

Hero Student's Guide

Session 1 (Study in conjunction with Chapter 1 of Hero)

Materials needed: Envelopes, notebook paper and pens

Before the group begins, take a few moments to introduce yourself and to answer the following questions. Once you are finished, take turns, one by one, and respond to the same set of questions. The purpose of this exercise is to get to know one another, set the pace for the next few weeks, and encourage everyone to let their guard down.

1. What is your name?
2. How old are you and what grade are you in?
3. What do you like to do for fun on the weekends?
4. What has Jesus been doing in your life?
5. Do you have a girlfriend? If so, how long have you been together? How does she feel about you taking this class?
6. Have you ever thought about what you want your family to be like when you get married? Do you want it to be like your home now? Please explain.
7. Who is one of your favorite heroes from the Bible? Why?

Hero is an incredible book that teaches us how to take a stand in our culture and to be the type of man God created us to be. I love the question Fred asked in the introduction: “Are you leaving the women in your life better off for having known you?” If you can answer this question right now with a yes, then your goal for these sessions is to learn strategies to will enable you to always be able to answer that way. If you cannot confidently answer yes to this question right now, there is hope. God loves you, and the blood of Jesus can make you clean and whole again. Take a moment and write a letter to your future spouse. Express to her your desire to present her before God as a pure bride on your wedding day. Express to her how you will treat her like a princess. What will you do?

Now that the letter is finished, think about this concept: what if you were to court this young lady for three years and never end up marrying her? During your life, it is quite likely that you will eat out or mini-golf or go to a game with someone else's future wife when you're dating. You may very confident that you are destined for each other, but this young lady may actually marry a missionary to the Philippines some day. Being a hero means that you not only live like a warrior for God because it affects *your* life, but also because it affects her life. She is God's daughter, and it is the right thing to do.

Take a moment and read this quote from Winston Churchill from page 12: *What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone.* What comes to your mind when you read this quote?

What are some practical things you can do to make this world a better place for women to live in? (Okay, guys, let's put on our chivalrous hats and get old-fashioned! Let's resurrect some ideas from the olden days when guys still opened up the door for the lady as she walked in to get ice cream!)

On page 15, Fred shared from his heart about the fact that his dad was his hero. What is your dad like? How has your relationship with your dad affected the way you look at God?

Fred's dad was his hero. But he also mentioned that his dad "knew" the so-called "real" truth about manhood. What does our culture describe being a man's man as? What measures your manhood at school? At church? On the ball diamond or basketball court?

Read 2 Samuel 11 and 2 Samuel 12:1-7.

There are many truths hidden in this lengthy passage of Scripture, but let me draw your attention to 2 Samuel 11:1, where the author reveals that this was the time when "kings go to battle." In other words, it was the time when the nation's warriors of God should have been at the front lines of battle, fighting for God. Where was David?

In the past, the king had been an incredible leader on the battlefield, but now he'd become comfortable. He decided to let the others fight the battles, while he rested back home in peace and safety. In retrospect, it would have been far safer for David to have been at the front lines staring the enemy in the face than it was to be back in his palace surrounded by the comforts of home. Why? During the time of battle, David chose the easy way, and he committed adultery as a result.

The prophet Nathan's parable delivered God's assessment of what David had actually done to Uriah and his home, and the imaginative characters in his narrative communicated just how furious God was that this blessed and favored king would commit such a selfish, heinous act.

1. In this story, who do you think the rich man represents?
2. In this story, who does the poor man represent?
3. What about the lamb?

There was also a fourth character in Nathan's parable, called the traveler. Who or what might the traveler represent? List some of your ideas:

While the identity and purpose of the traveler in this parable is not entirely certain, we *do* know one thing for sure. A “traveler” had been allowed to join up with David and stay at his side as he traveled along his spiritual journey. This traveler had likely been with David for a long time. Who knows? Perhaps he came alongside David as he stared at the shapely young women making their way back and forth from the well for water, when David was a young man. Whatever the case, David was *still* carrying this traveler’s baggage, and its weight had finally buckled him, leading him to a place of compromise, death, and destruction. When he looked over and saw Bathsheba, he stared on lustfully. Rather than “bounce his eyes” and turn away, David “sent for her.” The principle for all men is clear. **If we don’t dump our travelers, they eventually become our idols, our places of worship.**

So now it is time to make the commitment. You are a part of this group because you want to succeed. You want to become a modern day knight for Jesus. You want to live like a hero.

Since that’s true, you must deal with the travelers in your life before you go any further. You must make sure your heart is pure and that your definition of manhood is accurate. From this moment on, you must only accept the best into your heart!

Take some time and give the students an opportunity to write down or share who the “travelers” are in their lives, so that they can drown and bury them in the blood of Jesus. Encourage them. Remind them that repentance from sin is possible if they embrace forgiveness by faith. Remind everyone that God loves them (1 John 1:9; Romans 10:9) and that He, too, travels with them on their journey.

