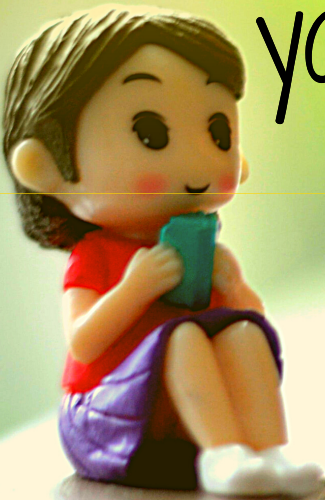


Girls,
Here's what
you never
knew...



**God's way to fireproof you
from relationship pitfalls**

By Kim D'Souza & Alisha Jose

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Designed & Published by: PursueHim Media,
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www.pursuehim.net/girlsbook
Cover Image Courtesy: June (Pexels)

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Introduction



Hello dear girlfriend,

Maybe you are single and waiting to get married. Maybe you are in a relationship, but not sure if it's from God; or perhaps you are dating the man you want to spend your life with. Well, wherever you fit in, we created this resource exclusively for you!

Every 'single girl' has a story. Sadly, many of these stories are filled with heart breaks, pain, rejection, confusion, hidden hurts and even abuse.

What could have gone wrong? Any tell-tale signs that I missed? Or better still, going forward, how can heart aches be avoided? And how do I know if he is the right man for me?

We know, there are many such questions that come in your mind, which you don't talk about in the open or are juggling with thoughts of what is right or wrong, and don't know who to ask. Here is where this resource will help in exposing the schemes of the enemy and fireproof you from opposite sex relationship pitfalls.

You see, God has placed in us a desire and need for relationships, especially marital - we are with you on this! But we also have to be intentional in stewarding our hearts and bodies because when it comes to the opposite sex, if we disregard the boundaries placed by God, it can cause terrible pain and trauma.

As you delve into this book, it will help you eliminate the guesswork from your situation and provide you with clear-cut Biblical guidelines and answers to your questions.

So, go ahead and dig deep. Our prayer is that as you turn its pages, you will be set free!

We love you,

XOXO

Kim & Alisha

CHAPTER 1

You are
worth waiting
for



Hey girl, look at yourself.

Just pause reading for a moment and look.

Most of how you see yourself is based on what your family, friends or people around you have said about you at some point in your life.

You were told that your complexion was not so fair. And for years you have not dared to step out of your house without makeup.

'Dark' became your identity.

Your boyfriend remarked jokingly that your face cut was odd, and from that moment you went into a shell, losing your confidence and hiding behind your oversized spectacles.

'Inferior' became your identity.

Someone made fun of your pronunciation and the once bubbly girl now has become timid and an introvert, finding everyone else better than her.

'Shy' became your identity.

You made a terrible mistake in life and every day you are haunted by condemning thoughts.

'Failure' became your identity.

Hold on!

Now what if we told you that's not who you are, that's not your identity. And that you are looking at the wrong mirror!

Now close your eyes and 'look' at yourself again. But this time, we want to remind you how God sees you.

You are beautiful...the way He created you (*Psa 139:14*). Without any filter or effects. Every mole, spot or kink on you is precious!

You are unique, valued and accepted by Him (*Isa 43:4*). That means you don't have to run in popularity races or strive for a man's acceptance.

You are loved unconditionally (*Rom 8:38,39*). That means there is nothing you have done or could do that would make God stop loving you.

And, you are worth waiting for!

You are worthy of being pursued and honoured for more than just your physical attributes.

Now that's your unchangeable identity irrespective of your past and what people have said about you.

This is not some motivational talk, but these are unshakeable truths from God's Word that He wants you to know. For a long time, you have been looking at yourself from the eyes of others, but your REAL WORTH is when you look at yourself from God's eyes.

CHAPTER 2

How daughters
are different
from girls



Imagine a girl who was lied to all through her life that she was an orphan, and she now discovers that she has a family. Her whole world will change - From a place where she thinks no one cares, to now knowing that she belongs somewhere!

