HIM + HER
TEACHING GUIDE
WEEK 1

MAIN SCRIPTURES:
Proverbs 31:10-31

MAIN POINTS:
1. Know what you're pursuing.
2. Don't make excuses or settle for less.

JESUS CONNECTION:
God wrote the greatest love story every told because of how much He loves you!

THE WHAT

WHAT are we talking about and WHY does it matter to me? (2-3 min)

ME

- Share an unrealistic picture of dating or love you've seen in a movie, book, social media, etc.
- Share an example of how this "perfect picture" has let you down (bonus points if it's funny)

WE

- The classic picture is painted: Boy meets girl. Girl meets boy. They think each other are cute…begin to discover they have things in common…and live happily ever after.
- From movies to social media, it's easy to get caught up in the idealistic viewpoint of what dating and romance should be like from our culture.
- We've probably all been there: let down by an unrealistic picture painted in the media.

TRANSITION

- What reasons or standards do you have when it comes to dating?
- Do you choose someone because you think they are hot, rich, popular, funny, smart? Culture says those are the most important things.
- God has some better standards written down for us we are going to explore tonight.
- Don't get me wrong, those other things aren't bad, but they also aren't enough – relationships based only on these things are superficial & they can't last on their own.

SO WHAT

So WHAT does this mean for my faith and life with God? (5-6 min)

GOD

PROVERBS 31

- Proverbs 31 shows us a different perspective as it lays out five traits to look for when pursuing someone. It's a long passage so I'm going to jump around a little giving an overview – then we will read & highlight the Scriptures together during our discussion time.
- **Important side note: This series isn't an encouragement or pressure to date.** In fact, Paul says it's better to stay single (1 Corinthians 7:10) so if you aren't dating yet – GREAT! This lesson is still good for you because chances are one day you will start dating and when you do – you'll be able to start on a great foundation of Biblical wisdom!

NOTES

SO WHAT CONTINUED

GOD CONTINUED

KNOW WHAT YOU'RE PURSUING: TRAIT 1

- **Verse 11 states,** "The heart of her husband trusts in her." You see in this picture, the husband is never worried about trusting his wife.
- So the first trait is: **Can I trust this person?**
- As you are getting to know someone, consider if the person is honest and trustworthy. Do they have a track record of following through on their word? Do they break or keep their promises more?

TRAIT 2

- **Verse 12** goes on to say, "She does him good and not harm, all the days of her life." She does him good. And in **verse 23** it also talks about how her work benefits his reputation and success and because of her, he is a better man.
- Which brings me to trait 2: **Does this person make you stronger?**
- Is this person constantly leading you into sin, or encouraging you in your growing in your faith? Look for a person who is going to encourage you to grow, to become a better person. A couple should be stronger together than they would be apart.

TRAIT 3

- **Verses 13-16** go on to list different things that may seem strange to us, talking about wool and flax and ships…but the point is it is listing different ways this girl is hard-working and responsible.
- So ask yourself when pursuing someone**: Is this person responsible?**
- Do they set goals and go for them? Are they responsible? Or are they lazy and blow off responsibilities? If they have younger siblings, do they help look out for them? How do they treat them? This could actually show you insight into our next trait too.

TRAIT 4

- **Verse 20** shows that the wife helps the poor and needy, so ask yourself:
- **Is this person generous and kind?**
- Look for someone who helps others, even when it doesn't benefit them. Someone who is kind and giving. Someone who is generous.
- Look at how they treat other people. How they treat you matters and how they treat others matter. How do they talk about other people?

TRAIT 5

- **Verse 30** goes on to say, "Charm is deceptive and beauty is fleeting, but a woman who fears the Lord is to be praised."
- Our last trait is probably the most important: **Does this person trust in and follow Jesus?**
- **Don't compromise on this point.** This question gets at the heart of everything – because the closer we grow in our relationship with Jesus, the more we grow at these other traits.
- Think about it this way: if Jesus is the most important thing in your life – don't you want to be able to the most important part of your life with someone so important?

DON'T MAKE EXCUSES OR SETTLE FOR ANYTHING LESS.

- This may be the most important thing I say this whole time: DON'T SETTLE FOR ANYTHING LESS.
- Why? Sometimes we are looking for others to complete us or make us a whole, we date to make ourselves feel better or to have a good time, or because we are looking for love or acceptance we make excuses and compromises but I want you to know a few things:
- YOU ARE ENOUGH. You don't need to date someone to make you whole, they can't really do that anyway.
- YOU ARE LOVED. God wrote the greatest love story ever told because of how much HE LOVES YOU!

NOTES

JESUS CONNECTION

- God created you to be in relationship with Him, but sin broke that relationship before we were ever born.
- God sent Jesus to die on the cross to rescue us from our sin and death; Jesus loves you so incredibly much.

TRANSITION

- Through this study I hope we will gain a greater perspective on dating that will help you truly live your best life – because Jesus has your true best life in mind for you.

NOW WHAT

NOW that I know, HOW can I live this out? (2-3 min)

YOU

- And an extra side note – if we are looking for someone with these traits, we should also be someone with these traits. In other words, be someone the someone you are looking for is looking for.
- Do these traits describe you?
- Do these traits describe the people you date or have crushes on?
- Are you settling for less?

WE

- Ask we talk about this, remember none of us are perfect. But I hope you will be real, engage in conversation, ask questions and be honest with yourself and the people in your group.
- Let's be a safe place for people to talk and share, be real, and not worry about someone gossiping about them afterwards: in other words what is said in small group, stays in small group.

PRAY

- Close your time together in prayer.

NOTES