

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

SESSION

1

### WHAT GUYS WANT MORE THAN LOVE

#### Chapter basis:

- *For Young Women Only*, Chapter 1: “What in the World Are These Guys Thinking?”
- *For Young Men Only*, Chapter 1: “What Most Guys Never Know”
- *For Young Women Only*, Chapter 2: “Your Love Is Not Enough”

#### The big idea:

Feeling respected by girls is very important to guys—even more important than feeling loved.

#### Bible passages:

- Genesis 1:26-27
- Galatians 3:28
- 1 Peter 2:17
- Ephesians 5:33

#### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- (Optional) Copies of the “Getting to Know the Opposite Sex” lists for guys & girls
- Pens or pencils
- Copies of the “cheat sheets” for chapters one and two of FYWO and chapter one of FYMO
- Bibles
- Pieces of paper
- (Optional) A recording of “R-E-S-P-E-C-T” by Aretha Franklin and a music player

**Leader Tip:** Some of the teens in your group may not be dating. They may not be old enough to date, may not have had a chance to date, or may have deliberately chosen not to date. And there's nothing wrong with any of that! So when issues related to dating show up in this and future sessions, be sure to affirm the nondating students. You can also show how the material being studied relates to all guy-girl relationships or may apply later on to a dating or courting situation.

## Getting to Know the Opposite Sex

**Do:** (Optional) Give the girls & guys in your group each a copy of the appropriate list for the “Getting to Know the Opposite Sex” mixer. Instruct them to start mingling and finding names to write down on their list. The first person who gets seven names “wins.”

**SAY:** I’m glad you’re all here, and I can guarantee you’ll be interested in what we’re going to be talking about: you. We’re going to be discussing key points from two great books, *For Young Women Only* and *For Young Men Only*, focusing on insights from God’s Word along the way.

**PRAY:** Father, we know you care about our relationships with members of the opposite sex. Help us to understand better how you made girls & guys and to learn how to relate well with each other. Amen.

## Establishing Rule Number One

**SAY:** Before we discuss the books, let’s talk about something very important. It’s Rule Number One for our talk times together.

**Do:** Ask one of the guys to read aloud Genesis 1:26-27 from a Bible.

*God said, “Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.”*

*So God created man in his own image,  
in the image of God he created him;  
male and female he created them.*

Next, ask one of the girls to read aloud Galatians 3:28.

*There is neither Jew nor Greek, slave nor free, male nor female,  
for you are all one in Christ Jesus.*

**ASK:** What do these verses say about the relationship of males and females at creation? About the relationship of males and females in the church?  
[Responses should refer to such concepts as equality and unity.]

**SAY:** Because God has created males and females to have equal dignity and worth in his eyes, we need to agree to a guideline that covers everything we discuss. Rule Number One is this: “Always treat members of the opposite sex with respect.”

**Do:** Have the group all repeat Rule Number One in unison: **Always treat members of the opposite sex with respect.**

Do: (Optional) If you wish, have the teens brainstorm with you other rules you'd like to have for the group. For example, your group might decide that "Never mention names if you're saying something negative about others" should be a rule. You might want to keep a list of the rules in the room where you meet.

### **Girls & Guys Talking About...Guys & Girls**

Do: Hand out the "cheat sheets" for chapter one of FYMO and chapter one of FYWO to each of the group members. Give your teens a chance to read them.

SAY: **The first chapter in each book is introductory. The main point is that these books use solid research data to tell us what girls really think about guys and what guys really think about girls.**

ASK: **What do you think are some good ways to use the information we're going to learn from these two books? What do you think are some bad ways?** [Make sure the group understands that the point of these two books is to have happier, more successful relationships for both a guy and a girl. It is never to manipulate somebody else for selfish purposes.]

ASK: **As you look at the previews on the "cheat sheets," what topics are you most interested in talking about?**

#### **Preview from FYWO:**

<i>Our Surface Understanding:</i>	<i>What That Means in Practice:</i>
Guys need respect.	Guys would rather feel unloved than inadequate and disrespected.
Guys are insecure.	Although guys look confident—even cocky at times—they are often insecure in themselves. They worry that they will be found out, and therefore are drawn to girls who help them feel like they measure up.
Guys are tough and indestructible.	Guys look indestructible, but on the inside their hearts are tender, easily hurt, and strongly guarded. However, they will let down their defenses when they know their heart will be safe with a girl.
Guys are visual.	Even decent guys in great dating relationships struggle with the desire to visually linger on and fantasize about the female body—and much of that struggle depends on what a girl is wearing.
Guys are all out for one thing.	Teenage guys are conflicted by their powerful physical desires, which also have massive emotional consequences. Guys need your help to protect both of you.
Guys go after the hot girls.	Guys are attracted to girls with a good personality as well as inner and outer beauty, but they can't force a physical attraction.

**Preview from FYMO:**

Six Big Surprises		
Chapter	What most guys think	The surprise
<p><b>2</b> Abercrombie Boy vs. Our Hero, Average Joe <i>Why ordinary guys have a real chance with great girls</i></p>	<p><i>The best girls always go for guys who are rich and ripped.</i></p>	<p>A girl is most attracted to a guy's hidden qualities.</p>
<p><b>3</b> Why Good Girls Like Bad Boys <i>Understanding a girl's greatest secret fear—and what you can do about it</i></p>	<p><i>Girls have this weird attraction to "bad guys" who come on strong, then usually treat them like junk.</i></p>	<p>A girl is secretly afraid she's not special or attractive, so she'll be drawn to a guy who affirms her by pursuing her.</p>
<p><b>4</b> When Girls Stop Making Sense <i>A code breaker's guide to baffling female behavior</i></p>	<p><i>When girls get emotional and irrational, guys are out of luck. There's nothing a guy can do but run.</i></p>	<p>When a girl gets emotional, she's probably not irrational—and there's a lot a guy can do.</p>
<p><b>5</b> Breaking Up, Breaking You <i>Why girls go from "love" to "get lost" so fast—and how to keep from getting crushed</i></p>	<p><i>Girlfriends are heartless. When they want to break up, they send confusing messages, then dump the guy with no warning.</i></p>	<p>Some girlfriends are heartless, sure, but mostly guys are clueless. Once you learn to read the signs, you can protect your heart—and maybe even win her back.</p>
<p><b>6</b> No Dropped Calls <i>How to talk and listen to a girl without looking like an idiot</i></p>	<p><i>Guys never know what to say to a girl, so they end up looking like idiots.</i></p>	<p>A girl wants a guy to talk to her. But to really make an impression with her, a guy just needs to listen.</p>
<p><b>7</b> What It Really Means to Score <i>The truth about girls, guys, and sex</i></p>	<p><i>Girls want sex as much as guys do—and the way to score with her is to go all the way.</i></p>	<p>A girl has hormones too, but she deeply hopes her guy won't press for sex. The way to really score with her is to be her protector.</p>

## More Desirable than Love

**SAY:** In this session we're mainly going to focus on chapter two of FYWO. Is love what guys want most from girls? The answer to that question comes in this chapter—and it's surprising to most girls.

**Do:** Hand out the "cheat sheet" for chapter two of FYWO to each of the group members.

**SAY:** Notice that two out of three guys surveyed said they are more concerned about being respected than about being loved.

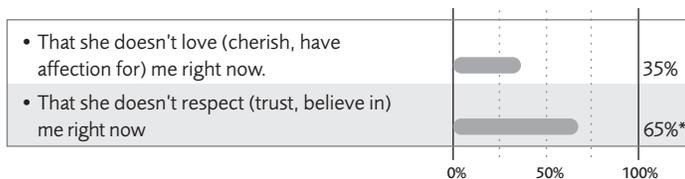
### SURVEY SAYS:

Think about what these two negative experiences would be like: to feel alone and unloved in the world OR to feel inadequate and disrespected by everyone. If you were forced to choose one, which would you prefer? Would you rather feel...?



### SURVEY SAYS:

In the middle of a conflict with a girl, I am more likely to be feeling...



(\*Among guys who are in committed or longer-term relationships. Even including guys not in a relationship, the overall average of those answering "she doesn't respect me" was still 57%.)

**Do:** Verify the results on the "cheat sheet" by reading the two survey questions out loud and having the guys in your group reveal their own responses to the questions by raising their hands.

**ASK:** (To the girls) **Is this response surprising to you? If so, why?**

**ASK:** (To the guys) **Why do you think respect is so important to guys?**

## The Way God Made Guys

READ: 1 Peter 2:17.

*Show proper respect to everyone.*

SAY: **This is a principle that we've already addressed with our Rule Number One. Male or female, everybody wants and deserves proper respect. But as we see in chapter two of FYWO, respect is *really* important for guys. That's just the way God made guys.**

READ: Ephesians 5:33.

*Each one of you also must love his wife as he loves himself, and the wife must respect her husband.*

ASK: **Based on this verse, what one word sums up what the husband is supposed to do for his wife? [*Love her.*] What one word sums up what the wife is supposed to do for her husband? [*Respect him.*]**

SAY: **I know Ephesians 5:33 talks about husbands and wives. But I think it also suggests something basic about males and females in general. Girls are looking for love; guys are looking for respect.**

## Getting Respectful

ASK: (To the guys) **What things do girls do or say that offends your self-respect?**  
[Possible responses: Teasing. Put-downs.]

ASK: (To the guys) **In what ways do you like girls to show respect to you?**  
[Possible responses: Presuming I know what I'm doing. Respecting my opinions.]

ASK: (To the girls) **When was a time you communicated disrespect to a guy? If you had another chance at that situation, what would you do differently?**

ASK: (To the girls) **When was a time you got it right with showing respect to a guy? How did he indicate that he appreciated your respect?**

ASK: **How is a girl showing respect to a guy different from her letting him mistreat her?**

ASK: **How is speaking with respect different from just laying on the flattery?**

ASK: **How might learning to show respect to a guy affect a girl's dating life and marriage down the road?**

## R-E-S-P-E-C-T

- Do: Pass out blank pieces of paper to the girls. Ask the girls to reflect for a while and then individually write down the ways they are committed to being more respectful toward guys.
- Do: (Optional) Play “R-E-S-P-E-C-T” by Aretha Franklin while the girls are writing down their personal applications. (You may want to tell the group that this song was written by Otis Redding, a famous singer in the 1960s. He wrote it for his wife so she could understand what he was feeling inside.)
- Do: Ask one of the girls to end the session by praying to God, thanking him for the guys in the room and asking him to help the girls act more respectfully toward guys in general.

## Preview of Session 2

- Do: Inform the group that in the next session you’ll be talking about how average guys have a chance with great girls. Encourage the guys to read chapter two of FYMO in advance. Also, encourage the girls to check out [www.foryoungwomenonlybook.com](http://www.foryoungwomenonlybook.com) and the guys to check out [www.foryoungmenonlybook.com](http://www.foryoungmenonlybook.com), if they haven’t already done so.

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### AVERAGE JOE GETS HIS SHOT

SESSION

2

#### Chapter basis:

- *For Young Men Only*, Chapter 2: “Abercrombie Boy vs. Our Hero, Average Joe”

#### The big idea:

Girls are more attracted to a guy’s inner qualities (self-confidence, thoughtfulness, and so on) than to his outward appearance.

#### Bible passages:

- 2 Corinthians 6:14-16
- 1 Samuel 16:1-13

#### Supplies:

- (Optional) Safety pins
- Pieces of paper
- Pens or pencils
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter two of FYMO
- Bibles

## **Review of Session 1**

**ASK:** (To the girls) **Since we last met, what have you done to show respect to guys? What response have you gotten?**

## **Give Yourself a Hand**

**Do:** (Optional) Have each group member trace his or her hand on a piece of paper, cut out the hand shape, and ask somebody else to attach it to the group member's back with a safety pin. Then have the whole group walk around and write a *positive* one- or two-word description of the person whose back they are writing on (examples: "funny," "kind," "cute"). After everyone has had a chance to write on everybody else's hand shape (or at the end of five minutes, whichever comes first), give the students a chance to read what the others wrote about them. Ask them to read out loud some examples of outer qualities (such as "big muscles") and then some examples of inner qualities (such as "thoughtful").

**SAY:** **In a later session—Session 9—we're going to be talking about girls' inner and outer beauty. But in this session, we're going to focus on the qualities girls like in guys.**

**PRAY:** **Father, we thank you that you made each of the guys in this group to be good-looking in his own unique way. But we also thank you that you have given them the capacity to be young men of character and depth. Help us all, whether we're male or female, to become the kind of people on the inside that you want us to be. Amen.**

## **Inner Qualities over Outer Qualities**

**SAY:** **Chapter two of FYMO asks, can Average Joe get a great girl, or is it only guys who look like models that get girls? It turns out, the qualities girls like in a guy are not what most guys would expect.**

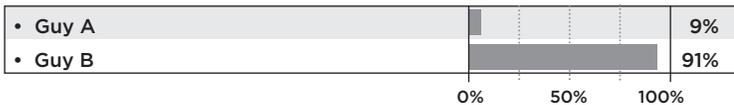
**Do:** Hand out the "cheat sheet" for chapter two of FYMO to each of the group members.

**ASK:** (To the girls) **Do you agree or disagree with how the majority of girls surveyed responded to the first survey question? Why?**

**SURVEY**

Suppose you had a choice to go out with one of two guys at school who you don't know very well—Guy A or Guy B. Guy A is so good looking that he could be a magazine model, and he is captain of the football team, but you have heard through the grapevine that “he thinks he’s all that.” Guy B is only average looking, but you have heard through the grapevine that he’s a nice guy who has a funny sense of humor. Both seem to have quite a few friends, and both are interested in going out with you, but you have to choose only one and not the other. Which one do you choose?

(Choose one.)



**SAY:** (To the girls) **Now take a look at survey question 3 and do your own ranking of the twelve traits that attract you to a guy. Try not to let the survey responses influence your ranking—mark your honest reactions to these traits.**

**SURVEY**

Which traits do you find most attractive in a guy?  
Please rank these in order of your preference from 1 to 12, with 1 being best:

___ self-confident (without being arrogant) / willing to be unique / edgy
___ sense of humor / makes me laugh
___ adventuresome / spontaneous / unpredictable / fun / carefree attitude / risk taker
___ gentlemanly / thoughtful / considerate but not clingy / protective
___ good conversationalist with you and others / socially adept / not painfully shy
___ cocky / rule breaker
___ a genuine faith that influences his life
___ goal oriented / motivated
___ buff body
___ attractive face
___ rich
___ athletic

**Do:** When the girls are done writing down their rankings, read all the traits listed in survey question 3 and ask girls to raise their hands each time one of the traits you mention was in their top five.