Further, what if someone whispers into her ears that the family that she belongs to is a royal family? The way this girl will now think, walk or talk will be very different.

That's exactly who you are - not just any other girl, but a part of the royalty - the daughter of the King of the Universe, and that's sure to change the way you live your life.

We live in a culture where everything is ok, but you are God's daughter - you are in this world, but not of it. And God wants you to grow into a woman of honour, who knows her identity well as a daughter.

Daughters are different from girls

A girl is frivolous in her attitude and is easily swayed by situations and the opinions of people around her. She lives for the moment and her life revolves around her friends, date nights, social media followers, likes and comments. A daughter, on the other hand, knows that she has a purpose in life. She is intentional about leaving a legacy behind and is very careful who she walks with.

A girl craves for attention from people and has an overwhelming concern about her physical appearance. She is under constant pressure to look or dress up a certain way and hence makes irrational or compromising choices to keep up to it. In contrast, a daughter is confident in the fact that she is beautiful the way her Father created her (*Psa 139:14*). She dresses up as a royalty - Her clothes may be simple, yet they carry the finesse of who she belongs to.

A girl's attitude and lifestyle gives access for boys to make 'approaches', while a daughter wraps herself with dignity (*Pro 31:25*). Her walk and her talk are filled with grace, and others know where to draw the line.

A girl is driven by her temporary craving. She thinks that she is the centre point of the entire universe, and is led by her emotions and mood swings, whereas a daughter is secure in the love of her Father and is thankful to Him in everything (*1 Thes 5:18*).

A girl is quick to get into relationships and easily pulls her walls down. She struggles to say no because she doesn't want to break the heart of man. A daughter knows that she is worth far more than rubies (*Pro 31:10*). She is bold enough to say 'No' and preserves her body for the union of marriage. Not breaking her Father's heart is more important to her than anybody else's!

Rise up daughter of God!

There is an unspeakable joy and fullness that comes from knowing who you are and whose you are.

And, the only person standing in your way to live in that fullness is not the devil or your boyfriend, but you yourself!

So, rise up daughter of God!

And, now that you know your real identity - who you are and to whom you belong, we want to introduce you to your first date!

CHAPTER 3

Get your first
date right



We girls love Korean dramas and Rom-Com movies, isn't it? Those mushy love stories where a prince charming comes your way and your heart starts beating fast. Soon moonlight walks and chocolate gifts follow. Your Facebook relationship status changes and you live happily ever after!

Well, we have two pieces of news - one is good, and the other not so good. First, the latter - Unlike what movies or serials show you, love is not really about feelings or butterflies in your stomach. In reality what we see around us mostly is selfish and self-seeking lust garbed in the attire of love.

But the good news is - Someone, who Himself is love (*1 Jhn 4:8*) is willing to walk alongside you and lead you in your journey to discover a reflection of His kind of love!

Because nobody knows the script better than its writer. Nobody knows your story better than the one who formed and created you. And no matter what your life looks like right now, He has good plans for you.

He is your beloved calling out to you, "*Come away with me, my beautiful one.*" (*Sos 2:10*)

You see, your relationship with Him is like the first button of a shirt. If you don't put the first button right, no matter how much you try, the other buttons (your marriage, career, family) will not fit right.

So, first things first, get your first date right.

Get to know love.

Get to know Jesus.

Oh, I know Jesus

"Oh, I know Jesus. I have read the Bible. I even go to church," we hear you.

Well, the word 'know' in the Bible talks of intimacy.

The first time it appears is in *Genesis 4:1*,

Adam knew Eve his wife, and she conceived...

Now that's something serious! It is knowing someone not at a head level, but at a heart, soul and mind level.

God says in *Jeremiah 29:13-14 (MSG)*,

When you get serious about finding me and want it more than anything else, I will make sure you won't be disappointed.

Knowing God means walking with Him closely on a daily and consistent basis. The more you know someone the more you are able to trust that person.

