciplined and dissipated, he wasted everything he had.

After he had gone through all his money, there was a bad famine all through that country and he began to hurt. He signed on with a citizen there who assigned him to his fields to slop the pigs. He was so hungry he would have eaten the corn cobs in the pig slop, but no one would give him any. That brought him to his senses. He said, 'All those farmhands working for my father sit down to three meals a day, and here I am starving to death. I'm going back to my father. I'll say to him, Father, I've sinned against God, I've sinned before you; I don't deserve to be called your son. Take me on as a hired hand.'

He got right up and went home to his father. When he was still a long way off, his father saw him. His heart pounding, he ran out, embraced him, and kissed him. The son started his speech: "Father, I've sinned against God, I've sinned before you; I don't deserve to be called your son ever again."

But the father wasn't listening. He was calling to the servants, "Quick. Bring a clean set of clothes and dress him. Put the family ring on his finger and sandals on his feet. Then get a grain-fed heifer and roast it. We're going to feast! We're going to have a wonderful time! My son is here—given up for dead and now alive! Given up for lost and now found!" And they began to have a wonderful time. (Luke 15:11–24 MSG)

This story is a picture of how God restores His sons and daughters. He doesn't just restore them to the position of servants. He doesn't give them a second-class place in the home. He restores them to their full rank and privileges as His children.

*God restores
His sons and
daughters.*

He removes their rags of shame and clothes them in righteousness and purity. He restores their ring of identity and authority. He gives them shoes of protection and health. And then He draws them into a life of celebration and joy that heals their hearts of all their painful memories and makes room for them to begin a new life as wise, holy children.



Summary

*After God restores us back to our full rank,
He ushers us into a life of continual celebration.*



Real Story

It's so amazing to me to look back at what God has done in the last three and a half years. Really, it started thirteen years ago, when I asked the Lord to come have a relationship with me and forgive me of sins. Some years later, I was still pursuing God, but began to struggle with sexual desires, though I managed to ignore them for the most part. A few years later, in my first year of college, I had a drunken one-night stand with a guy, and soon moved in with him. According to all statistics, such a relationship couldn't, shouldn't, and wouldn't last.

Now I am here, in that same relationship almost three and a half years later. We are headed toward marriage, and are madly and passionately in love with the Lord. How did that transformation happen? Simple. We partnered with God, and changed the statistic. Like a seamstress undoing a tangled thread, God undid what we had put together, and used the same thread (us) to put together something more beautiful and honoring to Him. We moved into separate homes and became physically pure with each other. That meant no sex, no foreplay, and during certain time periods, no kissing and no hand-holding. We

also changed our core beliefs and mindsets. I had to understand my worth and my identity in God. I went on a journey of falling in love with God as my Daddy, my best friend, and my lover. I learned that John was a gift, not a right. I learned that John would never have enough to fulfill me. As we individually sought out God, our passions, our dreams, and the overflow from the Lord's love spread to each other and brought us closer.

The more we continue to grow in our identity with the Lord, the more the Lord blesses our relationship. Now, I feel the love of the Father when I am with John. Because we have cultivated the Lord's presence individually, it causes our relationship to be powerful in demonstrating Jesus to each other. We have become passionate about living in purity and releasing freedom to other relationships. Wow! It still causes me to be overwhelmed and amazed.

Libby

AGE 23 **FLORIDA, USA**



**“LIFE’S REAL FAILURE IS WHEN YOU DO NOT
REALIZE HOW CLOSE YOU WERE TO SUCCESS
WHEN YOU GAVE UP.”**

- UNKNOWN

Forgiveness has been associated with lower heart rate and blood pressure, greater relief from stress, decrease in medication use, improved sleep quality and decrease in fatigue, and reduction in depressive symptoms.

Source: <http://purposebeyondpain.com/2010/02/08/10-benefits-of-forgiveness/>



Interact

In order to experience your Father’s restoration, you need to take the following steps:

