

# Now Regrets: Week 3 - Thirsty

**KEY TAKEAWAY:** God wants to move you from admiration to adoration.

[Author Note: Pull out the dried-up flower from the first two weeks. Show students how its lack of life has made it flimsy and brittle. Maybe crush it up a little and hand it to your students so that they can see and feel what happens when we're thirsty.]

## RECAP

**WEEK 1: If you don't work on your heart, it will work against you.**

- Our hearts hold the thing that affect us the most.
- Whatever is put in can come out, we don't have much control what or when that happens.
- We have allowed good and bad things in, therefore our hearts are not completely trustworthy.
- We must guard our hearts and what we allow in.

**WEEK 2: How you date affects who you become.**

- Dating patterns we establish now will shape your future relationships, for better or worse.
- Can you see yourself marrying this person? Date with the future in mind.
- Look for red flags and deal with the small problems before they become big ones, "catch the small foxes".
- Set an example by dating for tomorrow.

## INTRO

One of my favorite words that has popped up in teen culture is the word "thirsty." Here's how it's used: "That girl loves attention. She's thirsty." If you're not a culture snob and have no idea what I'm talking about, "thirsty" literally means desperate. It's when someone would do anything to capture the affection and attention of others. They do this through the selfies they post and the way they dress. Being "thirsty" is not a term of endearment.

I love this term because it does a great job of describing the "why" behind our behavior. When a plant starts to dry out, its roots will spread in every direction possible to get some moisture. When a human is thirsty for attention, they will cross any boundary and sacrifice their last shred of dignity to get attention.

But before we cast judgement on those we deem thirsty, we all need to be honest. Everybody is thirsty for attention. We live in a culture that is thirsty for attention and admiration. Thanks to smartphones, our accessibility to getting attention has made people more desperate than ever. You now have an audience of millions of people who are capable of giving you the attention you crave.

When accessibility becomes easier; the value of that object cheapens—which is exactly what has happened with how we view sex and the value it actually has.

## THIS WILL LEAVE A MARK

There's a tension when we talk about sex in church, because it always brings up the conversation of sex before marriage. I'm sure you've heard this before: "Don't have sex, because you might have babies or get an STD." However there are things that are more destructive than being 15 and pregnant.

We love to focus on the physical dangers of sex, and we tend to completely ignore the spiritual consequences. Sex is physical, emotional, and spiritual. It's physical in how it feels and the desire we have. It's emotional in the fact that liking the person is required to initiate or receive it. It's spiritual because it was designed to take two people and make them one.

### 1 Corinthians 6:15-16

*15 Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! 16 Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh."*

Sex is more than what's happening on the outside. It affects us from the inside out and shapes who we are becoming. God designed sex to be life-giving and to lead us into a relationship that is close, He describes the married couple as "one flesh." The two people come together in a collision of love, and the two become one. But when you try to have sex before marriage and go against God's design, that collision of love looks more like a car wreck. A piece of your heart is given to someone, they'll hold onto it for the rest of their lives. That's gonna leave a mark.

## ADMIRATION

Admiration is the approval we get for what we've done. It's temporary, and it's only good for a short time before you have to do something more to keep it alive. When we use our bodies to seek admiration, we end up destroying ourselves physically, emotionally, and spiritually.

We're all thirsty. We all have a desire to be with someone. God has a plan for how that should happen. Not because He's keeping something from us, but because He's leading us to something better.

God has a plan for us called purity.

- Purity doesn't mean you've never had sex.
- Purity is the quality of your heart and knowing that sin doesn't drive your desires.

### 1 Corinthians 6:17-18

*But he who is joined to the Lord becomes one spirit with him. 18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.*

Having a sex drive is actually good. God designed you that way. It's when we let that sex drive control us, we get into trouble.

Purity—meaning God's plan to having a high-quality heart—will always lead us to a better life. Purity leads to intimacy.

This intimacy goes beyond being admired. We like to think that admiration is the same as love or intimacy, but it's not. God never intended for you to just be admired. God created you to be adored.

## ADORATION

- Admiration is the approval we get for what we have done.
- Adoration is the love we receive for who we are.

In the beginning, God created Adam and Eve, and He adored them. There was nothing they could have done to earn His adoration. He loved them for who they were, and He still loved them after they messed up.

Can you imagine if God based His love on approval? The Genesis story would look like this: God created Adam and Eve, and they messed up, so God walked away to try something else.

Does this story sound familiar? It's how you and I treat people when we are thirsty and we reach out for admiration. God adores you, and the Genesis story turns toward hope instead of abandonment. God made a way to restore Adam and Eve because they were His children and He adored them.

God adores you, too, and His heart aches every time you abandon His adoration for other people's admiration. You were created for a purpose and to reflect a God who loves you. That's why Paul writes this:

*1 Corinthians 6:19-20*

*19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.*

God adores you and only wants what is best for you. Any romantic relationship you have should reflect or be similar to that adoration. You have value, and because of that value you should be treated in a way that honors God. You are worth so much more than to simply be admired.

## LANDING

- You were created to be loved and adored.
- You were not made to settle for the approval of others.
- You were made for unconditional love.

Only God's adoration will give you life. Anything else will make you look like that dried-up flower.

Will you settle for the world's admiration? Or will you seek God's adoration?

Would you rather date someone who only admires you or someone who adores you?

What will you use to quench your thirst? One will dry you up and leave you empty. The other will lead you to life everlasting and a pure heart.

## Discussion Questions

- How would you describe someone who is “thirsty”?
- What are the potential dangers of pursuing a relationship because you are thirsty?
- What does purity mean in your words?
- How does your definition of purity apply to your relationships?
- In general do you think God thinks positively or negatively about sex?
- How would you describe the difference between admiration and adoration?
- How important is physical attraction in a relationship?
- How are admiration and physical attraction similar?
- How would a relationship based on adoration look different from one based on admiration?
- Why would it be better to date someone who adores you over someone who admires you?
- When you are ready to date, how would you find someone who will adore you, what qualities and attributes should you look for?