Cross My Heart
Experiencing and expressing the cross and heart of Jesus

Campers’ Guidebook
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[Note: insert here your local camp schedule, map and other local details that you want each camper to have in writing]
Welcome!

Welcome to camp! We’re delighted you’re here. This Campers’ Guidebook will lead us on a journey here at camp and also be a guide for us back home. Feel free to write in it—journal your thoughts, record information about your friends, draw pictures. Make it your own.

Here at camp we’ll be traveling a journey of discovery—exploring what it means to know ourselves, to know God, and to have a relationship with God.

Along the way we’ll be doing a couple of heart checks. First we’ll look at the human heart—our heart. And then we’ll look at the heart of Jesus—the heart of love that led Jesus to the cross for us.

We’ll also discover how we can share Jesus’ heart—his love and his life. And so our theme here at camp is Cross My Heart.

Maybe you’ve heard the phrase, cross my heart and hope to die. At camp we have a new phrase: cross my heart and hope to live.

When we share Jesus’ heart we share his love and his life both now and forever. There is nothing better. Cross my heart.
Heart Failure

The imagery of the heart is everywhere around us: in music, literature, movies, television and advertising.

Diagnosing the human heart

To the ancients the 'heart' was a symbol of a person's inner being—their character, personality, will, and mind. It’s pretty much the same today.

Jeremiah, an ancient Bible prophet, gave God’s diagnosis of the condition of the human heart apart from God.

(Fill in the blanks below):

**The human heart is most** ____________________

**and desperately** ____________________

**who really knows how bad it is?**

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*Jeremiah 17:9*

(New Living Translation)
This diagnosis of the human heart separated from the love and life of God is confirmed elsewhere in the Bible:

- **Mark 7:21-23**
  
  > From within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside.

- **Romans 8:7**
  
  > The sinful mind is hostile to God. It does not submit to God's law, nor can it do so.

Though our culture tends to exalt the ‘goodness’ of the human heart, Scripture tells us that the human heart separated from God tends toward evil, not good.

That doesn’t mean that people don’t do good things—indeed they often do. But deep down inside, the overall motivation reflects more about evil than about good.

The evil inside the human heart erupts all over the place – we see that by studying history and in looking at our world today.

With God’s help, Jeremiah saw deep into the human heart separated from God and found it to be deceitful and wicked.
It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on.

What we want you to know is that God, who knows your heart—who knows your great need—has an answer to the condition of your failed heart.

And he is anxious to share that answer with you.

It’s all about a spiritual ‘heart transplant.’

Cross my heart.
1. Have you ever thought of yourself as an exception to some rule? Give an example.

2. What is your view of yourself? And what is your view of God?

3. The scripture we looked at in Galatians 5:19-21 said that at the core of human nature there are things like “all-consuming yet never satisfied wants,” and people are grabbing at happiness but coming up empty.

   How does this speak to your experience?

   The writer goes on to say that humans desire “magic-show religion.” This means that they want a God that is like a genie who shows up when they need him or want something.

   Have you and I treated God in this fashion?
Last time we saw that the human heart is in ‘cardiac arrest.’ But God comes to our rescue. He sends us an invitation to receive a new heart by trusting Jesus to be our Savior, our Lord and our friend.

Do we respond to God’s invitation? Or do we look for other sources of help to solve the problem of our diseased hearts?

God is not sitting back doing nothing; watching his creation destroy itself. He is reaching out to it—to you—in love.

He’s saying to all humanity: ‘Why will you perish? I want to help. I want to have a personal relationship with you—a relationship where you’ll experience a new heart that will replace your heart of deceit and wickedness.’
Israel’s experience

God called and sent the Prophet Jeremiah as his spokesperson to Israel. His responsibility was to point out their sins and plead with them to turn back to God for help.

Why didn’t the Israelites respond? (Fill in the blanks below):

• They were ______________________

• They were ______________________

• They were ______________________

• But their chief problem was…

____________________________________

Israel was bound to God by a *covenant*—a legal agreement more binding than a contract. It was like Israel was married to God. But Israel was unfaithful to that marriage covenant. This brought them suffering and heartache.

It also hurt God.

But God looks at us with pity and longing more than anger or a desire for revenge.

God deeply loves the very ones who have been unfaithful to him.
God is relational: a Trinity

For all eternity—before and throughout all time—God is the one God who is Father, Son and Holy Spirit.

- The Trinity (three-in-one and one-in-three)
- A triune community of love

And God wants to share his love and life with you forever.