1. Confess and renounce every lie that disqualifies you from full restoration to your position and inheritance as a son of the King. “I’ve made too many mistakes. I’m too damaged. I don’t deserve a happy life, marriage, family, etc.” Jesus vigorously disagrees on every point. He put people in the Bible like Moses, David, and Paul—former murderers and adulterers—to show you what he can do with people who have done a lot worse stuff than you.
2. Confess and renounce your sin. Sin involves attaching your desires to the wrong object. Many people find it difficult to surrender the thing that has brought them a measure of pleasure or comfort because they can’t conceive or trust that God has something so much better for them. But He does—He has the fulfillment your desires were designed for in the first place.
3. Receive and extend forgiveness. Jesus made it clear that receiving and giving forgiveness go together. We have all sinned and been sinned against, and we must extend the grace of Christ to ourselves and to others alike.
4. Surrender your life to your Father. Invite Him to carry out His restoration process in your life. Commit to letting Him raise you to think and act like a son. Commit to receiving His love and looking to Him as your first source of comfort and affection. Commit to letting Him show you the way of love in every area, including the area of managing your sex drive and your desire for marriage and family.
5. Fight the fight of faith every day. Do you think the Prodigal Son immediately felt at home in his father’s house after being restored? It’s unlikely. It takes a while to accept that you deserve the status, righteousness, and blessing the Father has given you. It takes a while to realize that your failures and wounds simply cannot keep you from being who He made and restored you to be. You have to keep submitting your feelings and memories to the foot of the cross and to the word of God over your life. You deserve everything He has given you, simply because He says so and made it possible!

Restoration Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
When God looks at me, He doesn't see my mistakes. He sees Jesus.	1	2	3	4	5
God doesn't want me to be ashamed of my mistakes; He wants me to learn from them.	1	2	3	4	5
Sexual sin cannot disqualify me from experiencing God's best for my sex life, if I receive His restoration.	1	2	3	4	5
I can speak about my mistakes without shame.	1	2	3	4	5
I want to be willing to give up anything, no matter how good, in order to receive God's best for me.	1	2	3	4	5
Forgiving myself and others for sin is very important to me. I do my best to make sure that I am not carrying shame, bitterness, or judgment in my heart toward myself or anyone else.	1	2	3	4	5

Score:

(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

If you are in a relationship and you either don't have a purity plan or don't have a couple you are sharing your courtship journey with, then pick one of these things to start working on. If you're not in a relationship, start making note of possible couples whose input you would like to have in making your purity plan when the time comes.

Talk to God

Invite the Holy Spirit to lead you through the steps of restoration previously mentioned. Ask Him first if you have believed any lies that would disqualify you from experiencing the fullness of life in the Father's house as a restored son of God:

Now invite the Holy Spirit to help you confess and renounce any past sins you have committed. Ask Him to help you identify the roots of these behaviors, and to give you wisdom and revelation to uproot them and replace them with His truth and love. You can write your confession below if you like, or any insights you hear from the Holy Spirit:

Ask the Holy Spirit if there is anyone you need to forgive for any reason, including yourself. Break off all judgments you have made toward them, forgive them, and bless them in Jesus' name. Invite Jesus to pour out His grace in that relationship.

Make the following declarations:

1. I recognize that in living a righteous life, dying, and rising from the dead, Jesus paid the full penalty for my sin and restored me as a daughter of God.
2. I recognize that my old, dead nature was crucified with Him on the cross and that now by faith I share in His life, His nature, His righteousness, and His status before the Father.
3. I recognize that there is absolutely nothing that can separate me from the love of my Father and that I deserve everything He gives me because of what Christ did for me.
4. My Father has given me all that is His—His Spirit, His nature, His love, His kingdom. He has provided for my body, soul, and spirit to be 100% whole and filled with abundant life.
5. My Father is committed not only to restoring me from every harmful effect of sin in my life, but of teaching me to be wise and victorious over every deceiving lie that would lead me into sin.
6. I declare that I deserve God's absolute best for me in my sexuality and that no past mistakes can keep me from experiencing the fullness of His design for my body, my marriage, and my family.
7. I declare that I will trust God's word over my life above every other voice, feeling, or circumstance and allow Him to define my identity and my destiny.
8. I declare that as I trust in Christ's strength and receive His grace to live like He lives, I will honor God's design for sex and marriage in my thoughts, words, and actions.



*"A covenant is an agreement made between two parties where both parties have the right and the responsibility to carry out certain commitments to fulfill a desired outcome."
(page 90)*

DAILY TRUTH

Making A Covenant

Marriage is a covenant. Besides your covenant relationship with God, marriage is the most important covenant you will make in your life.

Making and walking out a covenant obviously requires you to be a person who keeps promises, a person who does what she says she will do. It requires you to commit—not just at the altar, but every day that follows. The wonderful thing is that the very act of committing creates the opportunity for the best in you to rise up and help you walk it out. Many people in our society are afraid of commitment because they fear they don't have what it takes to keep their promises. But you, as a daughter of the faithful, covenant-making God, can be absolutely sure that you have what it takes to commit, to promise.