Before closing, let’s write another letter, as well. Address this one to the young lady you are now in relationship with, or the next one you will join in relationship. Your purpose in this letter is to express your commitment to be the spiritual leader and her defender in your relationship together. Take a piece of paper and an envelope, and then spend the next few minutes writing

down the covenant you intend to keep with this special young lady. Promise to treat her like the princess she is. Seal it up, and then present it to her father before you take her on your next date! It may seem odd, uncomfortable and even a little difficult to write a letter to a woman that you may not have met yet. But hey, heroes don't live out of their comfort, but out of their character! As you write, be sure to list some Scripture verses that you will use as your compass in your relationship. List some standards and guidelines you'll set up for your journey together. Pour out your heart now, and then keep the covenant later. You, or that missionary to the Philippines, will be happy you did!

Close in Prayer

Homework This Week

Develop a list of specific things you will pray for your future spouse and/or current special lady in your life. Pray for health, excellence, modesty, a heart for God, self confidence, understanding and knowledge of the Word, wisdom in decision making, self determination to maintain her standards, financial blessing, godly friends to surround her, etc.)

Pray Regularly

- set aside time each day for prayer and worship
- journal after or during your prayer time
- attend prayer meetings prior to youth group of Sunday service
- fast one meal this week
- pray for your future spouse

Develop a Passion for the Word

- take notes during church services
- read the Word regularly
- set aside some time to go over the notes at least one time before the next service
- commit to memory 1 Cor. 10:13

Read Hero—make sure you've read through Chapter 6 before Session 2.

Session 2

Open in prayer

Recap from last week:

What do you remember from last week's study?

In chapter two, entitled "Baal," Fred does an incredible job of contrasting the conditions of the culture we live in today with the same tactics the enemy tried to impose on God's people a few thousand years ago. Take a moment and discuss the similarities from chapter two.

In that secret conversation behind the scenes between Balaam and King Balak, Balaam essentially said to the king, "Hey, if you want to take these people out, entice them into sexual sin. Once there, God will take their protection away, and you'll conquer them." What tricks has *our* enemy employed to try to lure America away from God's blessing and protection?

Before I began following Christ, I had no trouble labeling the behaviors or thoughts that were contrary to the Bible as "sin." I still label them as sin. But today, many Christ followers don't. They're following a new trend, and call such thoughts and behaviors "weaknesses" instead. Have you accepted the lie that your sins are merely "weaknesses." If so, it'll be much easier to accept bad behavior into your life, even that behavior from which you once repented in the past. How has the enemy tried to build such traps into your life to lead you away from God?

In chapter 5, we are reminded that while we can't get rid of our male brain, we *can* redeploy it!
Read Romans 12:1-2:

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

It's clear from this verse that we don't have to live a life marked by impure thoughts. We can have victory in our mind. The Word of God is the key to transforming how we think and what we think about.

Now read Joshua 1:8:

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

List a few reasons why digesting the Word of God regularly in your life can help you:

In *Hero*, Fred declared that great men are defined by great wars. You are obviously in a war, and the weapons of your warfare are not carnal. As a warrior, one of the greatest weapons you possess is prayer:

If you do not stand firm in your faith, you will not stand at all.

Isaiah 7:9b

No man stands as tall as when he's standing on his knees. The prophet of Elijah went head to head with the spirit of Baal. Was it easy? No, it wasn't easy at all, but then again, God

doesn't just ask us to do the easy things. How did Elijah choose to attack? He prayed, and as a result, he had a significant impact upon his culture.

God has committed His power to help you to make a similar impact upon *your* culture today:

For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him....

2 Chronicles 16:9a

God is looking for someone just like you who is willing to commit to changing this world. If you'd simply fully commit yourself to being like Christ, you'll surely leave your mark, because He'll spot you and strengthen you. Remember, being like Christ means you'll be in prayer. Modern day warriors implement the same disciplines of prayer that the men of God in the Bible did, because we know what they knew—prayer changes things.

For the rest of this session, let's explore how you can stand up for God in your school and community by getting down on your knees. As you develop a solid prayer life, you will find yourself stronger than you ever dreamed possible, in Christ.

Elijah was a man of God! He took on an evil culture and successfully fought against Baal, a strong principality in the spirit realm. Did he have his difficulties? Absolutely. There were times when he felt all alone in ministry, and time he didn't feel he could finish the race that God called on him to run. He even fought depression and suicidal thoughts. In spite of all that, Elijah managed to completely redefine the role of prophet in the Old Testament. He openly challenged the prophets of Baal to a spiritual duel. He was the first prophet to miraculously raise someone from the dead. He established a legacy for the next generation of prophets through Elisha.

Yet remember, Elijah was just a man, like you and me. What set Elijah apart from other men of His day and rendered his work for God so distinctive? The apostle James points us to prayer for the answer:

Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.