Let’s turn down the ‘noise’, put aside the distractions and hear a simple and profound truth:

*The God who created the universe wants to be in an eternal relationship with you.*

God is speaking now straight to your heart and sending you the help you need.

Will you receive his help, or will you turn away looking for something else? For someone else?

God is calling you to be one of his “Covenant People”—people who live in faithful union with him.

*Cross my heart.*
1. How do you see the people in the U.S. today being similar to the ancient people of Israel? What do distractions, self-sufficient attitudes, and sin issues look like in America today?

2. What distractions or sin issues keep you from being close to God?

3. Have you ever considered the possibility of being in a covenant relationship with God?

4. What would that relationship look like?
A New Heart

As we learned last time, our spiritual hearts are terribly diseased. As Jeremiah said, they are ‘deceitful and wicked.’ But God has the solution—not a medicine to make our diseased hearts a little stronger—but an entirely new heart. A perfect heart that is not subject to human frailty; never grows weak; never succumbs to evil.

What kind of heart is that? ‘The kind King David prayed for after he committed a series of terrible sins including adultery and murder:

Psalm 51:10

Create in me a pure heart, O God…

The Hebrew word for create is bara; the same word used in Genesis for God’s creation of the universe.

It takes the awesome, intentional power of God to recreate the human heart.

And that is what he has done in Jesus.
Jeremiah looked into the future and predicted the time when this recreation would appear:

"This is the covenant I will make with the house of Israel after that time," declares the LORD. "I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people."

Jeremiah’s prediction came true through God’s gift to humankind of Jesus:

- Jesus, God in human flesh, is the only human whose heart is perfect. He is perfectly obedient to God. In his heart is no deceit; no wickedness. He is perfectly pure and holy.

- Through the new covenant we are brought into a relationship with God in Christ where through the Holy Spirit we share Jesus’ perfect heart. When we give our lives to God, he places Jesus’ heart within us. A miraculous re-creation happens:

> If anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ…not counting men’s sins against them…God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Cor. 5:17-21
This new heart does not come because of my effort to think better thoughts, or to try harder to stop sinning.

It’s a miracle—a gift—it’s re-creation.

It’s about Jesus living and loving in and through me.

It’s about me being reconciled—brought back—to God through Jesus.


Where do you stand with God right now?

Do you have a relationship with him through Jesus?

If not, do you want one?

If so, all you need do is to acknowledge you need him and to accept what Jesus has already done for you. Believe God and trust him and receive his gift of Jesus, and his heart.

Cross my heart.
Questions to think about

1. What happened with and to the people who prayed at the conclusion of chapel?

2. What does it mean to be a new creation in Christ and to have a new heart—the heart of Jesus?

3. How are these new believers joined with others who have gone before?
As we saw last time, when we trust Jesus to be our Savior, through a miracle of re-creation God gives us a new heart—the heart of Jesus.

Through the Holy Spirit, we share Jesus’ love and life.

What is Jesus’ heart like?

The night before Jesus died on the cross, he prepared his disciples for his departure. The Apostle John records a lot of what Jesus said that night, including some of his prayers.

In those words and prayers we learn a lot about Jesus’ heart—a heart of love for you and me, and for the whole world.
Jesus’ heart is to die for us

John 17:1-5

These things Jesus spoke; and lifting up his eyes to heaven, he said, "Father, the hour has come; glorify your son, that the Son may glorify you, even as you gave him authority over all mankind, that to all whom you have given him, he may give eternal life. And this is eternal life, that they may know you, the only true God, and Jesus Christ, whom you have sent. I glorified you on the earth, having accomplished the work that you have given me to do. And now, glorify me together with yourself, Father, with the glory that I had with you before the world was."

Here on the last evening of Jesus’ life he knew that the end was near—the time for him to return to the Father. And the journey of his return would lead him first to the cross and an excruciatingly painful death.

The supreme love of God is clearly demonstrated in the willingness of Jesus to be sacrificed on the cross. The Creator set aside his glory and became part of the created order with the purpose of paying for our sins.

It is Jesus’ heart to die for us.

Cross My Heart.
Jesus' heart is to share truth with us

"I manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they have come to know that everything you have given me is from you; for the words that you gave me I have given to them; and they received them and truly understood that I came forth from you, and they believed that you sent me."

The disciples "kept" God's word by receiving Jesus' teaching and believing what he said to be true—including his claim of being God in the flesh. What Scripture tells us about Jesus is true—it is the gospel, the good news about what God has done for us. And that is truth. Cross my heart!

