

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

## Four-Session Talk Guide

SESSION

1

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

### The big ideas:

1. Feeling respected by girls is very important to guys—even more important than feeling loved.
2. Girls are more attracted to a guy’s inner qualities (self-confidence, thoughtfulness, and so on) than to his outward appearance.

### Bible passages:

- Genesis 1:26-27
- Ephesians 5:33
- 1 Samuel 16:1-13

### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Copies of the “Getting to Know the Opposite Sex” handouts for guys & girls
- Pens or pencils
- Copies of the “cheat sheets” for chapters one and two of FYWO and FYMO
- Bibles
- Pieces of paper

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

- Do: 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.**
- Do: Offer an opening prayer for the group.

## **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 for a volunteer to read aloud Genesis 1:26-27 from a Bible.

*Then 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.*

- 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.”**

## **Why Talk About What Girls & Guys Are Thinking?**

- 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?

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

SAY: In this session we’re going to start out focusing on chapter two of FYWO, then move on to chapter two of FYMO. Is love what guys want most from girls? The answer to that question comes in chapter two of FYWO—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.

ASK: (To the guys) Do you agree with this response? Why do you think respect is so important to guys?

### **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 this verse talks about husbands and wives. But I think it also suggests something basic about guys: they crave 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: Assuming 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, what would you do differently?

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

## A Strategy for Respect

Do: Pass out blank pieces of paper to the girls. Ask them to reflect for a while and then to individually write down the ways they are committed to being more respectful toward guys.

## Inner Qualities over Outer Qualities

SAY: **Now let's move on to chapter two of FYMO. This chapter asks, can Average Joe get a great girl? 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 responded to these four survey questions? Why?**

## Looking at the Heart

Do: Ask for a volunteer to read 1 Samuel 16:7, which appears in the story about David being anointed as king.

*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."*

SAY: **Based on this verse, it seems like girls' instinct in evaluating guys isn't so different from how God evaluates us.**

## What's on the Inside Matters Most

ASK: (To the guys) **What would you like to ask these girls about the qualities girls are really looking for in guys?**

ASK: (To the girls) **If you feel you know any of these guys well enough, what compliments can you give them on having qualities that girls like?**

## Making a Change

Do: Pass out blank pieces of paper to the guys. Ask them to reflect and to individually write down how they will commit to developing finer inner qualities.

Do: Offer a closing prayer for your group.

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

## Four-Session Talk Guide

SESSION

2

### Chapter basis:

- *For Young Women Only*, Chapter 3: “The Performance of a Lifetime”
- *For Young Men Only*, Chapter 3: “Why Good Girls Like Bad Boys”
- *For Young Women Only*, Chapter 4: “Tough or Tender?”
- *For Young Men Only*, Chapter 4: “When Girls Stop Making Sense”

### The big ideas:

1. Guys like girls who help them overcome their insecurities and feel more confident.
2. If good guys will show the kind of confidence that “bad boys” have, good girls will like them better.
3. Guys tend to keep their feelings to themselves until they feel safe with a girl.
4. When girls aren’t making sense to guys, the guys just have to dig harder to understand.

### Bible passages:

- Judges 4:4, 6-9
- Joshua 1:6, 9
- 1 Corinthians 13:7
- 1 Corinthians 13:4

### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Pens or pencils
- Copies of the “cheat sheets” for chapters three and four of FYWO and FYMO
- Copies of the “My Bold-o-Meter” handout
- Bibles
- Pieces of paper

## Understanding the Opposite Sex Better

**SAY:** We've got four big topics to cover today. (1) What should girls do when they realize that guys aren't as sure of themselves as they pretend to be? (2) Why do some good girls fall for "bad boys"? (3) What can girls do to encourage guys to share their feelings more? (4) What's a guy supposed to do when a girl's behavior doesn't make sense to him? Let's get right to it.

**Do:** Offer an opening prayer for the group.

## 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 question 1.

**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?**

## Go!

**READ:** Judges 4:4, 6-9.

*Deborah, a prophetess, the wife of Lappidoth, was leading Israel at that time... 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."*

**ASK:** **What do you think about the way Deborah treated Barak?** [Arguably she was both encouraging (see verses 6-7) and shaming (see verse 9) to 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: **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: **What are some ways that a girl can build up a guy's confidence without undermining his self-respect?** [See pages 58–59 of FYWO for ideas.]

## Propping Up the Male Ego

- Do: Hand out sheets of paper to each girl 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.

## The Good in Bad Boys

- SAY: **Now let's move on to a different topic. Have you ever wondered why “bad boys” are sometimes successful with girls? We're going to find out why—and 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.
- 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?**

## 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.**

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.*

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. Girls are worried that nobody will love them, and therefore their hearts 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: **Second, 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 him and a group of friends. Take her on a scary roller coaster. Take her to explore a cave.]

SAY: **Third, 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.**

ASK: **What are some good ways and bad ways for a guy to ask a girl out on a first date?**

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 "My Bold-o-Meter" handout for this session. Allow them time to work through it individually.



### Oh, Those Bottled-Up Guys

SAY: **There's one topic where guys 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 next.**

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.

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?**

### Guys' Reasons for Clamming Up

Do: Direct the students' attention to survey question 2 on the "cheat sheet."

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.]

### The Secret-Keepers

Do: Ask one of the girls 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?