James 5:17-18

Prayer will give any man a great capacity in God, as God showed us many times throughout the Bible:

- Prayer influenced the destiny of Israel many times through Moses. (Exodus 32:7-14)
- Prayer was used by Samson for one more opportunity to defeat the Philistines. (Judges 16:21-30)
- Prayer gave Hezekiah fifteen more years of life. (2 Kings 20:1-6, Is. 38:1-6)
- As men, we believe in prayer. But sometimes what we believe and how we behave is different.
- King Josiah sought God for four years before he began his reform! (2 Chronicles 34:1-3)

Men have learned and experienced the same thing more recently, as well:

- Prayer does not equip us for the greater work; prayer *is* the greater work.” (Oswald Chambers)
- As the Berlin wall finally came down in Germany, one communist official lamented, “We were prepared for every eventuality, but not for prayer.”
- “We have given too much attention to methods and to machinery and to resources, and too little to the source of Power, the filling with the Holy Ghost.” (J. Hudson Taylor)

In the battle for purity in our relationships, we are not wrestling against flesh and blood, but against evil powers and principalities. The Bible is clear that our weapons of our warfare are not carnal, but mighty through God. If we are to be truly effective and win individually, we must first tap into His world through the power of prayer. Once we do that, we can set our eyes on changing the world.

Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God.”

Colossians 3:2-3

In other words, you must access *His* world in order to change *this* one. How do you tap in to His world? Charles Spurgeon said it simply. “Prayer itself is an art only the Holy

Spirit can teach us. Pray for prayer. Pray until you can really pray.” Just get started, and learn as you go. God will teach you on your way. The following are a few quick tips to help you as you go:

- I. Always remember, prayerlessness is the ultimate pride.
- II. Prayer is the laboratory in which young men are built. Prayer isn't so much about changing “out there,” but about changing “in here” first.
- III. The purpose of prayer isn't necessarily to get a hold of the _____, but to get a hold of _____.
- IV. Your prayer life will set you apart:

In _____ eyes. (2 Kings 9:1-3)

“And Elisha the prophet called one of the sons of the prophets, and said to him, “Get yourself ready, take this flask of oil in your hand, and go to Ramoth Gilead. Now when you arrive at that place, look there for Jehu the son of Jehoshaphat, the son of Nimshi, and go in and make him rise up from among his associates, and take him to an inner room. Then take the flask of oil, and pour it on his head, and say, “Thus says the Lord: I have anointed you king over Israel.” Then open the door and flee, and do not delay.”

In your _____ eyes. (Acts 19:11-16)

(One day) the evil spirit answered them, "Jesus I know, and I know about Paul, but who are you?"

- V. Prayer merges our _____ with _____.
 - A. Because of an atmosphere of prayer, Paul saw the jailer in the darkness and brought God world into that awful prison (Acts 16:25-29)
 - B. No one can access heaven except by prayer. (John 3:12-13)
 - C. Moses was the intermediary between His world and ours. (Deut. 9:25-27)
 - D. Testimonies of answered prayer.....(take some time and share some answered prayers in the group)

As Christian men, our lack of power can be directly attributed to our lack of prayer. As Spurgeon said, we must pray for prayer in America, and create a *culture of prayer*. When students and leaders begin praying, things happen. What can happen when we pray?

The 1859 revival in Ulster (Northern Ireland) profoundly touched the nine counties of the north. Sectarian violence slowed almost to a halt, and prostitution and drunkenness declined. A brewery had to close on account of the down turn in

sales. One hundred thousand people made commitments to Christ. History suggests that the spark that lit this fire was a Friday night prayer meeting that started with four young men in the village of Kells in 1857. It was to be three months before it grew beyond the initial four, but by 1859 the parish of Ballymena was the scene of one hundred prayer meetings per week, sixteen a night!

Here are some practical tips for creating a culture of prayer within a youth ministry:

- Develop a team of prayer warriors, grandma's and grandpa's, shut-ins, even students, who will pray during your youth services.
- Hold regular scheduled prayer meetings. We used to have one each week on Tuesday night.
- Monthly young men's meetings where I modeled prayer for them.
- My interns and I devoted Thursday mornings to prayer.
- Prayer/altar time during our services with trained teams
- Be a leader who prays.....we reproduce who we are. Our students don't do what we say, they do what we do.
- Pre-service prayer, in a place where the worship team isn't practicing and the sound team isn't finalizing the slide show. This must be a sacred time.
- Send out a prayer calendar to parents with specifics.
- Put prayer requests weekly in bulletin.
- Develop prayer partners:
 - 1) Paul asked prayer from the Romans (15:31), Ephesians (6:19-20), Colossians (4:3), and others.
 - 2) The earliest biblical example of prayer partners is Moses, Aaron, and Hur in Exodus 17:8-13. They saw the need, seized the moment, and shared in the victory.
 - 3) John Maxwell's book *Partners in Prayer* is a great resource.