How many of you have this fear that if you submit to God's choice for your man, He will make you marry a person you are not so attracted to? Now that's a crazy thought! And that's exactly what we are talking about - That fear is originating from the fact that you don't really 'know' God.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. (Jer 29:11)

Jesus wants the best for your life and the person He brings into your life will not be perfect (neither are

you!), but you will be blessed beyond measure if you wait on His choice for you.

How can Jesus ever understand what a girl goes through?

“But isn’t Jesus too close-minded, and the Bible like a rule book with dos and don’ts? Moreover, how can Jesus ever understand what I go through?”

Well, Jesus is for you; He is in your team. What you go through, whether it is frustration, temptation, disappointment or rejection - He has been through it and He understands it all.

And no, He doesn’t like to withhold pleasure from you and neither is He close-minded. If you think the Bible places restrictions, it is not because God wants you to be desperate and miserable, but beyond those boundaries is brokenness and scars and He loves you so much that it pains His heart to see you hurt.

You see, God is good and He has good in store (*Psa 119:68*). But whatever God does, the devil impersonates and corrupts to destroy God's children.

God wants you to live a life of abundance; whereas the devil's only agenda is to steal, kill and destroy (*Jhn 10:10*).

God is the author of love, while the devil mars it with lust.

God initiates relationships, but the devil misuses them to manipulate people.

But here is where you have the power to choose:

Either God's way as outlined in His Word or the world's way as you see things happen around you.

So, get to know Jesus!

And, when you really know Him, the following six lies related to singlehood and marriage will no longer have a hold on you.

CHAPTER 4

Six lies girls
believe



Lie #1: If I am single, there is a problem

Many girls live like second-class citizens because they don't have a boyfriend by their side. Well, if you think singleness is a problem, you are mistaken. And further, if you think marriage or getting into relationships is the solution, you are badly mistaken!

With age catching up and societal pressures, many girls jump into wrong decisions about their life partner. A girl may see a number of red flags, but she thinks, "It probably will not be the best marriage in the world, but what could be worse than living alone?"

Well, we have come across many married women who are going through miserable marriages and they will shout from rooftops that staying single is much better than a 'bad' marriage!

You see most girls get into relationships or marriage because they are lonely (not because they are single). Loneliness is not the same as singleness and if loneliness is your motivation to get into a

relationship, STOP, because it will not solve your problem. In fact, you can be surrounded with people all the time and yet feel lonely. You got to deal with the root!

When God made Adam, he lived in fellowship with God, God saw all that he had made and it was very good - nothing lacking, nothing missing (*Gen 1:31*). Adam was single, but he wasn't lonely, miserable or desperate for a partner. He had the creator of the universe for company!

And, at the right time, it was God who decided to make a helper suitable for Adam. That's how God does it - Births things out of fullness. The devil on the other hand - pushes you to make decisions out of lack, anxiety or fear.

Single or married, sixteen or sixty, fullness of joy and fellowship is only found in God's presence (*Psa 16:11*), and until you relate properly to God, you won't be able to relate properly to anyone else. Remember the first-button in the shirt?

Luke 10:27 says: 'Love the Lord your God with all your heart and with all your soul and with all your mind.'

So, God takes your heart, your soul (feelings) and your mind (thoughts). Oh! what sweet love from heaven when you tap into that. You will never feel unloved or lonely once you taste God's love, and from this overflow is where you step into marriage!

So be thankful and celebrate your singlehood. There are so many things you can learn, unlearn and discover about yourself during this time. Most of all you can seek to prioritize your relationship with God above everything else and allow Him to prepare you.

Lie #2: My man will complete me

Nothing can be farther than the truth. Men and women are not designed to complete each other, rather complement each other. If you are believing for someone else to 'complete' you, your eyes will always be on that person to perfectly meet all your needs and that's how heart breaks happen, because that is something that only God can do.