In these verses, we see Jesus' heart to share the truth of the gospel with us. He "manifested" the name of God to his disciples and now to us and he gave the words of God to us so that we might believe the gospel and know God.

Earlier, Jesus told his disciples that "I have called you friends, for all things that I have heard from my Father I have made known to you" (John 15:15). Because Jesus considers us his friends, it is his heart to share with us the truth of the gospel.

*Cross My Heart.*
Jesus’ heart is to pray for us

"I ask on their behalf; I do not ask on behalf of the world, but of those whom you have given me; for they are yours. And all things that are mine are yours, and yours are mine; and I have been glorified in them. And I am no more in the world, and yet they themselves are in the world, and I come to you."

Jesus prays for the disciples, knowing that he would be sending them into the world as his representatives.

Jesus’ heart is for his followers who he chooses. But his choice is exclusive only for the sake of being inclusive. Jesus’ heart is a heart of love for all people everywhere. *Cross My Heart.*

Jesus’ heart is to protect us

*Holy Father, keep them in your name, the name that you have given me, that they may be one, even as we are. While I was with them, I was keeping them in your name, which you have given me; and I guarded them, and not one of them perished but the son of destruction, that the scripture might be fulfilled. But now I come to you; and these things I speak in the world, that they may have my joy made full in themselves. I have given them your word; and the world has hated them, because they are not of the world, even as I am not of the world. I do not ask you to take them out of the world, but to keep them from the evil one. They are not of the world, even as I am not of the world."

John 17:9-11

John 17:11-16
A key word in these verses is *keep or guard*. Jesus wants the Father to protect the disciples' relationship with God. The goal of this protection is that the disciples *may be one, even as we are one.*

God never intended for our relationship with him to exist in isolation. We share Jesus’ heart in community—a family of believers who nurture one another in relationship with God. We experience such a community here at camp; but it’s vital that we do so back home too.

Jesus wants us to experience his joy and so he prayed, *that they may have my joy made full in themselves.* This is relational joy—the joy of knowing God together (15:11, 16:24). This joy has a protective influence. If we find true joy in knowing God, we're less likely to look elsewhere for false joy.

It is Jesus’ heart to protect us in community. *Cross My Heart.*

**Jesus' heart is to set us apart**

> "Sanctify them in the truth; your word is truth. As you sent me into the world, I also have sent them into the world. And for their sakes I sanctify myself, that they themselves also may be sanctified in truth."

"Sanctify" means "set apart for a special purpose." We are sanctified by *the truth* (in John’s gospel this truth is a person—Jesus).
John goes on to say that the Holy Spirit leads the disciples into this truth about Jesus (John 16:13-15). In John's mind, the entire word of God concerns Jesus (John 5:39).

So when Jesus is asking the Father to set apart the disciples in the truth he's asking that they be set apart in himself.

We are set apart in Jesus to know God so that Jesus might send us into the world, just as the Father sent him into the world.

We are set apart first of all to know God and second of all to be sent into the world. Jesus heart is to set us apart. Cross My Heart.

The answer is ‘yes’

We don't have to do much guessing to know how the Father has and will answer the heart felt prayer of his beloved Son Jesus.

The answer in each case is ‘yes’. All the things Jesus asked for have come to pass and will continue to in your life and mine.

As we listen to Jesus' prayer, we ‘hear’ his heart beating. It’s his heart for us - his heart that we know God deeply and fully. His heart to die for us, to share truth with us, to pray for us, to protect us, and to set us apart to serve the world.

Jesus heart is the heart of a champion: our champion! Cross My Heart.
1. What is the heart of Jesus like?

2. What are the things God loves? How can we live out these things in our lives?

3. 1 Corinthians 5:14 tells us that the love of Christ compels us, drives us to share the good news with others. How does this make you feel?
Heart to Heart

Our hearts are the seat of our lives—and so that’s where we find our struggles.

And it’s in our sharing of Jesus’ heart that we find the solution to these struggles.

Guard your heart

Proverbs 4:23

Above all else, guard your heart, for it is the wellspring of life.

There are many ways of guarding things—by care, by strength, by calling in the help of others, or by entrusting your valuable possession to a capable party.

God says guard your heart. He says that to protect us…

• from harming ourselves and others
• from being defiled by sin and disturbed by trouble
• from bad thoughts and hurtful desires
But it’s not about ‘tweaking’ the heart we have. It’s about embracing and sharing the heart of Jesus.

**It’s about a heart transplant.**

Scripture tells us that Jesus is the ‘lover of our souls’—the one who always has our best interests in mind; the one who will never betray us. And as we share his heart, we will follow where he leads: away from what destroys and toward what gives life.