**ASK:** (To the guys) **What’s your reaction to what these girls said about the qualities they find attractive in guys?**

## Equally Yoked

**SAY:** As a reminder, the surveys in FYWO and FYMO indicate how girls & guys *actually* think, not necessarily how they *should* think. And when it comes to the issue of faith, that's a characteristic that a Christian girl should not only find attractive in a guy but that she should consider *crucial* if she's even going to consider getting emotionally involved with him.

**Do:** Ask for a volunteer to read 2 Corinthians 6:14-16.

*Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? What agreement is there between the temple of God and idols?*

*For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people."*

**ASK:** What kinds of problems can a Christian teen get into if he or she starts getting emotionally involved with someone who is not a believer? [Make sure the group members understand that you're not saying they should avoid unbelievers. Actually, Jesus wants us to befriend unbelievers and talk about Him with them. But the Bible does discourage Christians from "yoking" with unbelievers, as in a dating or marriage relationship.]

## Looking at the Heart

**SAY:** Now let's get back to the way girls tend to be more concerned about a guy's inner qualities than his outer qualities. That is kind of like how God looks at each of us. Consider the story of how David was anointed to be king.

**Do:** Ask for a volunteer to read 1 Samuel 16:1-13.

*The LORD said to Samuel, "How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king."*

*But Samuel said, "How can I go? Saul will hear about it and kill me."*

*The Lord said, "Take a heifer with you and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what to do.*

*You are to anoint for me the one I indicate."*

*Samuel did what the Lord said. When he arrived at Bethlehem, the elders of the town trembled when they met him. They asked, "Do you come in peace?"*

*Samuel replied, “Yes, in peace; I have come to sacrifice to the Lord. Consecrate yourselves and come to the sacrifice with me.” Then he consecrated Jesse and his sons and invited them to the sacrifice.*

*When they arrived, Samuel saw Eliab and thought, “Surely the Lord’s anointed stands here before the Lord.”*

*But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.”*

*Then Jesse called Abinadab and had him pass in front of Samuel. But Samuel said, “The Lord has not chosen this one either.” Jesse then had Shammah pass by, but Samuel said, “Nor has the Lord chosen this one.” Jesse had seven of his sons pass before Samuel, but Samuel said to him, “The Lord has not chosen these.” So he asked Jesse, “Are these all the sons you have?”*

*“There is still the youngest,” Jesse answered, “but he is tending the sheep.”*

*Samuel said, “Send for him; we will not sit down until he arrives.”*

*So he sent and had him brought in. He was ruddy, with a fine appearance and handsome features.*

*Then the Lord said, “Rise and anoint him; he is the one.”*

*So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came upon David in power. Samuel then went to Ramah.*

**ASK:** What do you think it means that “the LORD looks at the heart”?

**ASK:** What does it mean for us—male or female—to be more concerned about “the heart” than about “outward appearance”?

### **The Top Five**

**SAY:** Let’s think about five of the most important inner qualities a guy might have: (1) a sense of humor, (2) fun, (3) thoughtfulness, (4) self-confidence, and (5) faith. [Each of the next five questions is directed toward the girls specifically, but let the guys jump in with comments or related questions when appropriate.]

**ASK:** (To the girls) To you, what’s the difference between a guy who is successful in trying to amuse you and a guy who’s trying too hard to be funny?

**ASK:** (To the girls) What kinds of things do you like a guy to suggest you do for fun?

- ASK: (To the girls) **What kinds of good manners do you like to see in a guy?**
- ASK: (To the girls) **What proves to you that a guy has confidence in himself?**
- ASK: (To the girls) **What shows to you that a guy has a genuine faith in Jesus and is not just faking being religious to make you like him?**
- ASK: (To the guys) **What else would you like to ask these girls about the qualities girls are looking for in guys?**

### **Growing on the Inside**

- Do: Praise the guys in your group for the great qualities you see in them. Then encourage them to keep working on developing their godly character. Underscore the important role they can play now as leaders in relationships with girls and that they will play later as leaders in their marriages. That's why God expects so much of them—and why girls have the right to expect a lot as well.
- Do: Encourage the guys to choose how they will commit to developing their good inner qualities. Suggest that they individually settle on at least one specific action step they will take.
- Do: Ask one of the more mature guys in the group to pray that all the young men will become the kind of people God wants them to be on the inside.

### **Preview of Session 3**

- SAY: **Are guys as sure of themselves as they try to come across as? And if not, what can girls do to build up guys' confidence? That's what we'll be talking about next time. Girls, remember to read chapter three of FYWO ahead of time.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### GO GET 'EM, TIGER

SESSION

3

#### Chapter basis:

- *For Young Women Only*, Chapter 3: “The Performance of a Lifetime”

#### The big idea:

Guys like girls who help them overcome their insecurities and feel more confident.

#### Bible passages:

- Judges 4:1-16
- 1 Thessalonians 5:11

#### Supplies:

- (Optional) Blindfolds for all the guys in the group
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter three of FYWO
- Bibles
- Copies of the handout called “The Ski Lesson”
- Pens or pencils
- Pieces of paper

## Review of Session 2

**Do:** Ask the guys if any of them can tell about something he did in the past week to develop his good inner qualities, such as his sense of humor, fun, thoughtfulness, self-confidence, or faith.

## This Way! No, That Way!

**Do:** (Optional) Set up two identical obstacle courses. Using things like tables and chairs, you can provide obstacles for participants to climb over, crawl under, or go around. (Try to make it as safe as possible.) Divide the guys in your group into two equal teams and have each guy put on a blindfold. Assign one girl to be the “caller” for each team. As you start the guys off in pairs (one guy from each team) thirty seconds apart, each “caller” should verbally instruct the blindfolded members of her team in how to get through the team’s obstacle course. The team that gets all of its guys through its obstacle course first wins.

**SAY:** **Sometimes girls get bossy with guys. And trust me, guys don’t like that. But sometimes guys *do* need girls to give them encouragement to follow through with what they know deep down they should be doing.**

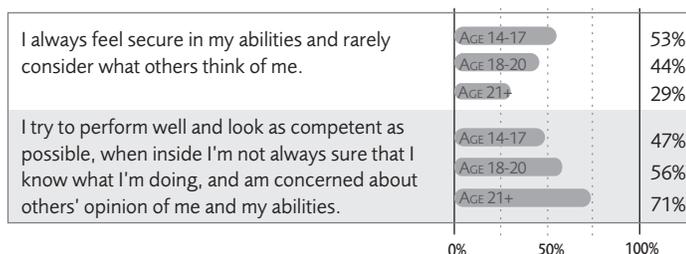
**PRAY:** **God, we thank you for the strength you’ve put inside each of these guys in our group. But we know that even the toughest, most self-confident guy wavers sometimes when it comes to a challenge. So I pray that you will help us understand how girls can bring out the best in the “tough guys” they know.**

## Mr. Cocky Is Actually Insecure?

**Do:** Hand out the “cheat sheet” for chapter three of FYWO to each of the group members. Ask them to look at survey questions 1 and 2.

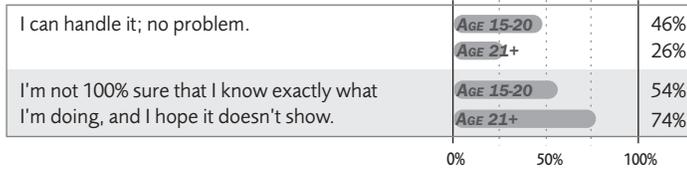
### SURVEY SAYS:

“Regardless of how successful you are in school, athletics, and activities (or your career), which statement best describes your feelings about your performance in these areas?”



**SURVEY SAYS:**

"Think of some times in the last few years when you've faced unfamiliar and challenging situations. Which of these feelings were you most likely to experience? (This is not about how you acted, but how you felt.)"



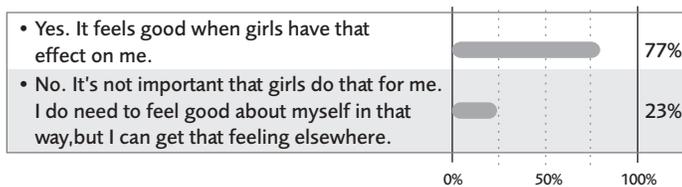
**ASK:** (To the guys) **Do you think most of the guys you hang out with have the kind of insecurity that the survey respondents admitted to? What makes you say that?**

**ASK:** (To the girls) **Does it surprise you to learn that guys are this unsure of themselves? Why or why not?**

**ASK:** (To the guys) **How would you answer survey question 3 on the "cheat sheet"?**

**SURVEY SAYS:**

"Do you want the girls in your life to help you feel like you measure up to what everyone expects of you—to feel like you're worthy of respect?"



**Go!**

**SAY:** **Let's go to the Bible and look at a case where a male general, Barak, needed the encouragement of a female political leader, Deborah, before he would take his army into battle.**

**READ:** Judges 4:1-16 out loud as the group members follow along in their own Bibles.

*After Ehud died, the Israelites once again did evil in the eyes of the Lord. So the Lord sold them into the hands of Jabin, a king of Canaan, who reigned in Hazor. The commander of his army was Sisera, who lived in Harosheth Haggoyim. Because he had nine hundred iron chariots and had cruelly oppressed the Israelites for twenty years, they cried to the Lord for help.*

*Deborah, a prophetess, the wife of Lappidoth, was leading Israel at that time. She held court under the Palm of Deborah between Ramah and Bethel in the hill*

country of Ephraim, and the Israelites came to her to have their disputes decided. She sent for Barak son of Abinoam from Kedesh in Naphtali and said to him, “The Lord, the God of Israel, commands you: ‘Go, take with you ten thousand men of Naphtali and Zebulun and lead the way to Mount Tabor. I will lure Sisera, the commander of Jabin’s army, with his chariots and his troops to the Kishon River and give him into your hands.’ “

Barak said to her, “If you go with me, I will go; but if you don’t go with me, I won’t go.”

“Very well,” Deborah said, “I will go with you. But because of the way you are going about this, the honor will not be yours, for the Lord will hand Sisera over to a woman.” So Deborah went with Barak to Kedesh, where he summoned Zebulun and Naphtali. Ten thousand men followed him, and Deborah also went with him.

Now Heber the Kenite had left the other Kenites, the descendants of Hobab, Moses’ brother-in-law, and pitched his tent by the great tree in Zaanannim near Kedesh.

When they told Sisera that Barak son of Abinoam had gone up to Mount Tabor, Sisera gathered together his nine hundred iron chariots and all the men with him, from Harosheth Haggoyim to the Kishon River.

Then Deborah said to Barak, “Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you?” So Barak went down Mount Tabor, followed by ten thousand men. At Barak’s advance, the Lord routed Sisera and all his chariots and army by the sword, and Sisera abandoned his chariot and fled on foot. But Barak pursued the chariots and army as far as Harosheth Haggoyim. All the troops of Sisera fell by the sword; not a man was left.

- ASK: **What’s your opinion of Barak? Was he being wimpy? Cautious? Fearful? Unfaithful? Or what?** [See verse 3 for legitimate reasons why Barak might have been hesitant.]
- ASK: **What do you think about the way Deborah treated Barak?** [Arguably she was both shaming (see verse 9) and encouraging (see verse 14) toward Barak.]
- SAY: **This Bible story shows that guys sometimes do need the encouragement of girls. It also suggest that there are poor ways and better ways for girls to go about this encouraging.**

### **Confidence Builders**

- ASK: (To the girls) **Describe an occasion when you unintentionally made a guy feel insecure. How did he react?**
- ASK: (To the guys) **Describe an occasion when a girl made you feel more self-confident. What did you like about it?**

- ASK: **Why is it so important to guys that they have confidence—or at least *look like they have confidence*?** [Possible responses: Respect is very important for guys, as we saw in Session 1. Guys hunger for a challenge, and accepting a challenge takes confidence. God made guys to be leaders and heroes.]
- ASK: (To the guys) **What kinds of things take away a guy's confidence?** [Possible responses: Teasing and put-downs. Memories of past failures. Embarrassment around girls.]
- ASK: **How can girls tell when a guy is feeling insecure?** [Possible responses: He relies on bravado. He's defensive. He's obviously faking confidence in what he's doing.]
- ASK: **What are some ways that a girl can build up a guy's confidence without undermining his self-respect?** [You might want to create a list of do's and don'ts on a white board or large sheet of paper. See pages 58–59 of FYWO for ideas.]
- ASK: **How should a guy respond when a girl is trying to encourage him?**
- Do: Divide your teens into groups of four, including two guys and two girls. Give each group a copy of the handout called “The Ski Lesson.” Allow them time to read through the case study and discuss the questions.

### **Propping Up the Male Ego**

- SAY: **First Thessalonians 5:11 says, “Encourage one another and build each other up, just as in fact you are doing.” So that’s my advice for all you girls: keep building up the confidence of the guys in your life.**
- Do: Hand out sheets of paper to each girls in the group. Ask the girls to think about a specific guy they know who is struggling with self-confidence. Have them write down something they are willing to do to build up his sense of security. If they want ideas, they can ask the guys in the group for suggestions.
- PRAY: **Dear God, we know that the opinion of a girl can be a powerful force in a guy's life—for good or for bad. Help these girls get better and better at building up the young men you bring into their lives. Amen.**

### **Preview of Session 4**

- SAY: **Guys, has it ever bugged you to see a girl falling for some guy who isn't worthy of her? Next time around, we'll talk about why good girls go for “bad boys”—and what good guys can learn from it. Beforehand, read chapter three in FYMO.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### LEARNING FROM BAD BOYS

SESSION

4

#### Chapter basis:

- *For Young Men Only*, Chapter 3: “Why Good Girls Like Bad Boys”

#### The big idea:

If good guys will show the kind of confidence that “bad boys” have, good girls will like them better.