Marriage is not about two incomplete people coming together. But for a child of God, it is the coming together of two "new creations". *2 Corinthians 5:17 (NLT) says, "Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"* And, out of this internal change, our external actions follow!

Listen girls, marriage is not where love is found, but where it should be given. Marriage is about sacrifice more than entitlement; giving more than getting, serving more than being served and you will be able to do that only when you are gleaning your strength from God and not each other.

In other words, in marriage you don't always live with the expectation to be loved, but you take the first step to love. You choose to do things for one another not because you have to, but because you love to. And you will never be able to do that in your own strength but only when you constantly fill yourself with the love of your heavenly Father, who Himself is love (*1Jhn 4:8*). This is so different from the selfish, "what's-in-it-for-me" kind of love in marriage that you see in the world around you.

So, prepare for your marriage with the right understanding and you will save yourself and your would-be spouse from a lot of troubles.

Lie #3: Marriage is my calling

Girls, you need to get over the idea that marriage is the ultimate end goal. Some of you are so obsessed about your marriage that you lose focus of your life's purpose, causing great damage to yourself and others.

Marriage is not the end goal. But it is designed to push you closer to it, when you do it God's way.

Think about it. Go to school, then college. Do further studies. Find a great job. Get a spouse, marry and have kids. Is this what life all about? Or is there a bigger picture to it?

No one knows the purpose of a guitar better than its maker; the purpose of a pot, no one can understand better than the potter. Similarly, you are God's creation and the purpose of your life comes from Him, and the earlier you discover it, the larger impact your life can have. The Bible says in *Jeremiah 10:23 (NLT)*, "*I know, LORD, that our lives are not our own. We are not able to plan our own course.*"

What is the vision for my life? What is God calling me to do? These are the questions you need to be asking yourself even before you think of marriage.

Your purpose or calling is bigger than your career, job or relationships. The stakes are much higher. It is something that God ordained for you even before you are born.

And once you know your calling, look out for a man who shares a similar purpose so you both can together do what God has called you to do. The Bible says, *One can chase a thousand, and two can put ten thousand to flight (Deu 32:30).*

**Lie #4: He is the nicest guy around.
Though he doesn't believe in Jesus, He
did come to church with me, and after
marriage I can get him saved!**

Lost count of how many times we have heard this!!

Well, good is not enough because good is not God. If good was enough, Jesus would have not died for us.

Yes, we are called to love everyone, but loving an unbeliever is different from marrying one. God is blatantly clear on this: You can't afford to be yoked (have deep friendships/ marry) with unbelievers, no matter how cute, humorous or kind the boy may seem (*2 Cor 6:14-16*). It's the difference between being dead and alive! Without Jesus, it doesn't matter how healthy your view of marriage is - a dead spouse cannot make a living marriage.

Mind you Jesus loves the unbeliever more than you do. He died for that person too! And yet He doesn't want you to marry him because He knows that slowly

but surely that person will turn your heart away from Him (*Deu 7:3-4*). And that's disconnecting from Life itself!

You see marriage is two spirits becoming one. When you choose to marry an unbeliever, the spirit of light within you is going to be countered with the spirit of darkness in him. It's like playing with fire! It carries potentially life-long, negative spiritual consequences and personal hardship. Expect strife, lack of peace and animosity because you are both not of the same spiritual structure. When all the romance and physical attraction fades away, it is the faith that will keep your marriage running.

And don't be blinded, you are not the Saviour! Leave that to Jesus. If God was confident in this ability of ours, He would have told us all to get married to unbelievers- That would be the easiest way to bring souls to the kingdom! But there is a big reason why God said "No" because He knows this is not in our capacity or ability. You will lose years of the love relationship you have with Christ as you work towards 'bringing' your spouse to Him.

Also, there is a high possibility for the man to accept Christ for your sake and that is not true salvation!

Even as you are reading this and if you are in a serious relationship with an unbeliever, we encourage you to honour God by obeying Him. You don't even have to pray about this, but make a decision to sever your ties, no matter how difficult or impossible it looks and apologize to that person. It is better to cry now than to cry for a lifetime!