Homework This Week

Pray Regularly

- Set aside time each day for prayer and worship
- Journal after or during your prayer time
- Attend prayer meetings prior to youth group of Sunday service
- Fast one meal this week
- Pray specifically for the areas you find yourself compromising in
- Pray for your future spouse

Develop a Passion for the Word

- Take notes during church services
- Read the Word regularly
- Set aside some time to go over the notes at least one time before the next service
- Commit to memory Eph. 5:3-5. To go a little further, try memorizing 1 Cor. 9:24-27.

Read Hero—make sure you have read through Chapter 9 by Session 3.

Session 3

Recap from last week: What do you remember from last week's study?

What was your prayer life last week after we went through the teaching on prayer? Did you see any breakthroughs? Did anyone have a hard time concentrating when they prayed? Is prayer always supposed to be easy, or am I the only one who struggles with prayer sometimes?

Last week we looked at the importance of taking a stand for God in our culture. We realized that standing firm in our faith is not optional; it is mandatory. We learned of the importance of renewing our mind and the power that prayer can have in our personal lives, future families, and nation as a whole. This week, we are going to get even more practical. We are going to cover chapters seven through nine. In these chapters, Rose and Jasen talk candidly about the expectations men feel that women have in relationships that aren't accurate at all.

We hear first hand from Rose that women want to be treated with respect. So, we are going to learn how to establish boundaries in order to make success in relationships and purity more attainable. Remember, we miss 100% of the shots we never take. So, let's get started.

Read Genesis 5:1-2 (KJV)

This is the book of the generations of Adam. In the day that God created man, in the likeness of God made he him; Male and female created he them; and blessed them, and called their name Adam, in the day when they were created.

You may notice something strange as you read this verse. God created "male and female," but called *their* name Adam. He didn't call them Adam and Eve. The Lord would walk through the Garden of Eden, calling out to Adam, and both would come. God designed men and women to have such a pure and unified connection that He could call out one name and both man and woman would come to Him. Sin caused a division to come to this unity that man and woman

enjoyed together, but it was that type of connection—emotional and mental, friendship and love—that God intended for our relationships to have. That is still the kind of connection women long for in their relationships, but because of sin, our culture paints a very different picture of them.

Read 1 Peter 3:7

In Chapter 7 of *Hero*, there is a short excerpt of quotes about what our culture thinks women want. Take a few moments and add to that list based on your experiences and the conversations you have been a part of or overheard.

What does God’s Word have to say about the message our culture is sending you to cave in and become a sexual coward? (1 Thess. 4:3-8; 1 Cor. 6:13; Eph. 5:3; Heb. 13:4; Deut. 22:13-17, 28-30)

How will you apply these verses to your life?

Sexual purity isn’t about being a good little boy and staying clean by “missing out.” It is about being a hero, and becoming a person who enables a young lady to experience all that God has for her in relationship. It all starts with a choice. One choice can then become a habit. Such habits form your character and, ultimately, your character fuels your destiny. Each choice that we make, then, is a seed, and sooner or later we will live off and live with the fruit from those seeds planted so long ago. (Gal. 6:7-10).

For the next few minutes, we are going to develop a list of choices that we can make to keep the enemy at bay and stay proactive, rather than reactive, in our relationships, rather than reactive.

Let me help you get started:

1. Realize that what our culture says about the desires of young women is skewed. Deep down inside, what every young lady wants is to know God and be love by Him. As a hero, I can become someone who expresses that pure love to a young lady that makes God proud.
2. Establish clear boundaries when it comes to relationships, such as not finding ourselves alone at night, etc.

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

The choices you make as a young man will cascade throughout all the generations of your family tree. Let me illustrate that by sharing a study of the descendents of two contemporaries, Jonathan Edwards and Max Jukes. Mr. Edwards was a Christian man, known around the world for his impeccable character and his love for God. Mr. Jukes a self-professed atheist, and couldn't stand the thought of God. When someone tried to share Christ with him on his deathbed, he whispered with his last breath, "Jesus Christ? I will have nothing to do with that man."

One man chose to fear the only true God, and the other chose to ignore Him. See how those single choices affected generations to come, and you will also see the difference between *living a legacy* and just *living a life*.

Among the 1394 descendants of Jonathan Edwards, there were:

- 100 preachers and missionaries
- 60 public officials
- 75 army and naval officers
- 65 college professors
- 45 men of prominence
- 60 physicians
- 11 judges
- 13 college presidents
- 3 U.S. Senators
- 1 U.S. Vice President
- 295 college graduates, many of whom were governors of states and ministers to foreign nations

Among the 540 known descendants of Max Jukes:

- 310 died as paupers
- 130 were lifelong criminals
- 100 were drunkards
- One-half of the women were prostitutes
- 7 were murderers

The choices and the list of standards you'll make to defend your relationships do matter. They insure that you will be a hero to a young lady and, subsequently, to an entire generation. Remember, your life will only last as long as your last breath. Your legacy will last as long as eternity. Abraham Lincoln said, "What matters is not who my ancestors were, but who my children or grand children become." He's right, and if we work together now, we can make a difference in the lives of our children, grand children and, if the Lord tarries, generations far off.

