

How to Have Healthy Guy/Girl Friendships

Hope Auer

What's My Take On This?

- * Exclusive Relationships
- * The Friendship Extremes
 - * Too much
 - * Too little
- * The Happy Medium... is Christ-Centered



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What is Emotional Entanglement ?

Not being able to think straight because your emotions are too tied up in a particular person



<http://www.sxc.hu/photo/1195623>

Then what is Emotional Purity?

Keeping your thoughts about the opposite sex safe and reserved for your future husband/wife: not being emotionally involved or entangled or feeding attractions until the proper time



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What's a Crush?

An absolute infatuation (or feelings of being "in love") with someone of the opposite sex



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What's an Infatuation ?

A foolish or all-absorbing passion



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What do you mean by "Flirt"?

To court triflingly or amorously without serious honorable intentions



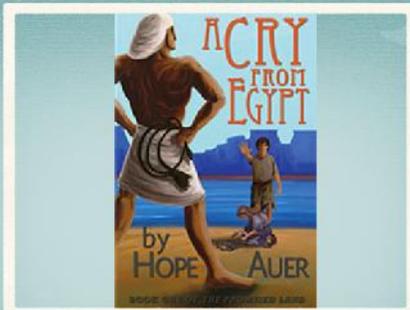
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Scenario #1: Emotional Purity

Sarah and Chris

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Scenario #2: Crushes

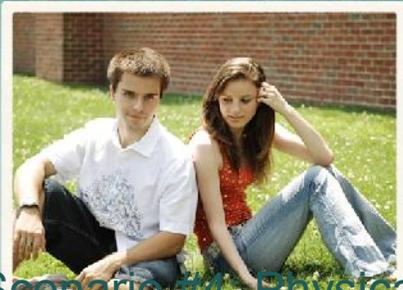
From my book, "A Cry From Egypt"



Scenario #3: Too Little

Admirers From Afar

<http://www.sxc.hu/photo/550107>



Scenario #4: Physical Purity

A Young Man's Struggle

<http://www.sxc.hu/photo/1210044>

What Happened?

- * Sarah and Chris: Too much
- * Jarah and Ezra: Feeding a crush
- * Jason and Hannah: Too little
- * Sam and Amanda: Carried Away
- * Christ wasn't at the center



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So... Now what?

- * Relationships revolving around self
- * Friendships revolving around self
- * How do we get past self?
- * YOU PUT CHRIST FIRST
- * My struggle

Crushes aren't Inherently Evil!

But what you do about your crush could lead to sin.

Why is This Important?

- * Saves from heartbreak and failed relationships
- * Helps keeps our hearts, minds, and bodies pure and devoted to Christ
- * Makes our relationships with the guys/girls in our lives edifying and fun without playing the guessing game
- * And most importantly, God commands it!

What does the Bible have to say about Emotional Purity?

Proverbs 4:23, "Watch over your heart with all diligence, for from it flow the springs of life."

Colossians 3:2, "Set your mind on things above, not on the things that are on the earth."

1 Thimppians 4.6, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and anything worthy of praise, dwell on these things.”

1 Timothy 5:1-2, “Do not sharply rebuke an older man, but rather appeal to him as a father, to the younger men as brothers, to the older women as mothers, and to the younger women as sisters, in all purity.”

What Does the Bible Have To Say About Physical Purity?

2 Timothy 2:22, "Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart."

1 Corinthians 6:18-19, "Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?"

1 John 2:16, "For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world."

1 Thessalonians 4:3-4,
“For this is the will of
God, your sanctification;
that is, that you abstain
from sexual immorality;
that each of you know
how to possess his own
vessel in sanctification
and honor.”

How to Handle a Crush or Infatuation Biblically

- * Renew your mind - Put God first!
- * Pray... A lot. And pray for others.
- * Guard your heart and thoughts
- * Put some distance so that you're not always thinking about him/her
- * Treat them as a brother/sister
- * Treat them as if their future spouse was in the room - as if they're already married!



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Overreacting

- * Did he do what I think he did?
- * Did she do what I think she did?
- * Don't jump to conclusions!
- * Give each other a break



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How to Avoid Emotional Attachment

- * Always keep them in perspective as a brother/sister or as someone who's already married
- * Don't get too deep or personal. What's in your heart is reserved for you, God, and your future spouse alone.
- * Use discretion with social media
- * Avoid physical contact

How to Interact Via "Social Media"

- * Facebook
- * Email
- * Texting
- * IMing
- * Passwords
- * Phone Calls
- * Internet Filters



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Physical Contact

- * Who am I honoring?
- * Am I flirting?
- * Are they comfortable?
- * Would I do this to my brother or sister?



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How to Get OUT of Emotional Attachment

- * Realize and confess your sin to yourself, to God, to your parents, and if necessary, to the family of the person you're attached to
- * Have your parents help you break off the attachment
- * Distance yourself and learn to live without that attachment
- * That doesn't mean you can't be friends or can't talk

Experiencing Heartache

- * Where to turn
- * How to treat those who have hurt you



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Giving Your Parents Your Heart

- * Strive for Purity
- * Be open and honest
- * Look for help
- * Parents are much smarter than us!
- * Ephesians 6:1-3
- * My commitment



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Practice on Your Family

- * Respect your parents
- * Honor your brothers/sisters
- * Learn to love unconditionally
- * 1 John 4:7-8



Accountability

- * Have your parents watch the young men/young women in your life
- * Find close friends of the same gender to:
 - * watch how you interact with people in public
 - * pray with you and challenge you



<http://www.sxc.hu/browse.phtml?f=download&id=1174716>

What To Do in Friendship

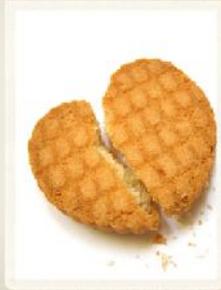
- * They can be close friends
- * They can be your brothers/sisters
- * You don't have to be paranoid
- * You don't have to avoid all eye contact or never give them a hug



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What If It's Too Late?

- * It's never too late
- * Jesus's blood washes us whiter than snow
- * Our sin is forgiven
- * Our hearts can once again be made whole
- * We just have to fill our hearts with Christ



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And Wait!

- * There's more!
- * The benefits of waiting
- * God's love
- * His Joy
- * His Best



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But You Must Remember...

- * Always put God first
- * Make sure you're edifying and encouraging each other in Christ
- * View them as human beings, not prizes or trophies



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