Jesus made an observation about some religious people of his day and he issued to them a warning that is relevant in our day:

*Mark 7:1-8*

> The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus and saw some of his disciples eating food with hands that were "unclean," that is, unwashed (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. When they come from the marketplace they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.) So the Pharisees and teachers of the law asked Jesus, "Why don't your disciples live according to the tradition of the elders instead of eating their food with 'unclean' hands?" 6 He replied, "Isaiah was right when he prophesied about you hypocrites; as it is written: ‘These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are but rules taught by men.' You have let go of the commands of God and are holding on to the traditions of men."
Jesus says he wants more than people who go to church or Christian camps; he wants more than “good” people who keep a set of rules.

What he wants are authentic people who share his heart.

Here’s a huge key to remember the rest of your life:

When the heart of Jesus is pumping his life’s blood through you, his way of living will flow out from you.

What will that way of living look like?

Jesus’ cross. Jesus’ life.

Cross my heart.
Proverbs 4:23  

Above all else, guard your heart for it is the wellspring of life.

What does it mean as a girl to “give your heart” to someone or really “put your heart” into something?

• Do you do it often or give it to many things or just a few?
• How selective are you?
• Does it make you vulnerable?
• What if you want to take it back? Do you ever get it back completely?

What happens if your heart is broken?

• Describe a broken heart.
• How does it feel? What does the voice in your head tell you?
Do these phrases sound familiar?

- You're a disappointment
- There is something seriously wrong with you
- You are worthless
- No one cares about you or what you've been through
- No one will ever want you or really love you
- You are alone

What are the natural responses to a broken heart or rejection?

- Do you pull back? Become less willing to “put it out there” and risk your heart again?
- Do you want to hurt who or what hurt you? Reject who rejected you?
- Do you do whatever it takes to feel like someone loves you…even if just for a few moments?

Who can we trust with our heart?

God's love for you (Father's Love Letter)

- Do we see ourselves the way God sees us?
- How many of you want to be the person God already knows you are in Christ?
Let’s dream:

• Describe the perfect guy:

• Describe the kind of girl “Mr. Wonderful” is looking for:

Stay connected to the heart of Jesus

If we want to “act” like the women God already knows we are…we need to constantly remind ourselves of the way he sees us in Christ.

What are some ways we can do that?

“I am the vine, you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! When you produce much fruit, you are my true disciples. This brings great glory to my Father.”

John 15:5-8
“I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! This is my commandment: Love each other in the same way I have loved you.

We need to remind ourselves daily who God says we are and the perspective that we gain on life by believing that HE IS.

Write down some ways to do that:
We have an enemy who seeks the destruction of our hearts:

1Peter 5:8

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Let’s talk about one of the primary traps the enemy uses to destroy us:

1Cor. 6:18-20

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.
Does society view sex outside of marriage as destructive?

Society tells us sex is OK, even expected; that we have to look a certain way and be willing to give guys what we think they want in order to be loved and accepted.

Deep down we long to feel beautiful. We want someone to affirm us. We think if we look differently they will.

But what does the perfect girl look like? What does God say?

**Psa. 139: 13-14**  
For 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.

**Proverbs 31:30**  
Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

**1Peter 3:3-5**  
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. For this is the way the holy women of the past who put their hope in God used to make themselves beautiful.
Hollywood is consumed with image. The media is selling us a lot of false ideas:

- How I dress is my business.
- Flirting is OK.
- I need to have a boyfriend to feel as if I'm “somebody”.
- Guys want basically the same thing from a dating relationship as girls do.
- I can change him.
- What I watch on TV or listen to on the radio doesn’t matter…it’s just entertainment.
- As long as I haven’t “gone all the way” I’m still technically a virgin.

Christianity is about a relationship with God, not merely a list of rules.

Even when God worked with ancient Israel, all the laws he gave them in the Old Testament came down to two principles about relationships:

Matthew 5:27-28

You know the next commandment pretty well, too: 'Don’t go to bed with another’s spouse.' But don’t think you’ve preserved your virtue simply by staying out of bed. Your heart can be corrupted by lust even quicker than your body. Those leering looks you think nobody notices—they also corrupt.”
Matthew 22:35-40  

An expert in religious law tried to trap him with this question: “Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.” This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.”

Through Jesus and his cross, we have a New Covenant relationship with God where we share Jesus’ heart.

Jesus’ heart is a heart of love:
- Loving God with him
- Loving people (including yourself) with him

How do you think the heart of Jesus approaches the issue of expressing love sexually?
We were all born with a need for *identity*.