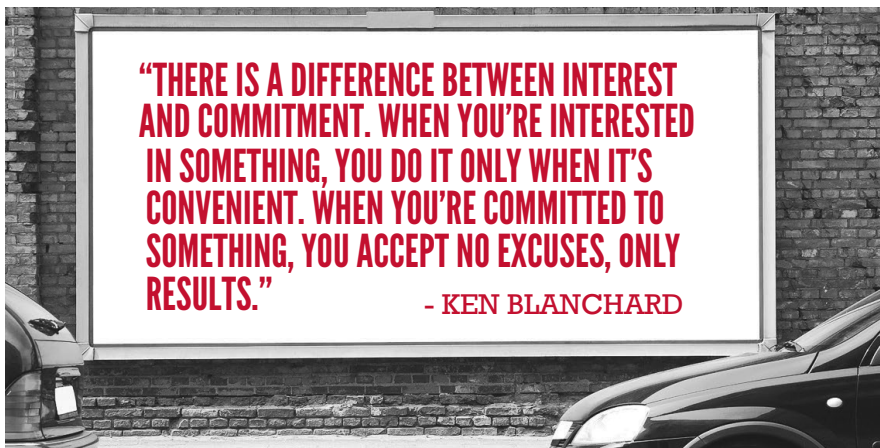
However, becoming a faithful woman of your word doesn't happen overnight. By the time you stand at the altar, you want to know that both you and the man you're gazing at have a proven track record of doing what you say you're going to do. This is why it is so important that you start today to prepare for the covenant of marriage, as you also learn to walk in covenant with God.

The commitments you're invited to make with God today about your purity are designed to work in the context of your eternal covenant with the Father through Christ. This isn't a simple "virginity pledge" where you're making a promise to yourself to be pure. This is a two-way commitment between you and God, and the best part is that you can be absolutely certain that He will uphold His end of the agreement! Not only that, He will give you the grace to uphold yours.



Summary

When God wanted to guarantee his promises to you, he gave his word — a rock-solid guarantee, because God can't break his word. (Heb. 6:16-18 MSG)



A true commitment means being willing to make sacrifices and do what it takes to make a relationship work. Committed couples are significantly more likely to have lasting and happy marriages.

Source: <http://psychcentral.com/news/2012/02/03/true-marriage-commitment-requires-willingness-to-sacrifice/34422.html>

Agreements:

- Father, I agree that you designed and created my whole being—spirit, soul, and body—including my sexuality, and that You said it was very good. I am powerful, valuable, worthy of Your love, and worthy of an amazing marriage.
- I agree that Your guidelines for my sexuality will lead me to Your best for my life.
- I agree that You designed sex, not only as the means of procreation, but as an act of love that establishes a complete spirit, soul, and body bond between a man and a woman. For this reason, sex ought to be expressed solely within the boundaries of a life-long marriage covenant.

Pledges:

- I pledge to trust You, my Father, as the One who fulfills my desires. I will look to You as my ultimate source of affection, comfort, happiness, peace, identity, and hope.
- I pledge to honor Your design for my sexuality in word, thought, and action. I will steward my physical, emotional, and spiritual desires according to Your guidelines so that they consistently propel me toward a godly marriage.
- I pledge to honor others as fellow sons and daughters of the King, treating them as I wish to be treated, no matter how they treat me. I will think of them with pure thoughts and look at them with pure eyes, as You do. I will not compromise Your standards for my sexuality for anyone, even myself.
- I pledge to carry myself as a royal daughter whose body, soul, and spirit belong first to You, then to me, and then to the man I marry. I will not give myself sexually, even in my mind and heart, to any man but my husband.

Recognition:

- I recognize that You have made every provision for me to manage my sex drive well and become fully prepared to experience sex and marriage as You designed them. I can do all things through Christ's strength (see Phil. 4:13).
- I recognize that You have promised to fulfill the desires of my heart as I delight in You (see Ps. 37:4), including my desires for sex and marriage.
- I recognize that You have promised to provide a way of escape from every temptation (see 1 Cor. 10:13).
- I recognize that You have promised to fully forgive and restore me after every failure. You invite me to come before You boldly when I need Your mercy and grace (see Heb. 4:16).
- I recognize that You are always with me, that nothing can separate me from Your love, that I hear Your voice, that I am fully accepted by You no matter what I do, and that You always delight in me.

Talk to God

After reading through the statements above, invite the Holy Spirit to seal the covenant you have made with Him and respond to your words. Receive His delight in you and His strength to make you successful in honoring what you have said.