#### Bible passages:

- Joshua 1:6, 9
- 2 Samuel 10:12
- 1 Chronicles 28:10

#### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter three of FYMO
- Bibles
- Copies of the “Bold-o-Meter” handout
- Pens or pencils

### Review of Session 3

ASK: (To the girls) **What have you done in the past week to build up a guy's self-confidence? How did he react?**

### Truth or Dare

DO: (Optional) Have your group members sit in a circle on the floor. Choose one player to start and have this person ask a member of the opposite sex, "Truth or dare?" Depending on how the second player chooses, the first player should either ask a question or present a dare. You, as the leader, get to determine whether a question or dare is acceptable. (Examples of acceptable "truth" questions include "If you could turn a movie into reality, which one would it be and which role would you take on?" and "Are you a daredevil? If so, what was your latest stunt?" Examples of acceptable "dares" include: "Run around the room like a monkey for thirty seconds, and if anybody touches you, scream like a monkey and run away" and "Sing the national anthem and let the group rate your performance.") Play the game for up to ten minutes or until everyone has had a chance to participate.

SAY: **Are good guys, especially Christian guys, sometimes looked at by other teens as ... well, a little wimpy? Maybe a little boring? Not much fun? The stereotype doesn't have to be true. A true godly man is a man of strength, courage, and determination. And that's the kind of guy that girls are crazy about.**

PRAY: **Father, I pray that as we discuss this topic today you will be working in the hearts of each of these guys, awakening the bold and courageous man inside him. Give each guy the vision you have for him to do great things, stand firm in your truth, and become a rock that a girl can cling to. Amen.**

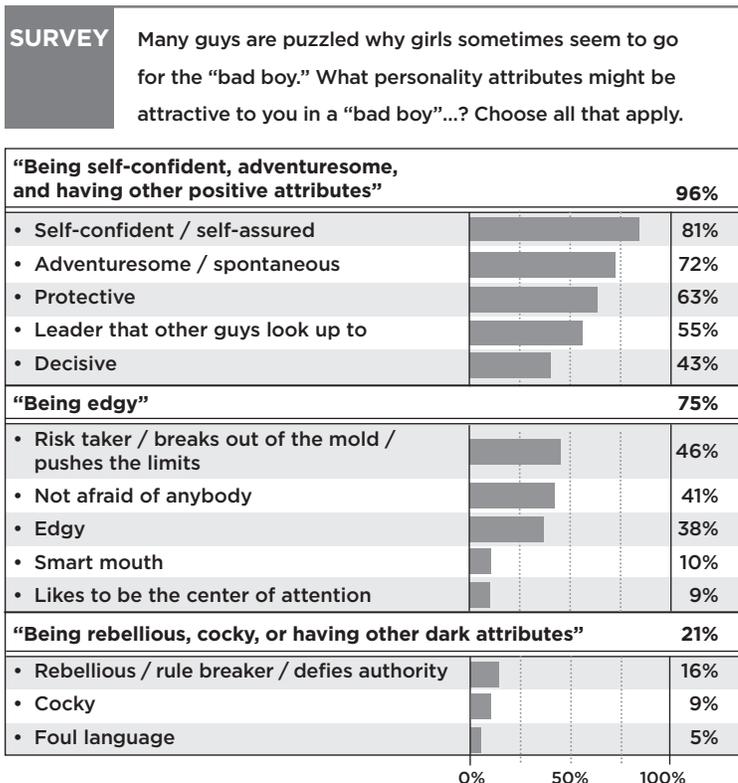
### The Good in Bad Boys

SAY: **Complete this sentence in your own way: "To me, a 'bad boy' is a guy who..."**  
[Possible responses: Gets in trouble at school. Steals and destroys things. Smokes, drinks, and does drugs. Likes to dress in a scary way and listens to scary music. Swears, makes threats, and acts tough. Makes girls think he's in love with them, then drops them after he gets what he wants from them.]

SAY: (Optional) **Give an example you saw of a "good girl" being attracted to a "bad boy." What do you think she saw in him?** [Help your teens avoid gossiping. Perhaps they can tell a story without using names.]

SAY: **Have you ever wondered why "bad boys" are sometimes successful with girls? Today we're going to find out why. Then we're going to learn something useful from it.**

Do: Hand out copies of the “cheat sheet” for chapter three of FYMO and look together at survey question 1.



Note: The top line of each section shows the percentage of girls who chose one or more of the answers in that section. Percentages do not total 100 percent because

ASK: **What do you notice about the qualities in “bad boys” that attract girls most?**  
 [Girls are most attracted to *positive* qualities in “bad boys”—things like their self-confidence, their adventurous attitude, and their ability to offer protection to girls.]

ASK: **Do these results surprise you? Why or why not?**

### **The Desire That’s Eating Girls Up**

SAY: **Let’s dig further and ask ourselves *why* girls will respond to the boldness and self-confidence of “bad boys” even when they know those guys are “bad.”** The survey suggests that girls are attracted to the boldness of “bad boys” because the girls have a powerful desire to be liked and to be thought pretty.

**SURVEY**

In which of the following areas, if any, do you feel less than confident or question how others view you?  
(Choose all that apply.)

<b>“Whether I’m liked”</b>	<b>75%</b>
<ul style="list-style-type: none"> <li>• Whether I’m being talked about behind my back</li> <li>• Whether the guys I want to like me do like me</li> <li>• Whether I’m really liked and accepted for who I am by friends and acquaintances</li> <li>• Social status / popularity / how well I fit in</li> </ul>	
<b>“How I look”</b>	<b>72%</b>
<ul style="list-style-type: none"> <li>• Body image</li> <li>• Whether I’m pretty</li> </ul>	
<b>“Who I am”</b>	<b>58%</b>
<ul style="list-style-type: none"> <li>• Whether I’m really liked and accepted for who I am by friends and acquaintances</li> <li>• Whether I’m valuable and unique as a person</li> <li>• My skills and abilities</li> <li>• Intelligence / how I’m doing in school</li> </ul>	
<b>“None of the above; I am confident in all these areas.”</b>	<b>9%</b>

Note: The top line of each section shows the percentage of girls who chose one or more of the answers in that section. Percentages do not total 100 percent because girls could choose more than one answer.

**ASK:** (To the girls) **Would you agree that most girls have a secret fear that nobody will love them? Why?**

**ASK:** (To the guys) **Did you know that there is such a powerful need for love and acceptance inside girls?**

**SAY:** **The conclusion we should draw from all of this is that good girls should go for “bad boys,” right? Wrong! Then is it that good guys should turn into “bad boys”? Wrong again! As chapter three in FYMO says, good guys should learn to have the boldness, strength, and confidence that “bad boys” possess but express those qualities in a good way. If they do that, girls will like these good guys even more than they like “bad boys.”**

### **Playing the Man**

**SAY:** **The qualities girls like in guys—strength, confidence, and so on—are just the kinds of qualities that men were designed by God to have. Yet they’re not easy qualities to acquire or to hold on to. I’m going to read three Bible passages where men whose courage was wavering received the encouragement they needed to act in a manly way.**

READ: Joshua 1:6, 9 (the Lord speaking to Joshua, who had been picked to lead the Hebrews in the conquest of Canaan).

*Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them.... Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.*

READ: 2 Samuel 10:12 (General Joab speaking to the Israelite troops, who were forced to fight two enemies at once).

*Be strong and let us fight bravely for our people and the cities of our God. The Lord will do what is good in his sight.*

Read: 1 Chronicles 28:10 (David speaking to his son Solomon, who was taking over the task of building the temple).

*Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the Lord is finished.*

ASK: **What similarities do you find in these passages?** [Students may notice both the be-strong-and-courageous theme and the-Lord-is-with-you theme.]

ASK: **For teen guys today, what's the connection between having faith in God and having confidence?**

### **Going for It**

SAY: **Let's look at three ways a guy can show self-confidence that will attract girls. First, he should protect a girl's heart. As we've already learned, girls are worried that nobody will like them or love them. Their hearts, therefore, are vulnerable.**

ASK: **How can a guy ease a girl's insecurities about herself?** [Possible responses: Never tease her or make fun of her. Defend her if others are hard on her. Give her honest compliments about her looks. Encourage her to make the most of her abilities, and express your confidence in what she can accomplish. Keep assuring her that you care about her and are there for her.]

SAY: **After protecting a girl's heart, a guy who is confident will also take some risks around a girl he likes. He'll sweep her off her feet in a safe but fun way.**

ASK: **What are some things a guy could do to bring a little adventure, spontaneity, and excitement into a girl's life?** [Possible responses: Call her up to come along on a ski trip with your youth group. Take her on a scary roller coaster. Take her to explore a cave.]

- SAY:** Last, after protecting a girl's heart and taking risks around her, a confident guy will pursue a girl he likes. In other words, if a guy is interested in a girl, he's going to have to put his ego on the line eventually and ask her out. There's a risk of rejection here, sure, but there's also a possibility for success.
- ASK:** What are some good ways and bad ways for a guy to ask a girl out on a first date?
- ASK:** How should he react if his invitation is successful? If it's not successful?
- ASK:** (To the girls) Anything else you'd like to say to these guys about being bold and confident around girls?

### **Cranking Up the Bold-o-Meter**

- Do:** Give the guys in your group pens and copies of the "Bold-o-Meter" handout for this session. Allow them time to work through it individually.
- Do:** (Optional) While the guys are working on the "Bold-o-Meter" handout, have the girls separately work out a cheerleader-type cheer for the guys—something that encourages the guys to be strong, bold, confident. Once the guys are done working on their handouts, the girls can perform the cheer for them.
- Do:** Ask one of the girls to pray that the guys will live in the courage and confidence God gives them.

### **Preview of Session 5**

- Do:** Let the group know that in your next session you'll be talking about how girls can make guys feel safe enough to reveal what they're feeling. The girls should read chapter four in FYWO beforehand.

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### MR. TOUGH GUY'S SOFT HEART

SESSION

5

#### **Chapter basis:**

- *For Young Women Only*, Chapter 4: “Tough or Tender?”

#### **The big idea:**

Guys tend to keep their feelings to themselves until they feel safe with a girl.

#### **Bible passages:**

- Job 2:11-13
- Genesis 2:20-25
- Proverbs 11:13
- 1 Corinthians 13:7

#### **Supplies:**

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter four of FYWO
- Bibles
- Pens or pencils
- Pieces of paper

## Review of Session 4

ASK: (To the guys) **What have you done in the past week that showed boldness and self-confidence?**

## Mute Organization

DO: (Optional) Have the girls work together to arrange the guys in a line according to their birthdays. The catch is this: the guys can't talk. The girls will have to be creative to figure out ways to get the information they need to get the guys lined up correctly. (For instance, they could ask the guys to stamp their feet a certain number of times to indicate the month and date on which they were born.) You can repeat this exercise as many times as you want using other criteria, such as height, shoe size, and alphabetization of middle names.

SAY: **Most teen guys will gladly tell you how good they are at video games, how much they know about sports, what kind of car they're going to buy once they save up enough money, and all kinds of other things. But there's one topic where they suddenly get modest and even secretive: their feelings. Why are guys like that? And what can girls do to earn guys' trust so that they will open up more? That's what we're going to talk about today.**

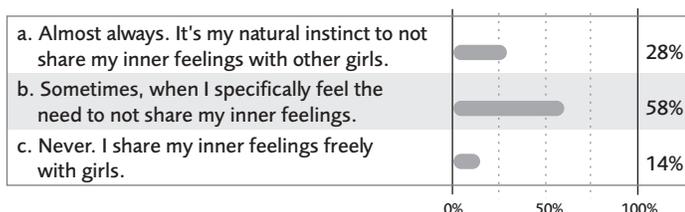
PRAY: **Father, when you created human beings, you created not only our bodies and our minds but also our emotions. I thank you for the rich emotional life that goes on inside each of these girls & guys. Help us to begin to understand better the way you wired these guys to experience and express their feelings. Amen.**

## Oh, Those Bottled-Up Guys

DO: Hand out the "cheat sheet" for chapter four of FYWO to each of the group members. Ask them to look at survey question 1.

### SURVEY SAYS:

"How often do you find yourself not sharing your inner feelings with girls you generally know? (This does NOT include your best female friend or girlfriend.)"



- ASK: (To the guys) **Would you go along with the majority of survey respondents who said that they either “sometimes” or “almost always” hide their feelings?**
- ASK: (To the girls) **How does it make you feel when the guys you know are reluctant to share their emotions?**
- SAY: **God seems to have made girls to be more relational than guys, so it’s natural that they would be more eager to express their feelings—and that they would be frustrated when guys don’t open up. But it’s also natural for guys to want to protect their own inner feelings. That’s the way God made *them*.**

### The Guy Way

- SAY: **A Bible story tells us about a man who suffered a terrible series of losses in his life. What do you suppose happened when three of his male friends came to comfort him?**
- Do: Ask one of the guys in the group to read Job 2:11-13.

*When Job’s three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.*

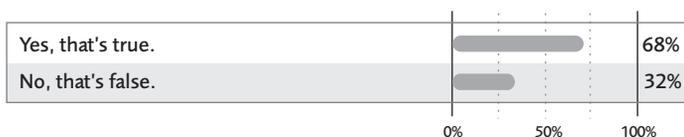
- SAY: **Seven days and nights of silence. Now, that’s the guy way to deal with painful emotions!**
- ASK: **What do you think would have happened if Job had been a woman and three of her women friends came to comfort her?**

### Guys’ Reasons for Clamming Up

- Do: Direct the students’ attention to survey question 2 on the “cheat sheet.”

#### SURVEY SAYS:

Is the following statement true or false? A main reason for not sharing your inner feelings is to protect yourself from getting hurt, and/or because you don’t trust some girls to handle your personal information with care.



ASK: (To the guys) **What do you think are the main reasons why guys are so careful about sharing their emotions with girls?** [Possible responses: They don't want to get hurt. They think it's expected of them. They don't know how.]

ASK: (To the guys) **What have you seen girls do that make you want to clam up about your feelings?** [Possible responses: Judging me. Betraying my confidence by talking about me behind my back. Gossiping. Getting jealous. Starting an argument. Holding a grudge. Being mean.]