This week, we learned of some boundaries you can implement in your relationships. Next week, we'll see why it is not enough to just set the boundaries on what you will or won't do physically together. You must also be willing to defend those boundaries with your entire heart. You must defend God's daughters and their purity, leaving every single girl better off for having known you.

Before we close, take a moment to write down some names of the girls in your life.

Now, we are going to spend time in prayer for these young ladies, just like a father would pray for his children, or a brother would pray for his sisters.

Homework This Week

Pray Regularly

- set aside time each day for prayer and worship
- journal after or during your prayer time
- attend prayer meetings prior to youth group of Sunday service
- fast one meal this week
- pray specifically for the areas you find yourself compromising in
- pray for your future spouse
- pray for willpower to do the right thing in your relationship (present or future)

Develop a Passion for the Word

- take notes during church services
- read the Word regularly
- set aside some time to go over the notes at least one time before the next service
- commit to memory Job 31:1, Heb. 13:4

Read Hero—make sure you have read through Chapter 12 by Session 4.

Go Deeper

If you find yourself in a compromising relationship and you have tried to stay pure, but it isn't working, what should you do? Some of you may have to make some tough choices this week if you are going to be a hero. Talk with your pastor, teacher, or group leader in confidence about your struggle. You can trust them. You may have to break up with your girlfriend, take your computer out of your room, have your youth pastor or parents approve all movies you watch, get rid of your cell phone for a few weeks, etc. We are not suggesting that you become religious and develop a list of rules that no one can follow. We are suggesting that you take whatever steps are necessary to stay pure.

Session 4

Recap from last week: What do you remember from last week's study?

In chapter eleven, Fred lists the three essential longings of the female heart. Do you remember what they were? (Leaders, see *Hero*, page 95)

The United State's Secret Service is filled with trusted individuals who are willing to lay down their lives for the president. The reason they are willing to live so sacrificially is because they understand the big picture. The future of our country is always at stake when a president dies in office, as well as world peace. The members of the Secret Service take an oath to protect the president with their lives because they love our country, and they understand the scope of responsibility surrounding that oath.

Championship athletic teams are also filled with players who are willing to give up their individual acclaim for the sake of the higher call. Individuals don't win championships. Only teams win championships, teams whose top scorers are even willing to step out of the game if they aren't performing well that night. Championship players understand that at the end of the game, what matters most is the win, not their personal playing time or their own recognition. Individual scoring records always pale in comparison wearing a championship ring.

Whether you are a member of the Secret Service or a star athlete or a young man growing towards hero status in your relationships, understanding the broad scope of why you are doing what you are doing will firm up your resolve during difficult times. Read Proverbs 13:4. What does this Scripture mean to you in the context of your relationships?

Point to drive home: One of the practical applications of this verse is that sometimes life can stink! However, it is the times that stink that bring about much increase. Why? Because you remember the reason why you purchased the oxen to in the first place.

This generation of young ladies deserves your best, even though living a pure life and being a hero isn't always easy. You will face ridicule. You will be challenged. At times, you may even fail yourself and God. No matter how much it stinks, it is always worth it when you consider the big picture. Being a hero to a young lady means you understand the three longings of her heart.

When you look through the eyes of God and understand to purpose behind the physical intimacy between a man and a woman, these three longings begin to make perfect sense. This bigger picture makes your sacrificial defense of her heart perfectly sensible and easier to do, as well.

Why is inappropriate physical and mental sexual behavior not only wrong, but a poor choice all around? (Take a moment and read through these Scriptures. 1 Thessalonians 4:3-8; 1 Corinthians 6:13, 18; 10:8; Galatians 5:19; Ephesians 5:3)

God made you intentionally. He designed the intricate structure of your body, soul and spirit in a way that would bring glory and honor to Him. God gave you hormones and desires for good reasons. Why would God create us with a desire for sex only to ask us to stay pure until marriage?

The "411" on sex in God's view:

1. God is ____sex. Sex is a ____, not a _____.

The world paints a picture of sex as a dirty act; something to be ashamed of. The Bible states clearly that it is the one thing that demonstrates pure love between husband and wife.

Genesis 1:31, Genesis 2:18

2. Sex is intended for:
 - _____ . The purpose of having children.
 - _____ . The purpose of “oneness” in marriage.
 - _____ . The purpose of pleasure and enjoyment.
3. Sex is designed for _____ alone.
 - Genesis 2:21-25. God took _____ rib from Adam!
 - Hebrews 13:4

When sex is used in the context of marriage, it is a beautiful gift. When it is used outside of marriage, there are consequences. **God created you to “have life, and life more abundantly.”**

What happens when we are involved in premarital sex?

