

The Lord gives us a GPS Road Map to finding fullness of life, the best life possible in love, romance, sex and life. The readings in this guide will help you keep a commitment to obey God's instructions and follow His design to the best!



MONDAY

Guard your heart with all diligence!



Proverbs 4:23

23 Keep thy heart with all diligence; for out of it are the issues of life.

The Lord instructs us to guard our hearts. Love and romance are very special, very profound, very powerful. The Lord who created them knows that our hearts can get very bruised and hurt and damaged and hardened if we do not approach love and romance very carefully and responsibly. The Lord does not want us to suffer in these ways. He wants us to have **fullness of life** and be able to love others fully and completely, and to be loved in right and genuine life-giving ways.

We see in scripture that the Lord who created us is the creator of romance and He designed romantic love and physical intimacy to be a deep lifelong bond between a married man and woman. We see in **Matthew 19:4-6** and **Ephesians 5:31** that the Lord intends for us to give ourselves in physical intimacy to a person we are committed to love and care for the rest of our lives. This means that we must be very responsible and very cautious and careful with relationships.

TUESDAY

Let the Lord be your source and your guide!



A key to keeping our heart is to **put the Lord first** in our lives and **seek and trust Him to fill us with His love and His comfort, to be our protector and helper, and to make a way for us to have fun, meaning and excitement in safe ways**--until He brings a special man into our lives to marry. The first commandment the Lord gave to every human being is to put Him first. When we **find Him as our source** of life and all that we need, then we are not desperate to get what we need from others. We do not make terrible mistakes out of our desperation and we do not make impossible and harmful demands of others to be all that we need, which crushes relationships and can be a cause of violence and destruction. Having other gods before the true living God and Father of Jesus Christ is called idolatry. A god is what we worship and bow down to and who we look to as our source of all we need and our guide. Idolatry is the root of all other problems in life for all of us.

Exodus 20:3 *"You shall have no other gods before me.*

Psalm 144:15 *Happy are the people whose God is the Lord!*

Psalm 146:5-6

5 *Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God:*

6 *Which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever:*

Psalm 36: 7-9

How precious, O God, is your constant love! We find protection under the shadow of your wings.

8 We feast on the abundant food you provide; you let us drink from the river of your goodness.

9 You are the **source** of all life, and because of your light we see the light.

WEDNESDAY Follow God's instructions. He knows best & wants the best for us!



The Lord wants us to have the fullest life possible. To have this, we must **obey the Lord and follow His instructions** for living. We must **trust** that He wants what is best for us and obey His commands and guidelines for living. (We can pray for those who do not understand God's design and God's best and have missed God's best. He can help them find the way.)

John 10:10

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Proverbs 14:12

12 There is a way that seems right to a man, But its end is the way of death.

Proverbs 3:5-6

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

Psalm 34:8-10

8 Taste and see that the Lord is good; blessed is the one who takes refuge in him.

9 Fear the Lord, you his holy people, for those who fear him lack nothing.

10 The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

Psalm 1:1-3

Blessed is the one who does not walk in step with the wicked

...2 but whose delight is in the law of the Lord, and who meditates on his law day and night

...whatever they do prospers.

THURSDAY

God's Love is Real!

Reach out to Him & let Him be there for you!



The Lord is able to be to us **a source of perfect love throughout our lives**. The scriptures are full of passages about His love for us. Here are a few. We hope you will get into the Bible to discover many more for yourselves!

Psalm 36:5-9

5 Your love, Lord, reaches to the heavens, your faithfulness to the skies.

6 Your righteousness is like the highest mountains, your justice like the great deep.

You, Lord, preserve both people and animals.

7 How priceless is your unfailing love, O God!

People take refuge in the shadow of your wings.

8 They feast on the abundance of your house; you give them drink from your river of delights.

9 For with you is the fountain of life; in your light we see light.

Ephesians 3:17-19 *And I pray that you...¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge.*

Psalm 63 *Because your love is better than life, my lips will glorify you.*

FRIDAY

God's Comfort & Protection are Real!
Call out to Him and let Him be there for you!



The Lord wants to be our comfort and protector, until He brings a man into our lives to help comfort and protect us.

Psalm 23:4

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.

Psalm 3:3

But you, Lord, are a shield around me, my glory, the One who lifts my head high.

Psalm 32:7

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Psalm 27:1

*27 The Lord is my light and my salvation; whom shall I fear? **the Lord is the strength of my life; of whom shall I be afraid?***

SATURDAY

Trust God & Follow His Clear Instructions! He Knows Best!



What are we to obey concerning love and sex? Here are the Lord's clear instructions:

Matthew 19:4-6 *4 "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' 5 and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? 6 So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."*

II Timothy 2:22 *Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.*

Most of the culture around us does not understand or live by God's ways. Much of what we see on TV, movies and social media is going against God's commands. The Lord tells us clearly in His Word, the Bible, that most of the world is living outside of His will and that to follow Him we need to have our minds renewed and transformed. We do this through reading the Bible and spending time with God's people.