ASK: (To the girls) **Do these guys have some legitimate reasons for being cautious about sharing their emotions with girls? Why or why not?**

### One

SAY: **What would happen if guys just cut off their emotional life entirely? Would that be a good thing?**

READ: Genesis 2:20-25.

*For Adam no suitable helper was found. So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man.*

*The man said,*

*"This is now bone of my bones  
and flesh of my flesh;  
she shall be called 'woman,'  
or she was taken out of man."*

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

*The man and his wife were both naked, and they felt no shame.*

SAY: **Marriage is all about intimacy, being united in body and spirit. In marriage, a husband needs to share his feelings and thoughts openly with his wife. So, guys, I need to say that it's important that you start learning how to share your feelings, even if it is hard for you.**

### The Secret-Keepers

SAY: **But, girls, I've also got something to say to you. The guys are making sense when they say they need to be cautious about sharing their feelings. Who wants to put their heart out there and see it get stomped on? Let's look at the Bible again. What are wrong and right ways of handling someone else's secrets?**

Do: Ask one of the girls to read Proverbs 11:13.

*A gossip betrays a confidence,  
but a trustworthy man keeps a secret.*

ASK: **Why is gossip—spreading stories around—like poison to trust?**

Do: Ask another girl to read 1 Corinthians 13:7.

*[Love] always protects, always trusts, always hopes, always perseveres.*

ASK: **What would it mean for a girl to “protect” a guy who is worried about his secrets becoming public?**

### **No More Mean Girls**

ASK: (To the guys) **What could girls do to earn your confidence so that you would be more willing to share what’s going on in your heart?** [Possible responses: Listen well. Say positive things about me. Keep the relationship light.]

ASK: (To the girls) **What else would you like to say to or ask these guys about guys sharing feelings with girls?**

### **Becoming Safe**

SAY: **Girls, I’d like you to think about yourselves personally. Whether or not you’re interested in a particular guy right now, what do you need to do to become the kind of girl who a guy could safely share his intimate feelings with? For example, do you need to quit gossiping or stop telling secrets? Start making changes now so that you will be worthy of having a guy shares his feelings with you when he is ready.**

Do: Offer paper and pens to the girls in case they want to write down decisions they are making.

Do: Ask for a volunteer among the guys to pray for the girls to learn how to deal well with guys’ emotions.

### **Preview of Session 6**

SAY: **Believe it or not, girls are often a mystery to guys. So in our next session we’ll be talking about how guys can figure out what’s going on inside girls’ heads. You guys should read chapter four in FYMO before coming to the session.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### MYSTERY GIRLS

SESSION

6

#### Chapter basis:

- *For Young Men Only*, Chapter 4: “When Girls Stop Making Sense”

#### The big idea:

When girls aren’t making sense to guys, the guys just have to dig harder to understand.

#### Bible passages:

- 1 Peter 3:7
- 1 Corinthians 13:4

#### Supplies:

- (Optional) Folded slips of paper listing Charades topics
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of “cheat sheet” for chapter four of FYMO
- Bibles
- Pens or pencils
- Pieces of paper

## **Review of Session 5**

**ASK:** (To the girls) **What steps have you taken to become more “safe” for guys to share their thoughts and feelings with you?**

## **I See Your Arms Moving, but I Can’t Tell What You’re Trying to Say**

**DO:** (Optional) Before the session starts, write down three Charades topics on slips of paper and fold them over. (These topics could be such things as the titles of three movies that are popular with your group or the names of three celebrities you’ve heard the teens talk about.) When you’re ready to start the session, ask for three of the girls to mutely act out the assigned topics for the guys to figure out. You may wish to remind your group members of some of the traditional gestures a performer uses in Charades:

- Number of words in the title: Hold up the number of fingers.
- Number of syllables in the word: Lay the number of fingers on your arm.
- “Sounds like”: Cup one hand behind an ear.
- “Longer version of” or “shorter version of”: Pretend to stretch a piece of elastic longer or shorter.
- Correct guess: point at your nose with one hand while pointing at the guesser with your other hand.

Let the group play the game and have fun with it.

**SAY:** **To a lot of guys, girls’ actions sometimes seem like a game of Charades. The guys know that the girls are trying to get some kind of point across, but they can’t figure out what it is supposed to be. Girls, you may not know this, but you’re a big mystery to guys!**

**PRAY:** **God, the way you made males and females different is wonderful. It definitely helps to keep us interested in each other! But it also sometimes creates confusion. Today I pray that you will help us understand each other better. Amen.**

## **Baffled!**

**ASK:** (To the guys) **To you and the guys you know, how confusing are girls? Not confusing at all? A little confusing? *Really* confusing?**

**SAY:** (To the guys) **Give an example of a time when a girl’s behavior didn’t make sense to you.** [If a guy starts to say something harsh about a girl, cut him off.]

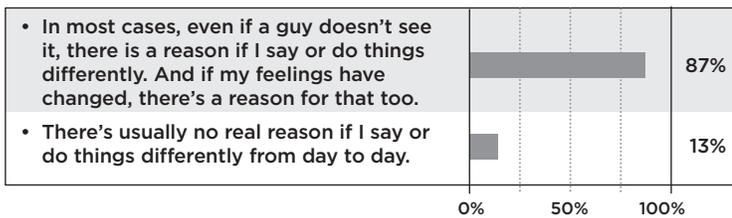
**ASK:** (To the girls) **Are you surprised to hear about guys being this confused by girls? Why or why not?**

## There's a Reason in There Somewhere

**SAY:** Do girls think their actions are senseless, the way guys do? Let's find out what the survey says.

**Do:** Hand out the "cheat sheet" for chapter four of FYMO to each of the group members. Look at survey question 1 with your group.

**SURVEY** Many guys believe that there aren't really rational reasons when a girl's attitudes, actions, or words change from day to day. Which of the following is true of you? (Choose one.)

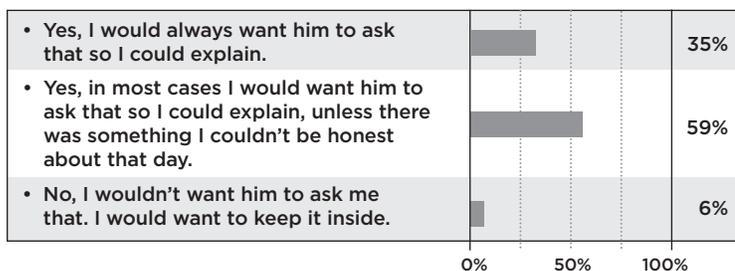


**ASK:** (To the girls) Would you agree with the majority of girls in this survey that you almost always really *do* have a reason for your behavior, even if it is not apparent to guys? Why or why not?

## The Chase Is On

**Do:** Direct the students' attention to survey question 4 on the "cheat sheet."

**SURVEY** Suppose that a guy friend or boyfriend notices that yesterday you were cheerful with him but today you are short with him. Would you want him to approach you and say something like, "I know I may not be the brightest bulb on the tree, but it seems like something's wrong. Can you help me understand what's going on?" (Choose one answer.)



**SAY:** (To the girls) The results here strongly suggest that girls want guys to go to the trouble of figuring out what's happening when a girl's behavior is confusing to them. Agree or disagree? Why?

ASK: (To the guys) How do you feel about the need to figure out these complex, subtle beings known as females? Does it seem more like an interesting challenge to you or like a bother you'd rather do without?

### Patience and Kindness

SAY: (To the guys) Like it or not, guys, the bottom line is that you've got a responsibility to dig harder to understand girls when they don't seem to be making sense. After all, what's the alternative? Giving in to the fate of never understanding girls at all! The Bible reinforces your responsibility.

READ: 1 Peter 3:7.

*Husbands...be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.*

SAY: It's hard to know exactly what Peter meant when he called the wife the "weaker" partner in a marriage. Maybe he was referring to the fact that women in general are *physically* weaker than men in general. Or maybe he was referring to the fact that women are generally more *emotional* than men, since even though that's an advantage in many respects, it also makes women more vulnerable to ups and downs. Whatever Peter's exact meaning, he certainly did seem to be implying that husbands need to learn to accommodate themselves to their wives ("be considerate"). And this isn't just a practical matter of getting along better with the wives; there's also a spiritual component to it ("so that nothing will hinder your prayers").

ASK: (To the guys) Why do you think God might want you to step up to the challenge of figuring out girls?

READ: 1 Corinthians 13:4.

*Love is patient, love is kind.*

SAY: In the last session we learned from 1 Corinthians 13 that love "protects" and therefore that girls need to protect guys' tender feelings from getting hurt. This session, we learn that love is also "patient" and "kind."

ASK: (To the guys) How do patience and kindness apply to your work in trying to understand the girls in your lives?

### What's up with Her?

SAY: Chapter four of FYMO identifies four reasons for apparently random girl behavior. [See pages 67-77 of FYMO.] A girl may be acting a certain way...

- (1) because the guy did something, even though he doesn't realize it
- (2) because something else is going on in her circumstances that has nothing to do with the guy
- (3) because there's something going on inside her and she's using it to test him
- (4) because she's having her period

**Do:** (Optional) Have volunteers improvise a role play based on the four reasons for girl behavior. A girl should pick one of the reasons and craft a scenario in which that reason might be true. (For example, taking reason 1, a guy might have said how cool a girl's older sister is, not realizing that the girl is tired of being compared to her great big sister.) At the outset of the role play, the guy should not know the reason why the girl is upset. He should probe gently to discover why the girl is upset. She should make it hard—but not too hard—for him to figure it out. Let each role play run only three to five minutes. Afterward, let the whole group comment on how the guy did at trying to understand the girl better.

**Ask:** (To the guys) **If a girl is acting in a baffling way to you, what reasons might you have for hesitating about asking her what's going on?**

**Ask:** (To the girls) **How can guys know when a girl wants a guy to keep probing to find out what's going on with her versus when she really wants him to back off?**

**Ask:** (To the girls) **What other advice or encouragement can you give these guys about understanding girl behavior?**

### **Code Breaking Strategy**

**SAY:** (To the guys) **Guys, I hate to be the one to tell you this, but you're going to be baffled by female behavior from time to time for the rest of your lives. Now is the time to start developing your skills at female decoding. I can't promise that you'll always be able to figure girls out, but if you stick with it, you might find girls making more sense than you had thought possible. And they will love you for trying.**

**Do:** Ask the guys in your group to think about a time recently when a girl did something that made no sense to them. This girl might be a girlfriend or just a friend or acquaintance. While the guys are thinking about this, hand out papers and pens to them. Ask them to write down two things: (1) a description of the baffling behavior; and (2) a plan to probe sensitively to figure out what was behind the behavior. Give the guys the option of inviting girls in the group to help them work out their plan.

Do: Invite one of the girls in the group to pray for the guys, asking God to give them patience with the girls in their lives and to give them growing insight into female thoughts and feelings.

### **Preview of Session 7**

SAY: **Next time, we're going to talk about what goes through guys' minds when they see a good-looking girl. And we'll talk about how girls can help guys keep their fantasy life under control. In preparation, the girls should read chapter five in FYWO.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

SESSION

7

### EYE MAGNETS

#### Chapter basis:

- *For Young Women Only*, Chapter 5: “Keeper of the Photo Files”

#### The big idea:

Guys fantasize about the girls they see, and a lot of it has to do with what the girls are wearing.

#### Bible passages:

- 1 Peter 2:11
- Job 31:1
- Matthew 5:27-29
- 1 Timothy 2:9
- Genesis 24:62-67

#### Supplies:

- (Optional) Copies of teen fashion magazines
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter five of FYWO
- Bibles
- Pens or pencils
- Pieces of paper

## Review of Session 6

Do: Ask if any of the guys can give a report about how he talked to a girl to try to understand her behavior better. How did it go?

## Fashion Passion

Do: (Optional) Provide copies of teen fashion magazines to the girls in your group. *Seventeen*, *Teen Vogue*, and *Cosmo Girl!* are some options. Ask the girls to leaf through the magazines and find pictures of outfits they think meet two criteria: they are (1) pretty and (2) modest. (“Modest” means these should be outfits that the girls believe would *not* inspire guys to have lustful thoughts.) Have the girls tear out a half dozen or so of these kinds of pictures, then show them to the guys and see if they agree that the outfits match both criteria.

SAY: **Ogling is a skill that males develop early. A guy can catch sight of a pretty girl on the far side of the cafeteria, follow her with his eyes through a packed room, and almost instantly develop a rating for her hair, her face, and ... well, other physical attributes. To a lot of girls, this makes guys seem like primitive apes. But the question we’re going to consider today is, can girls do anything to help guys get a grip on their fantasies?**

PRAY: **Father, I thank you for the sexual desire you’ve put in guys. It’s what draws them to pursue girls and eventually establish a marriage where sexual desires can be beautifully fulfilled. But as teen guys are not yet married, I pray that you will help these girls understand better what’s going on inside guys and what they can do to support guys’ better instincts. Amen.**

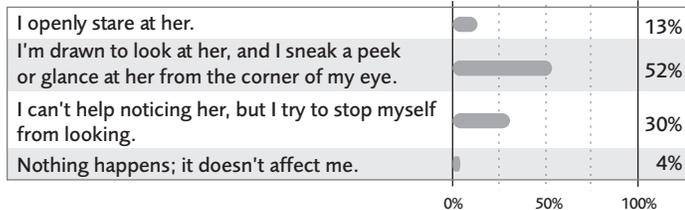
## Heating Up the Male Brain

Do: Hand out the “cheat sheet” for chapter five of FYWO to each of the group members.

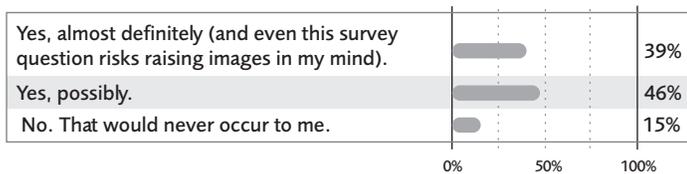
SAY: **According to these survey results, nearly all teen guys will look at a pretty girl if she is nearby. And if she’s dressed in a sexy way, most fantasize about how she would look naked.**

### SURVEY SAYS:

Imagine you are sitting in class, and a new girl with a great body sits down a few desks over from you. What is your reaction to her?