1. _____. 60% of students surveyed said premarital sex produced guilt. **God wants you to be free of guilt. That freedom is part of the abundant life.**
2. _____. You will be naked and ashamed if you disobey. Genesis 2:24-25. **God made you; you are “fearfully and wonderfully made.” (Ps. 139)**
3. Poor _____. When you want to “break up”, it’s harder. **God wants you to have abundant life as a single man, and an awesome marriage later.**
4. Sexual _____. If you don’t slay the giants in your life, you will end up serving them. **Freedom from giants is part of the abundant life. God wants to be real in your life!**
5. Spiritual _____. You leave part of your soul with somebody else. **Obviously, God loves you so much that He wants all of you!**
Genesis 2:23, Genesis 5:4, 1 Corinthians 6:16

Above and beyond this, there may be:

- Loss of virginity
- Unwanted pregnancies
- Illegitimate children
- Forced marriages
- Abortion

- Sexually transmitted diseases
- Cervical cancer

Is it any wonder that a loving God would ask you to stay pure for marriage, even though He created you with your sexual desires?

Our culture treats sex as if it has no spiritual or emotional value.

An 18-year old British college student is auctioning off her virginity on the Internet, and so far the bid is up to 10,000 pounds. Rosie Reid estimates that she will leave school over 15,000 pounds in debt, hence her drastic decision. Earlier this year, American Cathy Cobblerson, 24, offered her virginity on eBay for \$100,000 to pay off credit card bills (eBay later pulled the docket). Another cash-strapped student Peru, aged 21, was going to auction off her virginity on a Chilean radio station, but she backed out of her plan when a female benefactor offered her 1,700 pounds to change her mind.

Deep down inside the heart of every young woman are three longings. Let's take a moment to list them out again.

Now that you know the Truth about intimate relations and know a little about what the Word teaches, list some ideas you might use to show a special young lady that you are willing to guard those three longings of her heart. Find Scripture verses in the Song of Solomon that you can pray through in response to the three longings.

1. Am I lovely?

2. Will you fight for me?

3. Will you sweep me into a great adventure with God for us to share together?

Homework This Week

Pray Regularly

- Set aside time each day for prayer and worship
- Journal after or during your prayer time
- Attend prayer meetings prior to youth group of Sunday service
- Fast one meal this week
- Pray specifically for the areas you find yourself compromising in
- Pray for your future spouse. Pray specifically for the three longings of her heart.
- Pray for will power to do the right thing in your relationship (present or future)

Develop a Passion for the Word

- Take notes during church services
- Read the Word regularly
- Set aside some time to go over the notes at least one time before the next service
- Commit to memory Song of Solomon 2:10-12

Read *Hero*—Make sure you have read through chapter 15 by next meeting

Going Deeper

One of the things I have found helpful is to go through Psalm 119 and pray the verses specifically for my wife. For example, from Ps. 119:7, I pray that “she would learn the Word of God.” From Ps. 119:39, I pray that fear and reproach would drop off of her and that she would never be afraid of anything.” I have found over 30 ways to pray for my wife out of this chapter and make it a regular practice. Rather than giving them all to you, take time to get into the Word and make your own list. It will mean more anyway!

Session 5

Recap from last week: What do you remember from last week's study?

In Session Three, we made a list of practical choices that we could make to not only stay on track, but to win the race. What stronghold myth did Jasen tackle in Chapter Thirteen?

On pages 101-102 of Hero, there was a list of creative approaches for cultivating a relationship with your special lady, while simultaneously using wisdom and caution (remember, your special someone will not think of you as corny. On the contrary, if you're a man with heroic standards who's creatively building romance into your relationships, you're every young ladies dream!) Can you think of other ideas you've implemented in your relationships?

Now that we are in the creative vein, we are going to do a fun exercise. Take ten minutes to write down your dream scenario for proposing marriage one day. What restaurant will you go to? Will you have any regrets in your relationship up to that point, and will you have remained sexually pure? Will you have spoken with and received the blessing of her father (or an authority figure if he isn't in the picture?) As her hero, how will you ravish her heart?

On page 118, Jasen said, “A lot of people push the line the other way, asking, *How far can I go without sinning? Where’s the line? Can I touch you here? Can I go on to there?* But my line was backed up so far away from the danger zone that even if I blew it and kissed Rose, I wouldn’t have compromised my walk with God.”

This attitude is so vital to living like a hero in your relationships. Can you think of any example from the Bible where people pushed the line too much and found themselves sitting in the middle of sin and destruction?