Romans 12:1 *12 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform 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.*

1 Thessalonians 4:3-8 *It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control your own body in a way that is holy and honorable, 5 not in passionate lust like the pagans, who do not know God; 6 and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. 7 For God did not call us to be impure, but to live a holy life. 8 Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.*

SUNDAY

Preparing for that special guy!



As you dream about the man you would like to marry one day, you can begin now to pray for the Lord to be preparing you and that special guy for one another! And while you wait to share sex in that lifelong committed relationship, there is plenty to focus on now in preparing to be the most loving wife possible!

God desires that a woman respect her man. You can start now by showing respect to young men.

Ephesians 5:33 *However, let each one of you love his wife as himself, and let the wife see that she respects her husband.*

God desires that a woman be kind and encouraging with her words. You can start now by learning to speak kind and encouraging words, and learning not to speak destructive words.

Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only **what is helpful for building others up according to their needs, that it may benefit those who listen.***

Here are some of the things God says about a terrific wife:

Proverbs 31:10 *A wife of noble character who can find? She is worth far more than rubies ...She works with eager hands" "sets about her work vigorously; her arms are strong for her tasks.*

(She is industrious and not lazy)

...She is clothed in fine linen and purple. (She dresses attractively)

...She speaks with wisdom, and faithful instruction is on her tongue. (She is wise)

... Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised.

(The Lord is telling us that all a woman's work on being beautiful may at times be self-centered and selfishly used to get her way. But a woman who truly fears and honors the Lord will be loving through and through and serve her husband and family well.)

God desires that a woman dress modestly in public so she does not tempt other men. You can start now.

1 Tim 2:91 *that women should adorn themselves in respectable apparel, with modesty & self-control.*

- Sunday continued on next page -

SUNDAY, continued

Preparing for that special guy!



God desires that a woman be peaceful. May sound impossible, but God is a lot bigger than us and His power and care for us provides for us to have peace! You can start now by finding peace that the Lord provides by being His child and trusting in Him for all you need in every circumstance. One of the reasons Jesus came to this earth is so that we can have peace. Being peaceful is a gift to those we love!

1 Peter 3:4 But **let your adorning** be the **hidden person of the heart** with the **imperishable beauty** of a gentle and quiet spirit, which in God's sight is very precious. ♥♥♥

Getting things done in the home and facing disagreements makes life challenging for wives. The Lord gives a stern warning on what not to do in the Proverb below. So when you begin to spend time with young men, you can start young in preparing for a great marriage by asking God to give you a heart that truly respects and honors, builds up and inspires others to do their best; a heart that is understanding and sincerely interested in other's needs and thoughts; a heart that puts others before self. You can also begin developing the habit of "letting go and letting God". In other words the habit of praying a lot and saying less. And if you find a young man you like is unresponsive to your expressed needs and desires, this is a big red flag warning that it's best to get out of the relationship before giving more of yourself and making a long-term commitment.

Proverbs 21:19 *Better to live in a desert than with a quarrelsome and nagging wife.*

Wives are to submit to their husbands. You can start now by respecting leadership by men. The Lord does not say women cannot lead, but in the home and in the church, God instructs that men are to be the main ones in charge. Here's what the Lord wants that to look like: A loving husband will listen to and respect all his wife's opinions and needs and a loving wife will speak up to share her opinions and needs and pray diligently for the Lord to guide her husband while she allows the husband to make the final decision. The loving and godly husband will make decisions prayerfully and lovingly in everyone's best interest, following the model of Christ who gave His very life for the church. **True love!!!** ♥♥♥

Ephesians 5:22-24 *Wives, submit yourselves unto your own husbands, as unto the Lord.*

23 *For the husband is the head of the wife, even as Christ is the head of the church...Husbands love your wives as Christ loved the church and gave Himself up for her.* ♥👤♥👤♥👤♥👤♥👤♥👤♥👤♥👤♥👤♥

When we are saved, God's spirit comes to dwell in us and enables us to obey Him and reap the rewards of obedience. We are saved when we recognize our need to be made right with God, ask His forgiveness, and receive a new heart and new life in Christ. This is what the Bible calls being born again. When we are saved God adopts us into His forever family and the way is opened to us for a close and intimate relationship with God. **You can pray now to be saved if you have not done this.**

"Dear Lord Jesus, I need to ask for your forgiveness for all the ways I have ignored your commands, disobeyed you, hurt and harmed others, and messed up. I am sorry Lord and I thank you that you died on the cross for my sins to save me and to make me a part of your family forever! Would You forgive me and come into my life right now to be Lord of my life and give me a new heart? Would you place your spirit in me and help me to obey you? Thank you for all you have done for me! Amen."

Clubs In The City
Youth Development
clubsinthecity.org

ROAD MAP TO GOD'S BEST

For Girls