Now imagine that the same hot girl goes to the front of the class to give a report. She's all business, but is wearing clothes that accentuate her figure. If you're not careful, would there be a possibility that you would picture her naked—either now or later?



ASK: (First to the girls, then to the guys) **Do these results surprise you? Why or why not?**

ASK: **What's the problem with guys fantasizing about girls' bodies?** [Introduce the connection between fantasizing and lust, which is sin (1 Peter 2:11).]

### Lustful Looks

SAY: **Today's clothing styles may be new, but the male tendency to look at girls is hardly new. Let's consider a godly man who lived long ago: Job.**

Do: Ask for a guy volunteer to read Job 31:1.

*I made a covenant with my eyes  
not to look lustfully at a girl.*

SAY: **Apparently Job was well aware of how he was tempted to check out attractive young women. He had to make a special commitment to overcome that tendency.**

Do: Ask for another guy volunteer to read Matthew 5:27-29.

*You have heard that it was said, “Do not commit adultery.”  
But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.*

**SAY:** Now it’s really getting serious. Here Jesus is equating lustful looks with adultery! And what’s this talk about gouging out an eye and being thrown into hell?!

**ASK:** Is there a difference between glancing when a pretty girl goes by and “looking lustfully” at her? If so, how would you define that difference?

### **Modesty: A Virtue Worth Reconsidering**

**SAY:** Girls are not responsible for what’s going on inside a guy’s head. But they *are* responsible if they are tempting guys to have impure thoughts by the way they dress.

**READ:** 1 Timothy 2:9, where the apostle Paul is giving instructions to Christian women via a local pastor.

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

**ASK:** (To the girls) **Modesty. Decency. Propriety.** Are these the things you have in mind when you go to your closet to pick out an outfit? If not, what *are* you thinking about?

**ASK:** (To the guys) **What do you appreciate about girls dressing with modesty?** [Hopefully the guys in your group will express in their own words their desire for girls to help them avoid impure thoughts.]

### **The Modesty Impulse**

**SAY:** Let me set the scene for one last Bible passage. Abraham has sent his servant to another area to find a wife for his son Isaac. Now the servant has brought a young woman named Rebekah back to meet her intended mate.

**READ:** Ask for a girl to volunteer to read Genesis 24:62-67.

*Now Isaac had come from Beer Lahai Roi, for he was living in the Negev. He went out to the field one evening to meditate, and as he looked up, he saw camels approaching. Rebekah also looked up and saw Isaac. She got down from her camel and asked the servant, “Who is that man in the field coming to meet us?”*

*“He is my master,” the servant answered. So she took her veil and covered herself.*

*Then the servant told Isaac all he had done. Isaac brought her into the tent of his mother Sarah, and he married Rebekah. So she became his wife, and he loved her; and Isaac was comforted after his mother’s death.*

SAY: **“She took her veil and covered herself.”** Obviously, except in certain Muslim countries and at old-fashioned weddings, veils are pretty much *out* as a fashion statement these days. But the impulse to be modest around the opposite sex is still a valuable trait in girls today. And you’ll notice it didn’t stop Rebekah from getting the guy!

### **Dress Code**

- ASK: (To the girls) **How are you feeling about this topic of dressing modestly to help guys keep clean thoughts? Does it seem like it puts an unfair burden on you? Why or why not?** [Acknowledge any frustration that surfaces and agree that guys *do* have the primary responsibility to control their eyes and their thoughts. But point out that this particular chapter of FYWO and this session of *Girls, Guys, & God* focus on what girls can do to help.]
- ASK: (To the guys) **Do you think most girls know what they are doing when they dress in a way that makes guys stare at their bodies and start fantasizing?**
- ASK: (To the girls) **Do you agree that most girls who dress hot are trying to make guys have sexual thoughts about them? If not, why *do* girls dress that way?**
- ASK: (To the guys) **What kinds of clothing do girls wear that are likely to give guys impure thoughts?** [Let the girls follow up with other questions, if they want, to help them understand the specific kinds of clothing that can trigger male lust.]
- ASK: **How can girls dress in a way that’s pretty but doesn’t draw the wrong kind of attention?** [Assure the girls that they don’t need to be unstylish, just modest.]
- ASK: (To the guys) **If you could talk with your future wife, how would you ask her to dress and behave around other guys?**

### **Closet Cleaning**

SAY: (To the girls) **This discussion does no good unless it actually changes your behavior. What I mean is, if you have been wearing clothes that are too revealing or otherwise tempting to guys, you need to make a change—and you need to make it now.**

- Do: Ask the girls to visualize what's in their closets and their dresser drawers. What pieces of clothing might be tempting guys to have impure thoughts? Encourage the girls to commit to stop wearing those items of clothing in public.
- Do: Offer a concluding prayer in which you ask God's help to show the group members how they can keep from leading others astray.

### **Preview of Session 8**

- Do: Let the group know that the next session is about how girls break up with guys they are dating—and how guys can keep from getting blindsided by it. The guys should read chapter five of FYMO to get ready for the discussion.

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### THE BIG DUMP

SESSION

8

#### Chapter basis:

- *For Young Men Only*, Chapter 5: “Breaking Up, Breaking You”

#### The big idea:

Guys will continue to be blindsided when girls break up with them, unless they learn to pick up on girls’ subtle cues.

#### Bible passages:

- Proverbs 2:1-11
- James 1:5
- Philippians 1:9-11

#### Supplies:

- (Optional) Three pennies for each group member
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter five of FYMO
- Bibles
- Copies of the “Tennessee Round Trip” handout
- Pens or pencils
- Pieces of paper
- (Optional) Recording of a pop song about breaking up and a music player

## **Review of Session 7**

**ASK:** (To the girls) **How have you changed your dressing patterns so as to help guys keep their thought life clean?**

## **Penny Challenges**

**Do:** (Optional) Give each group member three pennies. Have them try to win as many pennies as possible by challenging each other in one of three contests. The first is thumb wrestling (ten-second time limit, guys versus guys and girls versus girls). The second is Rock, Paper, Scissors. The third is flipping a coin, with the “challengee” getting to pick heads or tails. The rules are these: (1) You must accept every challenge. (2) Every contest is sudden death; there’s no two out of three. Whoever loses all three of his or her pennies is out of the game. Continue for five minutes or until interest wanes. Afterward, tell the students that later in the session you’ll be talking about something that the Bible says young people should pursue as aggressively as they would pursue money or treasure (see Proverbs 2:4).

**SAY:** **Plenty of teen movies have the scene. Some poor goofball is in love with a girl and thinks she loves him too. He’s got no clue she’s moved on ... until she lets the hammer fall. Break-ups. They’re tough, and if you choose to date, you have to be prepared for them to happen. But somehow guys seem to be especially vulnerable to getting surprised and hurt when they’re dumped.**

**PRAY:** **Father, I know you don’t want anybody in this room to have his or her feelings hurt. So today I pray that you will help these guys learn something about the subtle ways girls communicate. May it prevent much heartache down the road. Amen.**

## **The Big Dump**

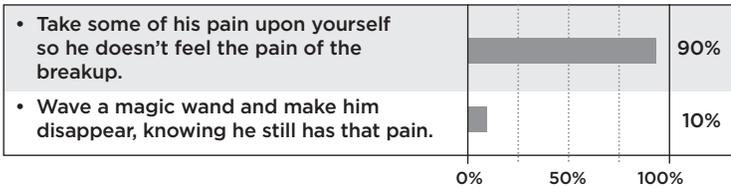
**ASK:** (To the guys) **Do you think most guys see girls as cruel in the way they will dump a guy when they are done with him? Why?**

**SAY:** **Are girls really as heartless as guys tend to think? The survey says no.**

**Do:** Hand out the “cheat sheet” for chapter five of FYMO to each of the group members and have them look at survey question 1.

## SURVEY

Suppose you are breaking up with a nice guy that you've been dating for some time. If you had to choose, which would you do? (Choose one answer.)



ASK: (To the girls) **Would you agree with the survey participants that most girls actually have no desire to hurt a guy's feelings when they break up with him?**

ASK: (Optional) **If you have chosen to date, have you ever broken up with someone? Or has someone ever broken up with you? If so, tell us how it went.** [Make sure students don't use this opportunity to vent their bitterness about an ex. You just want an honest story for instructive purposes.]

## Unheeded Signals

SAY: **If girls aren't heartless wenches who delight in making a guy fall in love with them and then breaking his heart, what's really going on? According to chapter five in FYMO, before moving to a break-up, girls actually give out all kinds of subtle cues to let guys know that they are becoming dissatisfied with the relationship. But a lot of the time, guys fail to pick up on these cues...until it's too late.**

ASK: (To the girls) **How does a girl start acting differently when she's thinking about breaking up with a guy?** [To supplement the responses of your students, see pages 100-101 of FYMO.]

ASK: (To the guys) **Would you agree that guys often don't pick up on these kinds of signals? If so, why is that?**

ASK: (To the guys) **If you've ever had a girlfriend break up with you, as you look back on the situation, what warning signals did she give out?**

ASK: **How can guys get better at understanding the signals girls are sending?**

Do: Divide your teens into groups of four, including two guys and two girls. Give each group a copy of the handout called "Tennessee Round Trip." Allow them time to read through the case study and discuss the questions.

## I Get It!

SAY: **Maybe it is true that guys are simpler creatures than girls, at least when it comes to relational stuff. But I've got good news for guys: you can acquire wisdom in this area of life as in any other.**

Do: Ask for a volunteer from among the guys to read Proverbs 2:1-11.

*My son, if you accept my words  
and store up my commands within you,  
turning your ear to wisdom  
and applying your heart to understanding,  
and if you call out for insight  
and cry aloud for understanding,  
and if you look for it as for silver  
and search for it as for hidden treasure,  
then you will understand the fear of the Lord  
and find the knowledge of God.  
For the Lord gives wisdom,  
and from his mouth come knowledge and understanding.*

*He holds victory in store for the upright,  
he is a shield to those whose walk is blameless,  
for he guards the course of the just  
and protects the way of his faithful ones.  
Then you will understand what is right and just  
and fair—every good path.  
For wisdom will enter your heart,  
and knowledge will be pleasant to your soul.  
Discretion will protect you,  
and understanding will guard you.*

Do: Ask for another guy to volunteer to read James 1:5.

*If any of you lacks wisdom, he should ask God,  
who gives generously to all without finding fault, and it will be given to him.*

ASK: **Would you agree that if a teen works on improving his or her relationship with God, that can wind up improving the teen's relationship with a girlfriend or boyfriend? If so, how does that work?**

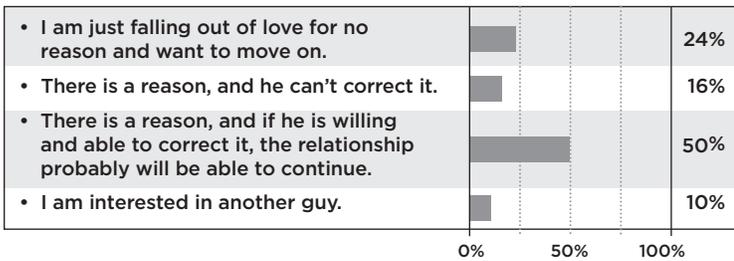
SAY: **Wisdom isn't only useful to a guy in reading a girl's subtle clues. It's also helpful to him in figuring out what to do when it has dawned on him that she's thinking about breaking up with him. When things aren't working out, a guy has two choices: try to fix things or move on.**

### **Salvage Operations**

SAY: **According to the results for survey question 2 on the "cheat sheet," there's about a fifty-fifty chance for a guy to salvage a relationship once the girl starts thinking about breaking up.**

**SURVEY**

Suppose you've been dating a guy for quite some time. You've seen him in all different situations, enjoy each other's company, and have discovered that you're very compatible. Suppose that sometime later you start thinking about breaking up with him. Of the following reasons why you might be considering that, what do you think would be the most likely one? (Choose one answer.)



ASK: How can a guy know if there's any hope of saving a troubled relationship with his girlfriend?

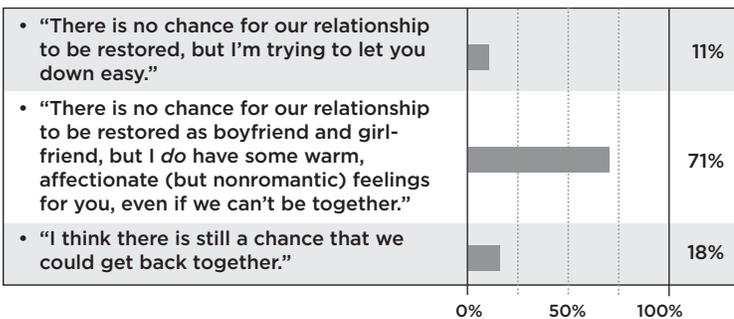
ASK: If it seems there *is* hope, what can he do?

**Movin' On**

SAY: Let's say that a girl is no longer just giving out hints of dissatisfaction. Now she has firmly but kindly told her boyfriend that she doesn't want to see him anymore. At that point, is there any hope of the guy talking her out of her decision? According to survey question 4 on the cheat sheet, there may be a small chance of the relationship getting started again—but that's it.

**SURVEY**

If you were to break up with a boyfriend and say to him, "But I still care for you," what does that most likely mean? (Choose one answer.)



- ASK: **When it's time for a dating relationship to come to an end, what's the best way for a girl to break up with a guy?**
- ASK: **How should a guy respond when a girl breaks up with him?**
- ASK: **How can teens deal with the wrenching emotions that sometimes come with a break-up?**
- ASK: **In what ways can a break-up turn out to be a good thing?**

### **Love Abounding in Knowledge**

- Do: Suggest to the guys in your group two different ways they can personally respond to what they've learned in this session. Provide paper and pens so that they can take notes for themselves. (1) If a guy has a girlfriend, he can decide to approach her and ask how she's feeling about their relationship. Right now, he should be thinking, *What do I want to say to her, and how do I want to say it?* (2) Whether a guy is dating or not, he can determine to become the kind of guy whom a great girl wouldn't likely want to break up with. He should be thinking, *How can I become more giving, more understanding, and more respectful of girls?*
- Do: (Optional) While the guys are thinking and writing, play a current pop song about breaking up. (There's always one in the top forty!)
- SAY: **My closing prayer today is a benediction that comes from Philippians 1:9-11.**
- PRAY: **May your love abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Amen.**

### **Preview of Session 9**

- SAY: **Are guys interested only in how girls look? Or do they also care about what's on the inside? The answer comes out in our next session. Girls, please read chapter six of FYWO.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### BEAUTIFUL INSIDE AND OUT

SESSION

9

#### Chapter basis:

- *For Young Women Only*, Chapter 6: “Seeing the Inner and Outer Beauty”

#### The big idea:

Although guys do look for physical beauty, they are also looking for real girls who are beautiful on the inside.