We are reminded on page 119 of *Hero* that obstacles are ahead. There is no need to be fearful that we will fall, but we do need to be aware and “understand the times and know what to do.” (1 Chron. 12:32) One thing that helped Jasen was having a Christian friend who had always left his dorm room door open when entertaining his fiancé during his engagement. Jasen was wise to surround himself with other heroes with similar standards. In Galatians 3:1, the apostle Paul asked, “Who has bewitched you?” Notice that he didn’t ask, “*What* has bewitched you?” There is a big difference. What does the Bible say about choosing friends wisely? Can you think of any verses that communicate the importance of “learning how to warm yourself beside another man’s fire?”

Close in prayer

Homework This Week

Pray Regularly

- Set aside time each day for prayer and worship
- Journal after or during your prayer time
- Attend prayer meetings prior to youth group of Sunday service
- Fast one meal this week

- Pray specifically for the areas you find yourself compromising in
- Pray for your future spouse. Pray specifically for the three longings of her heart.
- Pray for will power to do the right thing in your relationship (present or future)
- Pray for your small accountability group that you started this week

Develop a Passion for the Word

- Take notes during church services
- Read the Word regularly
- Set aside some time to go over the notes at least one time before the next service
- Commit to memory 1Cor. 15:33, Prov. 27:17

Read Hero—Make sure you have read through chapter 16 by next meeting

Go Deeper

Next week we will spend the bulk of the time studying the Word and discussing practical application to our lives from the strategic Scriptures we look at. If you want to read more Scripture applying to the topic we discussed this , please look at 2 Peter 3:1, Eph. 4:1, 2 Cor. 10:5, Heb. 13:7, 18, 1 John 5:2-4, Prov. 10:17, 11:6, 4:11-13, Psalm 149:4-6.

Session 6

Open in prayer

This is the last time we are going to gather formally together to discuss *Hero*, but remember, this is not the end. These sessions have been only the beginning for each one of us as we journey together to become the heroes God created us to be in our generation.

During the course of this group study, we have learned and practiced some strategic things. You must continue to practice these disciplines. Remember, Job didn't just make that covenant in Job 31:1. He kept that covenant, through discipline and commitment to God. It will be the same for you. The simple disciplines of praying each day reading the Word consistently will separate the heroic men from the boys.

How do we take what we have learned and apply it to our lives so that we might finish the race well? Before we answer that question, let's recap the seven goals of the book *Hero*.

1. As a guy, your fight for sexual purity is actually a fight for your _____. Going to bed with a girl is not your ticket into manhood, but your ticket out.
2. The decisions you make today in your battle for sexual purity will cascade over the girls and guys around you today and over those that follow you in the _____. You are responsible for those decisions, and for those people.
3. Sexual purity starts with taking on the *mark of manhood*—that willingness to embrace _____ and social pain for the sake of God and His higher call, that willingness to make a firm stand for sexual purity in an antagonistic culture.
4. The popular media and your peers have created strongholds of thought and a double-minded approach to dating that keep you tripping up in your battle for purity. You need to understand where those strongholds are, and _____.
5. As a man, you are the one who is primarily responsible for leading your relationships into _____ and _____. It isn't enough to *set* the boundaries for what you'll do physically together. You must also *defend* those boundaries, with your entire heart.

You must defend God’s daughters and their purity, leaving every single girl better off for having known you.

6. As a generation, you can choose to do some hard things and reverse the sexual revolution that is gripping our nation, if you will choose to stand and fight together.
7. Teaming up with others can help you win. Team up with your dad, with your brothers and with your friends and leaders in the youth group. Make it your business together to win together.

Read 2 Peter 3:11-12, 14. How should we live our lives according to this Scripture?

Read 2 Peter 1:3-4. What does this mean to you?

Read Revelation 14:3-5. It says they “kept themselves pure.” This is a powerful concept. We cannot use God’s sovereignty as an excuse to be lazy. Each one of us must take responsibility for what God does in and through our lives. Have you ever wondered why that some seem to run faster and go farther in the Kingdom than others? After all, God loves us all the same and has called each of us to a clear and strong purpose. The truth is, at the end of the day, there are many chosen and talented individuals who lose the race (like Judas Iscariot) because they chose not to take responsibility for what God was doing in their lives and they chose not to finish strong. Let’s take a look at the following verses and see how they’ll help you take responsibility and finish strong in the race for purity in your relationships:

1. Jude 20-21. What does it mean to “keep yourself?” How can we do this?

2. Acts 19:21. How do you “purpose in your spirit?”

3. Acts 7:38-39. What does it mean to “in your heart, turn back to Egypt?” What do the following verses have to do with this principle? (Psalm 95:10, Psalm 44:18, Hebrews 3:10)

4. Read Mark 9:22-23. Notice that Jesus was asked, “Can you,” but He responded with, “Can you?”

5. Read 3 John 2. What does this tell you about the relationship between who you are on the inside and what God can do through you?

6. Read John 10:10. The apostle John said that Jesus has come that you “might” have life. Whose responsibility is it to make sure the “might” happens?