List some famous people. What qualities identify them?

It is easy to confuse outward appearance with what is on the inside - in the heart of the person.

**The Heart of the Matter**
Not everyone is really who they appear to be on the outside. The Bible uses the heart to describe who we really are:

*Proverbs 27:19*  
*As water reflects a face, so a man’s heart reflects the man.*
Write a few lines expressing who you are:

There are many forces, people and agendas attempting (with success) to shape our identity: entertainers, music, movies, peers, teachers, Hollywood, clubs and associations, sports figures, political movements, etc… and sometimes even parents.

We too should be included in this list.

Who (or what) has been influential in shaping who you are?

Genesis 1:26-27

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.

These verses reveal a God who is interested in variety and concerned about his creation—giving humans a unique position in the created order. Then, among humans he makes distinction between male and female, yet confirms that both are created ‘in his image.’
The male heart

The male heart is wired by God to be different than the female heart.

*God wants your heart to reflect the true man he created you to be.*

And for that to happen, we need to listen to God’s advice:

*Proverbs 4:20-23*

*My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man’s whole body. Above all else, guard your heart, for it is the wellspring of life.*

How many of us would love to have ‘life and health?’

What we’re talking about here, as we’ve been discussing in the chapels, is getting connected to the heart of Jesus—the “God-man” – the true man we were created to be.

Now Jesus is Savior of both women and men. His heart is big enough for us all. But Jesus came in human flesh—the flesh of a human male. And in his maleness we men have a perfect model of what his heart looks like beating in the life of a man.

And so God offers to you men the heart of Jesus, the perfect man.
To trust Jesus, to follow him; to share his heart is the most profoundly male thing you can do. It grants you a male identity available no other way.

God wants his best for each of you. He wants you to know how pleased he is that you were born, that you are alive; and he wants for you to have the absolutely best life.

He wants you to be able to know:
- Who you are
- Whose you are
- Why you are
- Where you’re going

Two BIG questions

- What is a real man?
- Do I have what it takes to be a real man?

Where do we go for the answers? The best place to go for answers is to the God who became man, Jesus Christ.

Jesus is far more than a mere ‘role-model’ or teacher...He is the man maker.
There are many ways we might try to achieve manhood, but many of them make us no more than pretenders:

- Beating someone up doesn’t make us a man.
- Getting a girl pregnant doesn’t make us a man.
- Living a flashy lifestyle doesn’t make us a man.

God who made you and knows all about you wants you to be the man he made you to be in Christ.

_Cross my heart._
Your Male Heart

We were created by Jesus for Jesus…to share his love and life.

An ancient confession of the church says:
*The chief end of man is to glorify God and enjoy him forever.*

It’s also true that humankind was created by and for God as male or female.

In this class we’ll talk about being a male follower of Jesus.

Would you be surprised to find out that God has wired men to be…

- Active defenders of the weak
- Attracted to girls
- Adventurers – actively pursuing dreams and goals
Let’s ask some questions about being a male who shares Jesus’ heart.

1. Should a male Jesus-follower fight?

1 Corinthians 10:3-5

_For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and take captive every thought to make it obedient to Christ._

1 Timothy 6:11-12

_But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses._

Jesus violently overthrew the tables of the money changers who were defiling his Father’s house, the temple in Jerusalem. But he also allowed himself to be arrested, tortured and crucified and did not fight back. But we’re also told in Scripture that by allowing himself to be killed he was winning the ultimate victory over Satan and Sin.
2. Should a male Jesus-follower be sexually attracted to women?

God created this thing called ‘the family.’ It’s not just natural, it’s God’s supernatural creation and will. And sex is a fundamental part of producing families and the love that is so important within the bond of marriage between a man and woman.

But all around us we see evidence of the misuse of sex.

_A woman doesn’t make a man a man… Christ in him does_

**Proverbs 4:20-23**

*My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man’s whole body. Above all else, guard your heart, for it is the wellspring of life.*

The Bible says a lot about the right and wrong use of sex.

God’s reason for all of this instruction and warning is not because he is a killjoy, or wants to ruin everyone’s fun, or keep us from good stuff, but because he wants us to have the very best. God wants so much better for us than we can ever imagine.
3. Is it OK for a male Jesus-follower to seek adventure?

God is not against success and goals. If we put our plans into his hands he will give us more purpose, fulfillment and adventure in our lives than we could ever dream of, let alone achieve on our own.

Colossians 3:1-2

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.
## My friends

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