#### Bible passages:

- Proverbs 11:22
- Proverbs 31:30
- 1 Peter 3:3-4
- 1 Timothy 4:7-8

#### Supplies:

- (Optional) Supplies for a ring toss game
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter six of FYWO
- Bibles
- Pens or pencils
- Pieces of paper

.....

**Leader Tip:** While chapter six of FYWO encourages girls to take care of themselves physically, it explicitly urges them to make sure they are doing it in a *healthy* way. If you should discover that any of the girls in your group is dealing with a problem like anorexia or bulimia, privately assure her of God’s love and of your support and encourage her to seek help.

## Review of Session 8

Do: Invite a volunteer among the guys to tell how he has taken action to make himself less vulnerable to being unexpectedly dumped by a girl.

## A Gold Ring in a Pig's Snout

Do: (Optional) Create your own ring toss game. Use whatever supplies come easiest to you, such as a wooden dowel stuck in the ground and a set of shower curtain rings. But here's the special touch for this game: find a picture of a pig (maybe you can download and print one from the Internet) and place it so that the peg the students are tossing at goes right through the pig's snout. Let the students take turns and see who can achieve the highest score by tossing the rings at the peg from behind a line a few feet away. When someone asks why they're aiming at a picture of a pig, tell them it's because you want them to remember Proverbs 11:22. Show them that verse in The Message.

SAY: **Proverbs 11:22, in the version of the Bible called The Message, says, "Like a gold ring in a pig's snout is a beautiful face on an empty head." But is that how guys look at it? Do they really care about a girl's intelligence and other inner qualities, or are they only interested in whether a girl has a beautiful face and a nice body? Today we're going to find out.**

PRAY: **God, you are responsible for every cell of our bodies that keeps life going, every synapse of our brains that we fire our thoughts across, every impulse in our spirits that lifts us toward you. We know you love and value every part of us. Help us to learn to prioritize what you prioritize, and especially to put beauty in its proper place. Amen.**

## Let's Hear It for Real Girls!

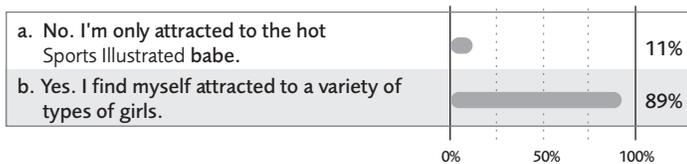
SAY: **I won't lie to you and say that guys don't find pretty girls attractive. But the situation is not as simple as you might think. According to the research carried out for FYWO, most guys are attracted to a variety of types of girls.**

Do: Hand out the "cheat sheet" for chapter six of FYWO to each of the group members and have them look at survey question 1.

### SURVEY SAYS:

TV and magazines glamorize a particular kind of girl that everyone seems to agree is hot. Despite this image, do you find yourself attracted to other kinds of girls, such as any of the following?

- the pretty but unglamorous "girl next door"
- the "plain Jane" who is a fantastic athlete
- the sweet girl that never made an enemy
- the stocky girl with a hilarious sense of humor



ASK: (To the guys) **If you were one of the survey participants, would you have answered with a or b?**

ASK: (To the guys) **Why do you think the big majority in this survey said they are attracted to a variety of "real" girls?**

ASK: (To the girls) **What's your reaction to all this—believable or not? Why?**

ASK: (To the guys) **What kinds of other qualities, besides outward beauty, do guys look for in girls?** [Possible responses: A good personality. Intelligence. Sweetness. Confidence. Faith.]

### **The Beauty That Fades, the Beauty That Doesn't**

Do: Ask the group members to name some of the female celebrities—movie stars, models, people like that—who are considered really "hot" today for their looks. After they've given you a few names, tell them the names of some of the women who were considered "hot" when you were a teen. How many of them have your group members even heard of? Probably few if any. And likewise the "hot" celebrities of today will soon be forgotten.

Do: Ask for a volunteer to read Proverbs 31:30.

*Charm is deceptive, and beauty is fleeting;  
but a woman who fears the Lord is to be praised.*

SAY: **Although outward beauty is fleeting, there is another kind of beauty that lasts.**

Do: Ask for a volunteer to read 1 Peter 3:3-4.

*Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.*

**SAY:** A woman's godliness remains attractive forever. And doesn't it make sense to be more concerned with something that lasts than with something that quickly fades away?

**ASK:** (To the guys) Do you know any girls who have such a deep faith in Christ that they have a "gentle and quiet spirit" when you are around them? If so, how does their having that kind of inner self make you feel about them? [Hopefully the guys in your group will affirm the attractiveness of a girl's spirituality. If not, help them by praising a godly girl in your group.]

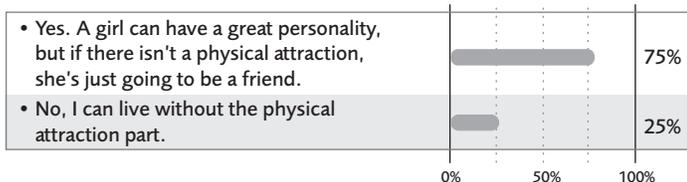
### The Importance of the Physical

**SAY:** The Bible comes down on the side of not putting too much emphasis on outward beauty. And as we have seen, most guys aren't as focused on supermodel looks as many girls think. But that doesn't mean that physical attraction means nothing to them when they are considering a dating relationship.

**Do:** Direct the students' attention back to the "cheat sheet" and have them look at survey question 2.

#### SURVEY SAYS:

While there may be multiple factors that would attract you to a girl in a romantic way, is physical attraction essential for a meaningful, lasting relationship?



**ASK:** (To the girls) Does this preference that guys have for physical attraction seem superficial or unfair to you? Or does it seem reasonable? Why?

## **“Of Some Value”**

**SAY:** What about God’s perspective on all this? Does taking care of yourself mean *nothing* to God? Is he all about the inner person and not about the outer person at all?

**READ:** 1 Timothy 4:7-8.

*Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

**SAY:** Again, the emphasis is on the inner self. But this passage admits that the physical *is* of some value. Getting regular exercise, eating right, practicing good hygiene, dressing and grooming ourselves attractively—these are all important things. They’re just not as important as tending to our spiritual well-being.

## **Developing Outer Beauty**

**SAY:** I think we would all agree that some guys emphasize looks too much. But let me remind you of what the FYWO survey showed: Most guys aren’t looking for supermodels. They’re looking for real girls who have their own individual style and are making an attempt to take good care of themselves.

**ASK:** What are some things girls can realistically do to be sure they look their best?

**ASK:** What are some warning signs that girls are getting *too* concerned about their physical appearance? [Possible responses: Starving themselves. Binging and purging. Spending too much money on makeup, clothes, and accessories.]

## **Developing Inner Beauty**

**SAY:** We saw in Session 2 that girls are attracted to a guy’s inner qualities. But as we’ve seen today, the same is true for most guys when they look at girls.

**ASK:** How can girls make the most of their good inner qualities? In particular, how can they prioritize and develop their relationship with God?

**Do:** (Optional) Divide your group into smaller groups of from four to six (a mix of guys & girls in each) and have these smaller groups design a magazine cover for a magazine that’s about inner beauty. (Think *Teen Vogue* for character.) What image do they want to draw on the cover? What headlines will they write? Provide paper and colored markers for them to work on their “magazine covers.” When they’re done, have the groups show off their “magazine covers” to each other.

## Every Girl a Beauty

- Do: Invite the girls in the group to individually write out a prayer asking for God's help in developing their inner and outer beauty. Provide paper and pens for this purpose. (If the girls have their copies of the *For Young Women Only Discussion Journal*, they can find room there to write out their prayers.) The girls' prayers could include such things as gratitude for God's gifts to them, confession about being too concerned over their looks, a plea for help in sticking to a healthy eating plan, and commitment to developing a godly character. Encourage the girls to be as honest with God as they can.
- Do: Ask the guys in the group to offer up short prayers for the girls. One guy may want to thank God for the awesome way he made the girls. Another may want to pray for God's help to show them how beautiful they are inside and out. Still another might want to ask God to give them a quiet and gentle spirit.

## Preview of Session 10

- SAY: **Sometimes guys st-st-stutter around the girls they like. What kind of conversation do girls want to have with guys? We'll find out the next time we meet. Guys, please read chapter six of FYMO.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### TALKING WITH YOUR EARS

SESSION

# 10

#### Chapter basis:

- *For Young Men Only*, Chapter 6: “No Dropped Calls”

#### The big idea:

Girls are more interested in guys being good listeners than smooth talkers.

#### Bible passages:

- Ecclesiastes 5:3
- Proverbs 21:23
- James 1:19
- Romans 12:10

#### Supplies:

- (Optional) Copies of the “Quickie Conversations Question List” handout
- (Optional) A bell, buzzer, or whistle
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter six of FYMO
- Bibles
- Copies of the “Mr. Big Ears” handout
- Pens or pencils
- Pieces of paper

## Review of Session 9

Do: Invite girls to say how they have begun working to improve their inner and/or outer beauty.

## Quickie Conversations

Do: (Optional) Set up two rows of chairs, one for all the girls in your group and the other for all the guys. The rows of chairs should be facing each other two feet apart. Put a copy of the “Quickie Conversations Question List” on each of the guys’ chairs. Have the guys and girls sit in their chairs. Then instruct each guy to ask the first listed question of the girl opposite him. After she answers it, he should do the same. Every fifteen seconds, signal that it’s time to switch seats by ringing a bell, buzzing a buzzer, or blowing on a whistle. When you do that, the guys should stand up, move one place to the right (with the guy at the end circling around to the other end of the row), and start asking the next question on the list. Continue until the teens have completed the question list. (If you have an unequal number of guys & girls, the “extra” guys or girls will have to sit out for a few of the questions.)

ASK: (To the guys) **How many of you would say that you feel totally comfortable when talking to girls?** [Probably none will say this is true of him—unless you’ve got a joker in the group.]

SAY: **It’s almost universal for guys to feel awkward when talking to girls, especially a girl they like. And, frankly, they often aren’t very good at it either. What can guys learn from girls about becoming better communicators?**

PRAY: **I ask, Lord, that by the end of our time together these guys may be feeling much more confident about how to talk with girls. Help them to understand better what it means to really get to know a girl in a way that’s natural, comfortable, and respectful for both of them. Amen.**

## Feeling Stupid, Looking “Cute”

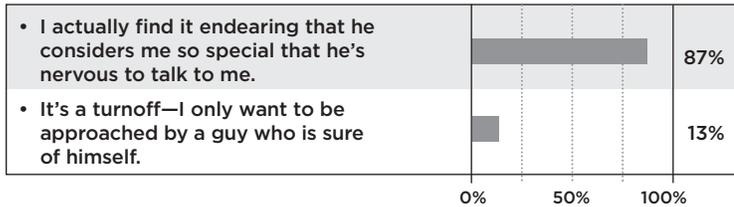
ASK: (To the guys) **How common do you think it is for guys to feel awkward when talking to a girl they like? Does it happen a lot? Can you give an example?** [Don’t let them embarrass anybody else.]

Do: Hand out the “cheat sheet” for chapter six of FYMO to each of the group members and ask them to look at survey question 1.

**SURVEY**

Suppose a guy comes up and wants to initiate a conversation with you. He seems like a nice guy, but he also seems shy or uncertain how to approach you.

Which of the following are you most likely to be thinking?  
(Choose one.)



ASK: (To the guys) Is this how you would have expected girls to answer that question? Why or why not?

ASK: (To the girls) How would you, personally, answer survey question 1?

ASK: (To the girls) Can you give any examples of times when you actually did have a guy act nervous when talking to you? How did you feel about it?

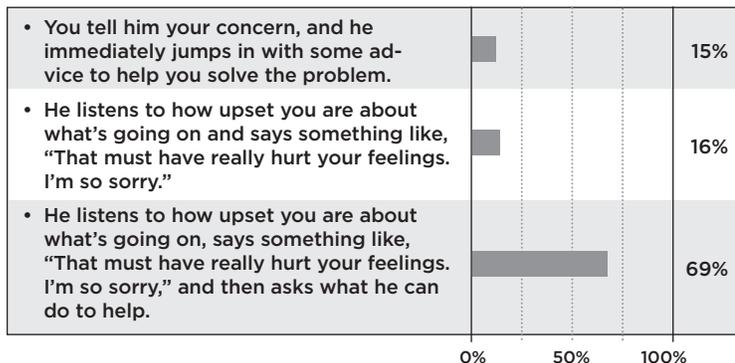
**Can You Hear Me Now?**

SAY: Chapter six in FYMO makes the point that guys should be less concerned about being smooth talkers around girls than about becoming good listeners. The survey shows that girls are looking for guys who will listen to what they have to say, especially if the guys will also show an interest in the girls' feelings.

Do: Have the group members check out survey question 2 on the "cheat sheet."

**SURVEY**

Imagine that you're having a problem with a female friend in your class. If you tell your boyfriend about it, what would be the best way for him to handle it? (Choose one answer.)



ASK: (To the girls) **Why do you think most girls consider being a good listener an important quality for a guy?**

ASK: (To the girls) **Why is it so important to girls that guys acknowledge the girls' feelings before jumping in with a fix for a problem?**

### **Slow and Quick**

SAY: **The truth is, it's a good rule for everybody at all times to downplay talking and emphasize listening instead.**

Do: Ask for a volunteer to read Ecclesiastes 5:3.

*As a dream comes when there are many cares,  
so the speech of a fool when there are many words.*

SAY: **In other words, if you talk enough, it's only a matter of time before you say something foolish!**

Do: Ask for another volunteer to read Proverbs 21:23.