Covenant Test

	STRONGLY DISAGREE	MOSTLY DISAGREE	AGREE SOMEWHAT	MOSTLY AGREE	STRONGLY AGREE
Being a woman of my word is very important to me.	1	2	3	4	5
I am not afraid of making promises, because I know that God will give me the grace to keep them.	1	2	3	4	5
Honoring my husband now, before we are married or even before I know who he is, will set me up for a successful marriage.	1	2	3	4	5
Committing to things brings out the best in me.	1	2	3	4	5
I know God will not only uphold His end of our covenant; He will give me what I need to uphold my end. Even when I grow weak, I know He is strong.	1	2	3	4	5
Even though I live in a society of broken covenants, I can be a woman who honors and upholds my covenants with God and others.	1	2	3	4	5

Score:
(Note: Add up your scores after every ten days and evaluate your progress.)

Activation

Choose a meaningful, tangible symbol of your purity covenant, such as a promise ring or wristband, that you can wear or otherwise see on a daily basis.

Evaluation

Day 31	
Day 32	
Day 33	
Day 34	
Day 35	
Day 36	
Day 37	
Day 38	
Day 39	
Day 40	
Total <i>(300 possible)</i>	

Congratulations! You have made it through the whole journal! Now's your chance to go back and add up your scores from your last 10 self-evaluation tests.

How have the last forty days changed your thinking or behavior?



August

Like a kid waiting for Christmas, here I sit in this surreal moment of anticipation, eagerly waiting for "the day" to come. I've literally waited my whole life, worked four hard years and fought through the darkness of war, all in pursuit of love. It's easy to look back and not only see how far I've come, but why I've stayed my course. Seeing visions of Maria emerging from the diamond and the hope that somehow she was real, fueled an unquenchable fire in me. It was as if nothing else mattered except laying down my life for someone I didn't even know, and now she's here... Tomorrow she has no idea that I'm about to give her my entire life in one symbol, the ring!



ABOUT MORAL

THE FACTS



1 Cars & Contraception (60's)

In the 1950's, access to cars gave teenagers an independence unknown to the previous generation. When "the pill" came on the scene in 1960, women stopped requiring men to marry them before having sex because they no longer feared getting pregnant.



3 First US State Legalizes "No-Fault" Divorce (1970)

In 1970, Governor Ronald Reagan passed the "no-fault" divorce law in the state of California allowing marriages to be dissolved without providing proof that a breach in the marital contract had occurred. By 1985, all other states would follow. Currently, the US has an overall divorce rate of 50%. The US ranks 6th in the world for highest divorce rates.



2 First US State Legalizes Sodomy (Homosexual Acts) (1962)

In 1962, Illinois became the first state to remove criminal penalties for consensual sodomy (homosexual acts) from their criminal code. Today, about 3.8% of Americans identify as gay, lesbian, bisexual, or transgender.



4 Supreme Court Legalizes Abortion (1973)

In 1973 abortion became legal in our nation. Since the 40th anniversary of Roe vs. Wade, the US has aborted over 54 million children. In 1995, Norma McCorvey (Roe) became a Christian. She is now pro-life. In 2005, she petitioned the Supreme Court to overturn Roe vs. Wade... her petition was denied.

REVOLUTION



5 STD's and Children Born Out of Wedlock (70's – Present)

Prior to the Sexual Revolution, there were two main STDs that people were concerned about contracting. Now, there are over 25. That's more than a 1,200% increase in 50 years. Today, 1 in 4 people are infected with an STD. In 1964, only 7% of children were born out of wedlock... today, 53% of children are born in the U.S. out of wedlock.



7 Sex Slavery (Today)

There are currently over 27 million people, in 161 countries, trapped in the sex slave industry around the globe. People are sold as slaves for \$90 or less. 80% of these slaves are women. 17,500 people are trafficked into the US annually. Sex slavery is a 32 billion dollar industry worldwide.



6 Internet/Porn Industry (1995 – Present)

With the launch of the internet and with the increasing popularity of smartphones, porn has now become a 5 billion dollar world-wide industry. 7 out of 10 men and 5 out of 10 women view porn regularly. Sex is the #1 topic searched on the internet.

8

THE NEW SEX RADICAL
A PERSON RADICAL ENOUGH TO QUESTION EVERYTHING AROUND THEM & GET BACK TO GOD'S ORIGINAL INTENT & DESIGN FOR GENDER, SEXUALITY, MARRIAGE, & THE FAMILY.