What is the bottom line? You have been entrusted with much truth and wisdom during the previous sessions. If you don't get with it and apply it to your life, it will become nothing more than another batch of information sloshing around in your head. Look, reading about heroism is good. Desiring to become a hero is even noble. But *becoming* a hero is your cause. It's everything.

Ask God to help you become a hero. That's important. You should pray that way. But remember, when you are staring temptation in the face, God won't make the choice for you. Yes, He'll make a way of escape for you, and He'll be cheering you on! But it will be you making that

choice. Will you take that way of escape? Will you apply the principles you've learned, and escape the temptations so common around you?

As we close, let's take a look at one more story from Scripture on the subject of taking a stand. There are some concepts David understood before he defeated Goliath. If we are going to defeat the giant sexual enterprise in this great country of ours, we need to understand David's mindset.

Read 1 Sam. 17:1-53.

Goliath came out taunting God's people regularly, challenging them to send out a man to face him in battle. Your enemy isn't bashful or afraid, either. But just like Goliath, he is on the losing side. With Jesus Christ as your Savior and with the Holy Spirit living inside you, you will always be on the winning team. You will not be fighting *for* victory, but *from* victory. But to be a champion on the battlefield of dating, you'll also need to develop genuine character, like David did. David's character traits help us understand why he defeated Goliath so easily:

1. David was _____. In verse 20, we're told David "left the sheep with someone". He was resolute and faithful in even the small areas of life. What "small areas" are you going to be faithful in as you take on this giant called sexual impurity?

2. David _____ lightly. In verse 22, we're told that David set aside his baggage and supplies, in order to run to the fight. Is there any baggage that you need to lay aside, such as guilt and shame, or even that girlfriend you need to break up with because her weaker standards are weighing you down in the fight?

3. David had a kingdom focus. David's countrymen said, "The giant is so large that we cannot win." Instead, David said, "He is so large that I cannot miss, and besides, he's challenging the

glory and honor of the living God!” What you see will largely determine your outcome. While David’s countrymen always fled away from the battle because of Goliath’s size (verse 24), David actually ran to the battle! Sure, when it comes to the Baal culture, you’re up against a giant. But what does the Word of God say that promises victory?

4. David knew his _____, and that it was worth fighting for (Verse 29). As a result, David became a hero in his generation. What cause is motivating *you* to become a hero in *your* generation?

Point to drive home: To establish a legacy for future generations, to model for our culture how to have a healthy relationship, to fulfill the three longings of the heart of the young lady I will marry someday, etc.

5. David fought _____. David enjoyed public victories, but only after he had enjoyed private victories (verses 36-37). What are some private victories you need to have before you can change the course of this country?

Point to drive home: Defeat the fear in your life that says you cannot win and you will always struggle. Defeat the atmosphere of your home, even if you’re growing up in a house with unbelieving parents who don’t support your faith in Christ. Learn to defeat the enemy when he tempts you.

6. David knew the _____ he had at his _____. David knew where to go in order to get the weapons he needed to win (In verse 40, he went to the brook or river, for instance). When you face the battle head-on, where will you find your weapons? Within the context of David and Goliath, what does Hebrews 4:12 mean to you?

Point to drive home: The Word of God is our weapon in defeating the enemy. The head is where the mouth is, and as you chop off the enemy’s head you also silence his mouth. The Word of God (Mt. 4) is our weapon in silencing the mouth of the enemy as he lies to us.

7. David _____ the giant. He was the only one out of the crowd that was willing to stand up and fight. Because of one man, Israel enjoyed victory that day (Verses 51-53). As you fight this giant in your personal life and become the hero God created you to be, what types of victories do you want to see happen in your generation?

Point to drive home: Stop the pornographic industry from thriving, produce movies in Hollywood that are entertaining and yet morally pure, write songs that will be #1 sellers without exploiting women as objects, model for young boys what a man of God is really like, see your children grow up in a home that isn't ravaged by divorce and adultery, etc.

With this material fresh in your mind, let's close with this exercise. Write down the goals you have for yourself, the priorities you are establishing, and the strategies you'll implement to become a hero. Be detailed. Once you are finished, seal them up in an envelope and hand them to your pastor/teacher/facilitator. Since they are sealed, they'll remain private. Six weeks from now, take responsibility to set a personal time to re-connect with your leader, and ask him to bring that envelope to your meeting. Open the letter and read it in front of him, and honestly report where you are in the process. Pray together. Remain transparent. Ask your leader to keep you accountable. Ask your friends to keep you accountable. Perhaps one day at your wedding altar your leader will present this letter to your spouse at the same time you're presenting your own letter to her.

We are proud of you for rising above the cultural lies and for being a man. Because of your heroic walk with girls, our world will never be the same.

Closing declaration in prayer:

Thank you, Lord, for young champions who are willing to run towards the battle lines. They cannot be denied the victory!