*He who guards his mouth and his tongue  
keeps himself from calamity.*

ASK: **What kinds of "calamities" can guys avoid if they are careful about what they say to girls?**

SAY: **These words of James 1:19 sum up what guys need to remember when they're talking with girls. "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak."**

### **You First**

SAY: **But why should a guy put the brakes on the clever and amusing things he has to say in order to listen to what's on a girl's mind? Well, partly because that's what girls want. But also, it's another form of the guy's servant leadership in a relationship.**

Do: Ask someone to read Romans 12:10.

*Honor one another above yourselves.*

SAY: **A responsible guy puts a girl's interests first in conversation, as in other areas. That means listening.**

### **Smooth Listener**

- ASK: (To the girls) **What advice do you have for these guys about becoming a good listener when in conversation with a girl?** [Possible responses: Ask her questions about herself. Look her in the eye. Occasionally nod along or say something that shows you heard her. Repeat back to her things she's said. Use follow-up questions to draw out more information.]
- ASK: **What are some tips a guy could use to get a girl talking about herself?** [Possible responses: Ask specific, nonthreatening questions about her life and interests. Use open-ended questions that lead to real conversation. Avoid making her feel uncomfortable.]
- ASK: (To the girls) **What kinds of things could a guy do or say to show that he is noticing and respecting your feelings?**

### **And Finally...Talking**

- SAY: **Of course, as important as listening is, guys *are* allowed to talk too. But it's important for guys to relax, be themselves, and enjoy the conversation instead of worrying about "performing" well before the girl.**
- ASK: (To the girls) **What are some do's and don'ts for guys when they are talking to girls?**

### **Mr. Big Ears**

- Do: Give the guys each a copy of the "Mr. Big Ears" handout as well as a pen. Invite them to fill out the "My Conversation Plan" section of the handout.
- Do: While the guys are working on their handout, speak with the girls separately. Find out if any of them would be willing to offer to be a conversation partner so a guy can "practice" his listening and talking skills on her sometime after the group is done meeting. If so, let the guys know about this opportunity once they're done with their handout.
- Do: Offer a concluding prayer asking God to help the teen guys in your group continue to grow in their ability to communicate.

### **Preview of Session 11**

- Do: Let your group know that next time you'll be talking about the question, whose responsibility is it to see that a guy-girl relationship stays pure? Ask the girls to read chapter seven of FYWO.

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### PARTNERS FOR PURITY

SESSION

11

#### Chapter basis:

- *For Young Women Only*, Chapter 7: “Body Language”

#### The big idea:

Guys have strong physical urges and need girls’ help to keep a relationship pure.

#### Bible passages:

- 2 Samuel 13:1-15
- Romans 6:13
- Colossians 3:5
- 2 Timothy 3:6
- Titus 2:11-12
- 1 Peter 2:11

#### Supplies:

- (Optional) A large bag of peanut M&Ms
- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “cheat sheet” for chapter seven of FYWO
- Bibles
- Pens or pencils
- Pieces of paper

**Leader Tip:** In this session and the next, your group will be talking more directly about sex than you have up to this point in *Girls, Guys, & God*. With these two sessions, be particularly sensitive to the different ages and levels of maturity represented in your group. There may be points at which you will want to adapt the questions or divide your group into age- or gender-segregated smaller groups.

## Review of Session 10

ASK: (To the guys) **How have you practiced being a better listener or a more authentic talker? How have girls reacted to that?**

## Can You Resist?

DO: (Optional) Give each group member two peanut M&M candies and have them put the candies in their mouths at the same time. The rules for the game go like this: The students are to start sucking on their candies as fast as they can, removing the candy coating and chocolate. If anyone chomps down on a peanut before he or she has sucked all its chocolate off, that player is out. The first one to suck all the chocolate off both of his or her peanuts, without chewing on either peanut, wins. (Yup, the winner's got to spit the peanuts out to prove they're whole and chocolate free.) Give the remainder of the candy bag to the winner as a reward.

SAY: **It's not so easy to keep sucking on a peanut M&M candy without chewing on the peanut in the center, is it? On a way more serious level, that's the way it works with guys when they start getting too physical with a girl: it's hard for them to stop, even though they might want to. This time around, we're going to talk about how girls can help guys stop before they go too far.**

PRAY: **Father, we know you value purity more highly than we'll ever understand. So today, help us to understand the role that girls can play in keeping a relationship with a guy pure. Amen.**

## "Date Rape" in the Bible

SAY: Did you think date rape was a modern invention? Hardly. In fact, there's a story like that in the Bible. While most sexual situations do not involve rape, like this, this story does give us an example of how far things can go even when one person does not intend it and is not at fault.

READ: 2 Samuel 13:1-15 and have the group members follow along in their own Bibles.

*In the course of time, Amnon son of David fell in love with Tamar, the beautiful sister of Absalom son of David.*

*Amnon became frustrated to the point of illness on account of his sister Tamar, for she was a virgin, and it seemed impossible for him to do anything to her.*

*Now Amnon had a friend named Jonadab son of Shimeah, David's brother.*

**Leader Tip:** Though this passage deals with a rape situation that is not the typical sexual situation, no other scripture so adequately portrays the possible consequence and emotional after-effects of a guy's lust in a sexual situation that he has set up. If questioned, you may want to make it clear that this sort of violence is not typical and also that it is never to be considered justified (or the girl's "fault") if the situation starts out in the more usual "consensual" way.

*Jonadab was a very shrewd man. He asked Amnon, “Why do you, the king’s son, look so haggard morning after morning? Won’t you tell me?”*

*Amnon said to him, “I’m in love with Tamar, my brother Absalom’s sister.”*

*“Go to bed and pretend to be ill,” Jonadab said. “When your father comes to see you, say to him, ‘I would like my sister Tamar to come and give me something to eat. Let her prepare the food in my sight so I may watch her and then eat it from her hand.’”*

*So Amnon lay down and pretended to be ill. When the king came to see him, Amnon said to him, “I would like my sister Tamar to come and make some special bread in my sight, so I may eat from her hand.”*

*David sent word to Tamar at the palace: “Go to the house of your brother Amnon and prepare some food for him.” So Tamar went to the house of her brother Amnon, who was lying down. She took some dough, kneaded it, made the bread in his sight and baked it. Then she took the pan and served him the bread, but he refused to eat.*

*“Send everyone out of here,” Amnon said. So everyone left him. Then Amnon said to Tamar, “Bring the food here into my bedroom so I may eat from your hand.” And Tamar took the bread she had prepared and brought it to her brother Amnon in his bedroom. But when she took it to him to eat, he grabbed her and said, “Come to bed with me, my sister.”*

*“Don’t, my brother!” she said to him. “Don’t force me. Such a thing should not be done in Israel! Don’t do this wicked thing. What about me? Where could I get rid of my disgrace? And what about you? You would be like one of the wicked fools in Israel. Please speak to the king; he will not keep me from being married to you.” But he refused to listen to her, and since he was stronger than she, he raped her.*

*Then Amnon hated her with intense hatred. In fact, he hated her more than he had loved her. Amnon said to her, “Get up and get out!”*

- ASK:** What evidence do you see that Amnon was struggling with his physical urges? [See verses 2 and 4.]
- ASK:** How did Tamar respond when Amnon started pressuring her to have sex with him? [See verses 12 and 13.]
- ASK:** What effect did the rape have on Amnon? [See verse 15.] How do you explain his reaction?
- SAY:** The main thing we should take away from this story is that Tamar did her best to discourage Amnon from having sex with her. It wasn’t her fault that the king had ordered her to prepare food for Amnon, and it wasn’t her fault that Amnon raped her. She did the right thing.

## True or False Love?

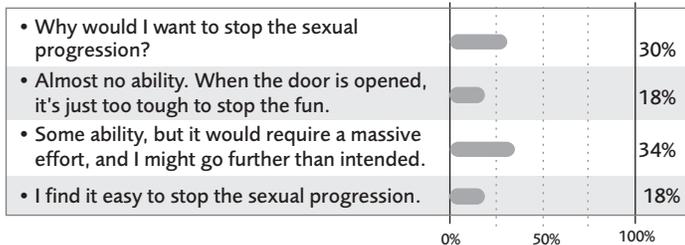
**Do:** Hand out the “cheat sheet” for chapter seven of FYWO to each of the group members.

**SAY:** I’m going to read a series of statements, and I want you to respond by calling out “True” or “False” based on information you find in the survey results.

**1. Most guys don’t find it hard to stop once they start moving down the road to sexual activity with a girl. True or false?** [False; see survey question 1.]

### SURVEY SAYS:

Whether or not you are currently involved with a girlfriend, if you were to be in a make-out situation with a willing partner who does not signal a desire to stop, how do you feel about your ability to stop the sexual progression?



**2. For most guys, if they want to have sex with a girl, that doesn’t mean they’re ready to make a commitment to her. True or false?** [True; see survey question 2.]

### SURVEY SAYS:

Does moving to a sexually active relationship mean that you want to marry this girl or make a significant life commitment with her?



**3. For most guys, if they're moving toward having sex with a girl, what they have on their minds is how much they love her. True or false? [False; see survey question 3.]**

**SURVEY SAYS:**

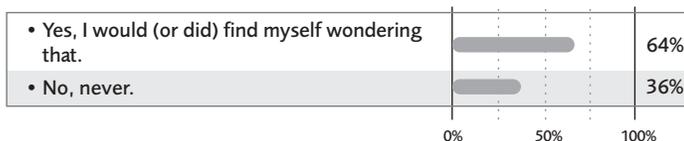
Whether or not you are currently involved with a girlfriend, if you were to be in a heavy make out situation with a willing partner who was not a long-term girlfriend, what would you primarily be feeling?



**4. For most guys, if a girl agrees to have sex with them, they trust her more. True or false? [False; see survey question 4.]**

**SURVEY SAYS:**

If you and your partner made the move to a sexual relationship, even if you loved her, would you (or did you) ever find yourself wondering whether you could totally trust her?



**5. Most guys don't like it if the girl they want to marry has a sexual past. True or false? [True; see survey question 5.]**

**SURVEY SAYS:**

Is the following statement true or false? "I would love to marry a virgin, if possible."



**ASK: What, if anything, surprises you in these survey results?**

**ASK: Do you think the way most guys feel in these areas is "fair"? Why or why not?**

**ASK: Do you think girls are generally naive about how strong guys' physical urges are? Why do you say that?**

**ASK:** Do you think girls are generally naive about how guys are feeling when they want to have sex? In other words, do you think girls believe that the guys are more loving and more committed than they really are? Why do you say that?

### **Abstaining from Sinful Desires**

**SAY:** As we see from chapter seven of FYWO, there are some practical reasons why a girl should resist when a guy starts pressuring her to have sex with him: he's probably not doing it out of love and commitment, and if she goes along with it, he'll probably trust her less and be less interested in marrying her. But for Christian teens, there is also a good *spiritual* reason. God instructs all of us, guys & girls, to be pure.

**Do:** Ask volunteers to read the following verses: Romans 6:13; Colossians 3:5; 2 Timothy 3:6; Titus 2:11-12; 1 Peter 2:11.

*Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.*

*Put to death...whatever belongs to your earthly nature: sexual immorality, impurity, lust.*

*They are the kind who worm their way into homes and gain control over weak-willed women, who are loaded down with sins and are swayed by all kinds of evil desires.*

*The grace of God...teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives.*

*Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.*

**ASK:** Why do you think God cares if girls & guys have pure relationships? What is the purpose for the purity?

### **A Partnership for Purity**

**SAY:** If a guy and a girl are dating, whose responsibility is it to establish boundaries for their physical relationship and to see that those boundaries aren't crossed? I'm going to read the following list twice. The first time, raise your hands for the option that you think *most teens you know* would believe is right. The second time, raise your hands for the option that *you yourself* believe is right.

It's all the guy's responsibility.

It's mostly the guy's responsibility and partly the girl's responsibility.

It's the responsibility of both of them equally.

It's mostly the girl's responsibility and partly the guy's responsibility.

It's all the girl's responsibility.

Neither of them have the responsibility; why should they have boundaries?

ASK: **If a girl cares about honoring God with purity and about having a healthy relationship with a guy she is dating, how can she help him establish and stick to boundaries?** [If group members have trouble coming up with ideas, point them to pages 165 to 169 in FYWO.]

ASK: (To the girls) **If you've tried helping a boyfriend establish and stick to boundaries, how did it go?** [Don't let anyone feel pressure to reveal personal details that ought to stay private.]

ASK: (To the guys) **How do you think most guys would react to this kind of help?**

### **Planning for Purity**

SAY: (To the girls) **What are your boundaries for physical relationships with guys before marriage? How do these boundaries correspond with what the Bible says? If you are dating, have you discussed these boundaries with your boyfriend? If not, how are you going to do so? And how are you going to be consistent in sticking with these boundaries?**

Do: Offer paper and pens in case the girls want to jot down notes for themselves.

Do: Ask for a volunteer to offer a closing prayer for the girls in the group who are striving to live pure lives.

### **Preview of Session 12**

SAY: **Next week we'll continue on the topic of sexual purity as we look at what might be going on inside girls when they are feeling the pressure of "going all the way" with guys they are dating. Guys, read chapter seven of FYMO.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### HOLDING THE LINE

SESSION

12

#### Chapter basis:

- ▶ *For Young Men Only*, Chapter 7: “What It Really Means to Score”

#### The big idea:

Girls want guys to protect them from going too far in their physical relationship.

#### Bible passages:

- ▶ Ephesians 5:3
- ▶ 1 Timothy 5:1-2
- ▶ Proverbs 6:23-29
- ▶ Titus 2:6

#### Supplies:

- ▶ *For Young Women Only*
- ▶ *For Young Men Only*
- ▶ (Optional) *For Young Women Only Discussion Journal*
- ▶ Pens or pencils
- ▶ Copies of the “cheat sheet” for chapter seven of FYMO
- ▶ Bibles
- ▶ Copies of “Self-Control” handouts for girls & guys
- ▶ Index cards
- ▶ Pieces of paper

## **Review of Session 11**

**SAY:** Last time we looked at the girl's role in preserving purity in her relationship with a guy. This time we'll look at the other side—*his* responsibility.