FOUNDER'S NOTE

Moral Revolution is an organization of radical lovers and passionate people. Like Dr. Martin Luther King, we have a dream of becoming a catalyst for a liberating global movement. We are committed to transforming how the world views sexuality, defines the unborn, embraces the family, and values all generations by honoring every human life.

We have dedicated ourselves to uncovering the root causes of moral decay that destroy the very fabric of our society. We have united under the banner of true love to help provide real solutions to these core issues and not just symptomatic cures.

It is our heart-felt conviction that a healthy culture is nurtured by positive reinforcement through intelligent and unbiased education. Honest, transparent discussion will achieve far more than fear, punishment, and rules.

WE BELIEVE THAT WHEN MOST PEOPLE ARE LOVED UNCONDITIONALLY, EQUIPPED PROPERLY, INFORMED EQUITABLY, AND EMPOWERED EQUALLY, THEY ARE PRONE TO BEHAVE NOBLY.

**JOIN THE REVOLUTION,
AND TOGETHER WE WILL
MAKE HISTORY!**



CHANGING GLOBAL MINDSETS BY **CHANGING** CULTURE

FAMILY



CHURCH



CULTURE



EDUCATION



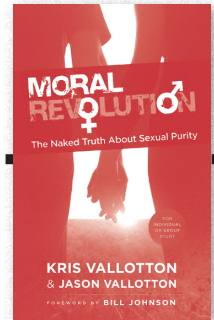
GOVERNMENT

START

LITTLE ME



LEARN IT



LOVE IT

WEBSITE



PODCAST



CONFERENCES



LIVE IT

40-DAY
JOURNAL



LEAD IT

REVOLUTIONIST



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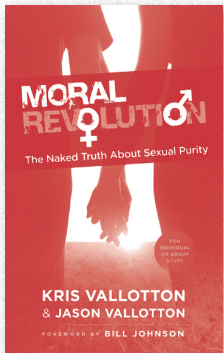


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ADDITIONAL RESOURCES



MORAL REVOLUTION

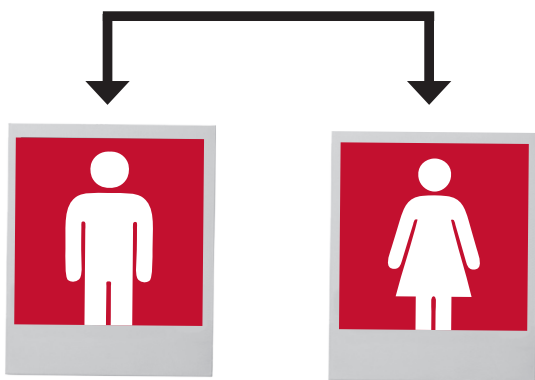
This book takes a non-religious, gut-honest, fresh look at a subject as old as Adam and Eve. The wisdom within helps you and those you love emerge from the mire with your trophy of purity intact so you can present it to your lover on your honeymoon. While some nations seem to live in a perpetual orgy, and religion relegates the masses to sexual prison, people need to know they can overcome the power of peer pressure and push back the cesspool of distorted cultural values. You can take a Vow of Purity today—you will never regret the decision.

MORAL REVOLUTION COURSES

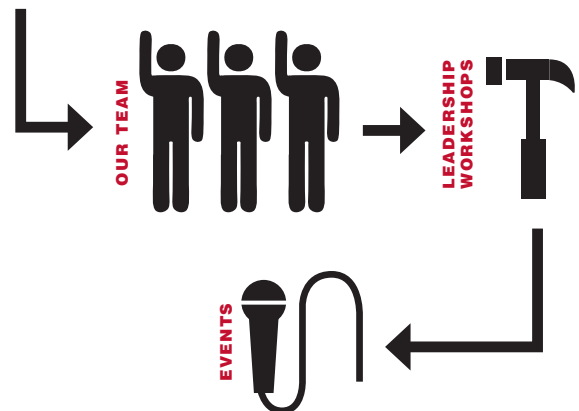
Moral Revolution Courses is a brand new series of resources designed to equip and train Youth Pastors, Leaders, Parents, and Educators. You will learn how to better teach and influence those you lead on many tough subjects, often abandoned by the church. Sexuality is the first course and covers six sessions.

NOW AVAILABLE

REQUEST A SPEAKER



ADD AN ELEMENT



For more info, email: contact@moralrevolution.com

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MORAL
REVOLUTION
AND TOGETHER
WE WILL
MAKE HISTORY

NEWSLETTER



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