HIM + HER
TEACHING GUIDE
WEEK 4

MAIN SCRIPTURES:
Song of Solomon 2:7
Hebrews 12:1-2

MAIN POINTS:
1. Be willing to slow down and look for God's leading.
2. Honor God with your dating life.

JESUS CONNECTION:
It was Jesus' joy to suffer on the cross – because He loves you and wants a relationship with you.

THE WHAT

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

ME

- Share a personal story where you really enjoyed going fast (maybe riding a rollercoaster or outrunning someone) or were really annoyed by how slow something was (waiting in a line, slow internet).
- Our culture loves to go fast: microwaves, airplanes, data speeds – we love to go fast. I mean, how annoying is it when your internet is SLOW.
- Sometimes going fast can be a good thing, some times it's not the best thing. Sometimes going fast can make us miss things that are really important.

WE

- Sometimes we can pursue relationships or always being in a relationship really fast. Too fast.
- We don't want to be alone so we rush to be in a relationship.
- It's fun. You always have someone to hang with or talk to. Feeling like someone cares, pursuing someone or being pursued by them: it's nice.
- We have to be careful because in the rush of it all we can become distracted and miss other things that really matter.
- Maybe you or someone you know has become distracted from school, family life, other friends in pursuit of a relationship?

TRANSITION

- The biggest thing they can distract us from is our own personal, spiritual growth.

SO WHAT

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

GOD

GOD HAS A PLAN FOR YOU.

- God has a plan for each and every one of you. Whether you know it or not, He has a bigger picture and purpose for your life.
- Jeremiah 29:11 – For I know the plans I have for you…
- Ephesians 2:10 – For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
- God has a plan for who He wants you to be and what He wants you to do, and based on my personal experience and the promise of Scripture, it's so much better than anything we could come with on our own.

NOTES

SO WHAT CONTINUED

GOD CONTINUED

SOMETIMES SLOWING DOWN IS A GOOD THING.

- If we are running so hard and so fast after relationships – or even other things like other's approval – we can miss part of the goodness God has for our lives.
- This leads us to one of our main verses that talks about how the desires of rushing into passion are classic, been around for centuries, but not always the best things: Song of Solomon 2:4.
- Song of Solomon (aka Song of Songs) is different from most Old Testament books because it's not a historical record of God and His people, it is a poem about love and desire. This verse is speaking to womae, but guys this doesn't count you out! As God's people, we all can benefit from living out this Biblical wisdom.
- READ SONG OF SOLOMON 2:4.
- Idk what to say about the reference to gazelles and deer – maybe was their version of a country song today that always references trucks and old town roads?
- But if you get past that the message is super clear – we don't have to rush.
- Our world puts so much pressure on you, on us, to date and to be a certain way – but slowing down, taking your time, waiting a while, can be a good thing.

BE WILLING TO SLOW DOWN AND LOOK FOR GOD'S LEADING.

- God has a plan for your life and it's worth pursuing.
- READ HEBREWS 4:1-2.
- This verse mentions for us to "throw off everything that hinders AND the sin that entangles" – meaning that things that aren't sin, they aren't bad, they can still weigh us down and distract us from the thing that matters most in our life: PURSUING JESUS.
- Be honest with yourself, are you pursuing relationships, or anything else for that matter, so much that it's coming before your pursuit of Jesus?
- PURSUING JESUS SHOULD BE FIRST IN OUR LIVES. If other things are distracting you from that, it's time to slow down and take a step back.

JESUS CONNECTION

- JESUS PURSUED YOU FIRST, before you were ever born. Look back at Hebrews – it was Jesus' JOY to suffer on the cross – because He loves you and wants a relationship with you.
- There are some really sweet love stories out there. Some couples have faithfully loved each other practically their whole lives. But there is a still a greater love story out there for you.
- The love story is about someone who moved heaven and earth to be in a relationship with you. A real Prince of Peace who became a King of Kings after He stormed the gates of hell to rescue you.

JESUS HAS A RACE FOR YOU TO RUN.

- THIS RACE WILL TAKE PERSERVERANCE. Perseverance is continued effort to do or achieve something despite difficulties, failure, or opposition. I mean I think that is the definition of 2020 – overcoming and persevering through hard things. Guard your spiritual growth from distractions.
- THIS RACE WILL PUT FOCUS ON JESUS. It will mean putting Jesus first and that might mean slowing down or stepping back from other things. It takes sacrifice. We aren't saying that dating is wrong, but if it causes you to put your relationship with Jesus on the back burner – that's not good.
- THIS RACE HONORS GOD. None of us are going to run our races perfectly, but that doesn't mean we can't strive to run our races for God better and better every day. Pursuing God honors God. It actively says that nothing in your life is worth pursuing more than pursuing God.

NOTES

HONOR GOD WITH YOUR DATING LIFE.

- We've been talking about seeking Godly wisdom for dating all month, let me review a few main points we've learned:
- (1) Know what you're pursuing and don't make excuses or settle for less.
- We looked at character traits that should really be standards for us in who we date and who we become from Proverbs 31. Traits like being trustworthy, responsible, and kind.
- (2) Guys and girls may be different, but we can still seek to understand and respect one another. And we can respect God with our bodies.

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

- Think back through all you've learned today and through this series:
  - Are you settling for less?
  - Are you respecting God and others?
  - Are you pursuing Jesus before other things?
  - How have you grown in honoring God with your dating life?
- And here is a question I'd love us to discuss: What has stood out or impacted you the most*? (You can give space for students to answer now or wait to re-ask during discussion time. PRO TIP: Prep someone in the group to be ready to be the first to answer this question by giving it to them ahead of time and having time to think of their answer.)*

WE

- Not everyone is going to understand choices we make in dating when we follow God's boundaries.
- Let's support each other, have each other's backs. Encourage each other as we run our races after God.
- It's better when we don't have to do it alone.

PRAY

- Close your time together in prayer.

NOTES