## **Honey, Do You Love Me?**

**Do:** (Optional) Have your group members sit in a circle. (If your group is large, you might want to use more than one circle.) Choose one person to be "it." This person must say to someone else in the circle, "Honey, do you love me?" That person then should reply, "Honey, I love you, but I just can't smile." The person who is "it" can use whatever means he or she wants to try to get the other person to smile: batting eyelashes, making kissy faces, or whatever. If the person manages to say "Honey, I love you, but I just can't smile" without smiling, then the one who is "it" must keep asking others until someone smiles. When someone can't help smiling, he or she becomes "it." Continue the game until everyone has had a chance to participate or until interest wanes.

**SAY:** A lot of teen guys play a serious game of "Honey, Do You Love Me?" by pressuring girls to have sex with them because supposedly it's how the girls will show their love. And lots of guys actually think girls want them to come on strong like this. But is that true? We're going to find out in this session.

**PRAY:** God, we know that you'd love for every person in this room who is going to be married someday to have a great sex life with his or her mate. And we know that having sex before marriage can put that kind of happiness in danger and cause all kinds of other problems. So today, help us to understand the responsibility that each of these guys in our group has for preserving his own purity and the purity of his dates. Amen.

## **The Costs of Crossing the Line**

**Do:** Hand out the "cheat sheet" for chapter seven of FYMO to each of the group members. Ask them to look at survey question 1.

**SURVEY**

If a girl and her partner made the move to a sexual relationship, which of the following thoughts or emotions would she be likely to feel? (Choose all that apply.)

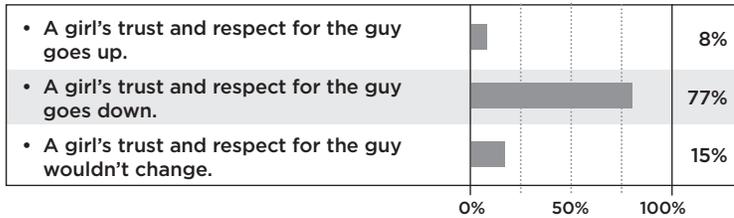
<b>“Positive feelings, such as more love and closeness”</b>	<b>67%</b>
<ul style="list-style-type: none"> <li>• More love and closeness with him</li> <li>• More attachment in a loving and free way</li> <li>• More trust in him</li> <li>• Assurance that this relationship is really working and likely has a future</li> <li>• Relief, since she now knows he truly loves her</li> </ul>	
<b>“Negative feelings, such as feeling possessive, insecure, or clingy”</b>	<b>82%</b>
<ul style="list-style-type: none"> <li>• Worried about losing him / losing the relationship the way it was</li> <li>• Concerned about what he might be telling others</li> <li>• Exposed, vulnerable</li> <li>• More attachment to him in a possessive way</li> <li>• Possessive and wanting to keep tabs on him</li> <li>• Regretful</li> <li>• Like she’s made a mistake and now she has to fix it</li> <li>• That he now owes her something (like greater commitment, loyalty, “reporting in” on where he is and what he’s doing, etc.)</li> <li>• More controlling, like she needs to make sure he treats her right</li> <li>• Unworthy or dirty</li> <li>• Like she wants to make him into the person she really needs</li> </ul>	
<b>“No different than before”</b>	<b>5%</b>

Note: The top line of each section shows the percentage of girls who chose one or more of the answers in that section. Percentages do not total 100 percent because girls could choose more than one answer.

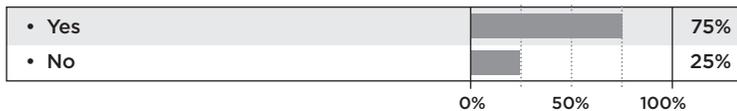
- ASK: (To the girls) **A large majority of the survey participants thought that getting sexual in a dating relationship would lead to negative feelings, such as worry, possessiveness, and regret. Why do you suppose they thought that?**
- ASK: (Optional) **Can you describe an actual situation you know where having sex messed up a dating couple’s relationship?** [Make sure that group members don’t use names or details if a story would embarrass somebody else.]
- ASK: (To the girls) **Now take a look at survey questions 3 and 5. Do you agree that most girls don’t want guys to pressure them for sex and have less respect for them if they do? Why or why not?**

**SURVEY**

Do you think girls' respect and trust for a guy they are dating goes up or down if he starts vigorously pursuing a sexual relationship? (Choose one answer.)

**SURVEY**

If you are in a make-out situation in a relationship that hasn't moved to sex, is something in you hoping that he will *not* try to go all the way?



ASK: (To the guys) **Guys, what's your reaction to this? Surprising or not? Why?**

### **And Now, What Does the Inventor of Sex Have to Say?**

SAY: **God created us. And he created sex. So he must know what it's like when the hormones start revving up when we're out on a date, right? It's not really a big thing to him when the clothes start coming off, right?**

READ: Ephesians 5:3 and 1 Timothy 5:1-2.

*Among you there must not be even a hint of sexual immorality, or of any kind of impurity, ... because these are improper for God's holy people.*

[Originally addressed to a young man, Timothy:]

*Treat...younger women as sisters, with absolute purity.*

SAY: **Not even a hint of sexual immorality. Absolute purity.** That's what the Bible says. So apparently God takes our purity in sexual matters pretty seriously. Maybe it's because he doesn't want us to get hurt or to hurt each other.

## Playing with Fire

Do: Ask for a volunteer to read Proverbs 6:23-29.

*These commands are a lamp,  
this teaching is a light,  
and the corrections of discipline  
are the way to life,  
keeping you from the immoral woman,  
from the smooth tongue of the wayward wife.  
Do not lust in your heart after her beauty  
or let her captivate you with her eyes,  
for the prostitute reduces you to a loaf of bread,  
and the adulteress preys upon your very life.  
Can a man scoop fire into his lap  
without his clothes being burned?  
Can a man walk on hot coals  
without his feet being scorched?  
So is he who sleeps with another man's wife;  
no one who touches her will go unpunished.*

SAY: **This passage is specifically talking about adultery—having sex with someone who is married but not to you. But it also makes a good point for dating couples who are getting too intimate, physically. As the old saying goes, “You can’t play with fire and not get burned.”**

ASK: **How do teens get “burned” when they start getting sexual with a boyfriend or girlfriend? In other words, what harm does it cause?**

## Self-Control

Do: Divide the guys and girls into separate groups and make sure the groups are far enough apart so that they can’t overhear each other. Give each group member the “Self-Control” handout that’s appropriate for them (one version for the girls, one for the guys). Also, give them index cards on which they can write their anonymous questions for the other gender. Allow the groups several minutes to work through the questions on their handout.

Do: Bring the two groups back together, collect their anonymous questions, and one by one read the guys’ questions for the girls and vice versa. [Be selective. If a question is inappropriate, leave it out of the discussion.]

## A Different Kind of Hero

- Do: Ask the guys in your groups to determine, in specific terms, what their boundaries are going to be in their physical relationships with girls before marriage. How do these boundaries correspond with what the Bible says? Also suggest that they establish some kind of accountability arrangement in which another guy has the right to check up on how he is doing with sticking to those boundaries. They can write their decisions on their copy of the “Self-Control” handout and take it home with them.
- Do: Ask one of the guys to pray for himself and his fellow teen guys as they strive to live in purity and respect the girls in their lives

## Preview of Session 13

- SAY: **If guys could anonymously say anything to girls, and if girls could do the same to guys, what would they choose to say? That’s what we’ll discover in our final session together. Don’t miss it! In preparation, please read the final chapter in your book, either FYWO or FYMO.**

# Girls, Guys, & God: The FYWO/FYMO Talk Guide for Teens

## Thirteen-Session Talk Guide

### THE TRUE YOU

SESSION

# 13

#### Chapter basis:

- *For Young Women Only*, Chapter 8: “Words for Your Heart”
- *For Young Men Only*, Chapter 8: “The Guy Every Girl Wants...Really”

#### The big idea:

What guys want to say to girls, and what girls want to say to guys, is the same—*be yourself!*

#### Bible passages:

- Psalm 139:13-16
- Philippians 1:6
- Revelation 2:17

#### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of “cheat sheets” for chapter eight of FYWO and FYMO
- Bibles
- Pens or pencils
- Pieces of paper
- (Optional) A recorded Christian song and a music player
- (Optional) white stones

## **Review of Session 12**

**ASK:** Last week we looked at the responsibility guys have to keep a physical relationship from going too far. I hope it's a message you guys remember and will put into practice for the rest of your premarital years.

## **Two Truths and a Lie**

**Do:** (Optional) With your group members sitting in a circle, go around and have each person tell two truths and a lie about himself or herself. (If your group is large, you might want to break it into two or more smaller circles playing the game simultaneously.) For example, a guy might say, "My nickname at my old school was Skeeter, I can bench-press two hundred pounds, and I skipped the second grade," when in fact he repeated the second grade. See if the other members of the group can correctly guess which of the three statements is a lie.

**SAY:** Who wants to make a fool of himself around the opposite sex? Nobody. So it's tempting to try to put on an act that we think will make us look good. But there's a difference between putting our best foot forward and shading the truth. And then, it's a fact that others have a way of figuring out if we're not being totally genuine. A fake is worse than a fool.

**PRAY:** Lord, we thank you for the time we've had together to discuss the relationships between girls & guys in light of your truth. Help us to put it all together today and to focus on what's most important. Amen.

## **Looking Back, Thinking Ahead**

**SAY:** Before we get into our final topic, let's look back at what we've already discussed.

**ASK:** As you think about our past discussions of FYWO, FYMO, and the related Bible passages, what is the most important thing you've learned, and why? [If necessary, to jog students' memories, run through a quick review of the topics already discussed in sessions 1 through 12.]

**ASK:** What's your biggest unanswered question about the opposite sex?

**ASK:** How will the way you treat members of the opposite sex be different as a result of our discussions? How will you change as a friend? As a girlfriend or boyfriend? As a Christian brother or sister?

## Just Be Yourself

- SAY:** The researchers for FYWO and FYMO used more or less the same open-ended question as the final question of their surveys for both girls & guys. Basically, they asked, “If you could give any advice to teens of the opposite sex, what would you say?”
- Do:** Hand out the “cheat sheets” for chapter eight of FYWO and chapter eight of FYMO.
- ASK:** What’s the advice you see coming up over and over in the quotes from both girls & guys? [“Just be yourself.”]
- ASK:** Is this the same advice *you* would give members of the opposite sex? If not, what else would you say to them?
- ASK:** Why do you think teens are so interested in members of the opposite sex acting genuinely?
- ASK:** Why do teens sometimes have a hard time “being themselves”? [Possible responses: They feel unsure of themselves. They get nervous. They want to please others.]

## You in Christ

- SAY:** The advice “Just be yourself” raises the question “But who, exactly, am I?” It might seem simple, but a lot of teens—and grown-ups—struggle with that question. Thankfully, we have help in answering that question, because the Bible helps us determine who we truly are. Let’s look at a verse we checked out way back in Session 1.
- Do:** Ask for a volunteer to read Galatians 3:28.
- There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.*
- SAY:** If we are believers in Jesus, guys & girls are not only “one” but also we are one “in Christ Jesus.” Our identity is rooted in him.
- Do:** Give each group member a copy of the “Who I Am in Christ” handout. Explore some of the “I am ...” statements with the group. Encourage them to keep the handout and to look up the Bible verses for any statements that are particularly meaningful to them.
- Do:** (Optional) If you think any of your group members may not be believers in Jesus, use this occasion to encourage them to turn their lives over to him and establish their identity in him. You may want to volunteer to speak privately after the session with teens about receiving Christ.

## You, Individually

**SAY:** In addition to having an identity in Christ, common to all believers, we each also have an individual identity given to us by God. Our looks, abilities, and interests are not random accidents but were designed by God from the beginning.

**Do:** Ask for a volunteer to read Psalm 139:13-16, where the psalmist is speaking to God.

*You created my inmost being;  
you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.  
My frame was not hidden from you  
when I was made in the secret place.  
When I was woven together in the depths of the earth,  
your eyes saw my unformed body.  
All the days ordained for me  
were written in your book  
before one of them came to be.*

**ASK:** How do these verses encourage you about the way you were made and the way your life is unfolding?

**Do:** Ask for another volunteer to read Philippians 1:6.

*He who began a good work in you will carry it  
on to completion until the day of Christ Jesus.*

**SAY:** If you are a follower of Christ Jesus, then who you are is who God has made you and redeemed you to be. God promises to fulfill the plan he has for you—and that includes your relationships with members of the opposite sex.

## How to Be Yourself

**ASK:** If a Christian teen has a hard time standing firm in the identity God has given him or her, what can this teen do to build confidence?

**ASK:** If you are “being yourself” around members of the opposite sex, what does that mean you *will* do? What it is mean you *won't* do?

**ASK:** How is “being yourself” different from saying anything that comes into your head or forgetting your manners?

**ASK:** How can we in this group help each other to “be ourselves”?

## **More Yourself than Ever**

**ASK:** For you, personally, what aspects of your character would you like to continue to develop? What aspects would you like to leave behind?

**Do:** Provide pieces of paper and pens for the students to write down their own personal decisions if they want to.

**Do:** (Optional) Play a meditative piece of Christian music while the teens are deciding how to live out their own identity in the best and most authentic way.

## **A Forever Name**

**SAY:** In Bible times, a person's name was closely related to his or her identity. People were given meaningful names at birth, and if they underwent a dramatic change later in life, their name might be changed. With that in mind, consider what Jesus says to his victorious followers in the book of Revelation.

**READ:** Revelation 2:17.

*To him who overcomes, I will give...a white stone with a new name written on it, known only to him who receives it.*

**SAY:** Each of us, if we are followers of Christ, have an identity known in its fullness only to God. Eventually, he will reveal our true name and our full identity. And in the meantime, our job is to try to understand and live out our identity in him as best we can.

**Do:** (Optional) Give a small, smooth white stone to each member of the group. Encourage them to keep their rock as a reminder of the pure and beautiful identity they have in Christ—both now and on into eternity.

**Do:** Have the group members stand in a circle and hold hands. Invite them to praise God or thank him for what he has done in making them who they are and helping them learn more about the opposite sex.