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

## **Baffled!**

**SAY:** Next, let's move on to a whole different subject: how guys can understand girls' apparently random behavior.

**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**

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

**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?

## **Patience and Kindness**

**SAY:** (To the guys) Like it or not, guys, you've got a responsibility to dig harder to understand girls when they don't seem to be making sense.

**READ:** 1 Corinthians 13:4.

*Love is patient, love is 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?**

- 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**

- 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: Offer a closing prayer for your group.

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

## Four-Session Talk Guide

SESSION

3

### Chapter basis:

- *For Young Women Only*, Chapter 5: “Keeper of the Photo Files”
- *For Young Men Only*, Chapter 5: “Breaking Up, Breaking You”
- *For Young Women Only*, Chapter 6: “Seeing the Inner and Outer Beauty”
- *For Young Men Only*, Chapter 6: “No Dropped Calls”

### The big ideas:

1. Guys fantasize about the girls they see, and a lot of it has to do with what the girls are wearing.
2. Guys will continue to be blindsided when girls break up with them, unless they learn to pick up on girls’ subtle cues.
3. Although guys do look for physical beauty, they are also looking for real girls who are beautiful on the inside.
4. Girls are more interested in guys being good listeners than smooth talkers.

### Bible passages:

- 1 Timothy 2:9
- James 1:5
- 1 Peter 3:3-4
- 1 Timothy 4:7-8
- Proverbs 21:23
- James 1:19

### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Pens or pencils
- Copies of the “cheat sheets” for chapters five and six of FYWO and FYMO
- Bibles
- Pieces of paper

## Girls & Guys Getting Along

SAY: We've got four more subjects to cover today. (1) How can girls discourage guys from having X-rated thoughts about them? (2) How can guys who are dating avoid being blindsided when their girlfriend dumps them? (3) Should girls be working on their inner beauty, their outer beauty, or both? (4) How can guys get over their awkwardness in talking with girls?

Do: Offer an opening prayer for the group.

## 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.**

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

## 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?**

## 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 focuses on what girls can do to help.]

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.]

### **Closet Cleaning**

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.

### **The Big Dump**

SAY: **Let's move on to the topic of break-ups. 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.**

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?**

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.

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?**

### **Unheeded Signals**

SAY: **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?**

### **I Get It!**

SAY: **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 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.*

### **Salvage Operations**

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**

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?**

### **Love Abounding in Knowledge**

Do: Suggest to the guys in your group two different ways they can personally respond to what they've learned. 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?*

### **Let's Hear It for Real Girls!**

SAY: **Let's move on to a more enjoyable topic: female beauty. And here, let me ask you a question. Do guys really care about a girl's inner qualities, or are they only interested in whether a girl has a beautiful face and a nice body? We're going to find out.**

- 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.
- 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 Doesn’t Fade**

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.*

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.]

### **“Of Some Value”**

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 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

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

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

### 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. 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.

### Can You Hear Me Now?

SAY: **Our last topic for today is communication. What can guys learn about having better conversations with girls?**

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 2.

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

Do: Ask for a 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."

### **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.]

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

**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:** Offer a closing prayer for your group.

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

## Four-Session Talk Guide

SESSION

4

### Chapter basis:

- *For Young Women Only*, Chapter 7: “Body Language”
- *For Young Men Only*, Chapter 7: “What It Really Means to Score”
- *For Young Women Only*, Chapter 8: “Words for Your Heart”
- *For Young Men Only*, Chapter 8: “The Guy Every Girl Wants...Really”

### The big ideas:

1. Guys have strong physical urges and need girls’ help to keep a relationship pure.
2. Girls want guys to protect them from going too far in their physical relationship.
3. What guys want to say to girls, and what girls want to say to guys, is the same—*be yourself!*

### Bible passages:

- Romans 6:13
- Ephesians 5:3
- 1 Timothy 5:1-2
- Psalm 139:13-16

### Supplies:

- *For Young Women Only*
- *For Young Men Only*
- (Optional) *For Young Women Only Discussion Journal*
- Pens or pencils
- Copies of the “cheat sheets” for chapters seven and eight of FYWO and FYMO
- Copies of the “Self-Control” handout
- Bibles
- Pieces of paper

## **Purity**

**SAY:** In our final *Girls, Guys, & God* session, we're going to talk about purity. What's the girl's responsibility for setting boundaries in a dating relationship? What's the guy's responsibility? Then we'll find the answer to the question "If you could give any advice to members of the opposite sex, what would it be?"

**Do:** Offer an opening prayer for the group.

## **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.]

**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.]

**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.]

**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.]

**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.]

**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 for a volunteer to read Romans 6:13.

*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.*

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

## A Partnership for Purity

**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? 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? It's time to make some decisions.

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

## The Costs of Crossing the Line

**SAY:** Now let's look at this topic of purity from the guy's perspective.

**Do:** Hand out the "cheat sheet" for chapter seven of FYMO to each of the group members. Ask them to look at survey questions 3 and 5.

ASK: (To the girls) **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?**

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?**

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.**

### **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. 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.

### **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: **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, Individually**

- 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?**

### **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?**

### **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.

### **Looking Back, Thinking Ahead**

**ASK:** As you think about our discussions of FYWO, FYMO, and the related Bible passages in all four sessions, what is the most important thing you've learned, and why?

**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?

**Do:** Have the group members stand in a circle and hold hands. Invite them to praise God or thank him for helping them learn more about the opposite sex.

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