Lie #5: My boyfriend will change after marriage

Many girls fall for the 'bad boys' or 'broken ones' thinking they will fix them! A girl may argue with herself, "I know he drinks too much and chases other girls, but I think he will change after we are married."

Now that's a blunder!

Listen girl, you are not called to fix things and neither is marriage a quick-fix solution to the issues of your life, but Jesus is.

Somehow girls (and even many parents) believe that at the marriage altar, suddenly something will happen and boom! the boy will change and become responsible. That's a big lie. No miracles happen at the altar. What you see is what you get. Marriage is not a solution to one's addictions or loose lifestyle. In fact, everything that was in hiding will be exposed even more after marriage.

Take the case of this girl who was in a relationship for 4 years with an unbeliever who was addicted to porn.

The boy did everything to please the girl and even 'accepted' Jesus as his Saviour. However, he never stopped watching porn nor was there a change in his lifestyle. The girl continued the relationship thinking things would change post marriage, until God had to open her eyes and all the lies of the devil started getting exposed. Thankfully she ended that relationship. Meanwhile the boy has never gone to church and is still battling his addictions.

As singles, keep a guard on the relationships you are entertaining in your life and when you decide to marry someone, marry because you love him the way he is and not because you can make him a pet project to change. Remember the purpose of marriage is not to change someone but to enjoy that someone God gave you. Besides, the only person you can change is YOU; others you are called to love.

Lie #6: He goes to church, so he is a believer!

"He was passionate about Jesus and passionate about pursuing me. He led worship in our church and quoted Scriptures well. He made me feel so good in his company and I felt great peace. We started hanging out more, going to church together, sharing dinner and secrets together...until he eventually cheated on me. The gentleman's weakness came alive in solitude when no one was watching.

Same story, same end. Why aren't we learning?"

Well, every church going person is not a believer! There are plenty of people with questionable morals and shaky faith sitting in church pews and trolling Christian dating and matrimonial sites.

That's why when you (first!) know Jesus, it will be so easy for you to identify the difference! A believer is someone who believes in God's Word and that will

be evident by his lifestyle because faith without works is dead (*Jam 2:26*). If a person, who through his life (walk and talk) is not making you fall in love with Jesus more and not pushing you towards your calling, he is not really a believer (*Mat 7:21-23*).

Open your eyes, you may still be unequally yoked!

That's the reason why your focus should be his character and don't get blinded by the gifts of the Spirit that he may be operating in.

How trustworthy is he when no one is watching?

Does his life display the fruit of the Spirit? Here are the nine, so you don't miss: Love, peace, joy, gentleness, goodness, kindness, long-suffering and self-control.

Don't associate yourself with a man who compromises on the Word of God. One can say all the right words, preach the Word, do miracles, and yet compromise in areas that matter the most,

example purity. God says *be holy as your Father in heaven is holy (1 Pet 1:15-16)*.

Marry someone who will challenge you to stay on fire for Jesus and not someone who is lukewarm that you will end up dragging all your life.

CHAPTER 5

Is it Love
or Lust?



Now that you know that God is the author of love, we want to open your eyes to something that masquerades as love but is really not.

We are talking about lust. Lust is a perversion of what God created to be good.

Love this quote from fiercemarriage.com: *“Lust takes the body and discards the soul. Love deeply desires the soul, and gladly receives whatever body accompanies it.”*

Simply put, love is from Jesus, while lust is from the devil. Love is an intentional choice you make, whereas lust is a temporary desire for physical pleasure.

Here is what the Bible defines as love in *1 Cor 13:4-8*

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in

evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

For you to know whether a relationship is rooted in love or lust, just match it up with the above passage and you will get your answer. The difference is so evident that you have to be blind to miss it!

Lust focuses on a person's physical appearance and the conversations are flirtatious with sexual connotations. It is manipulative and makes one insensitive to the other; and thrives on fantasies more than the actual responsibilities of a relationship.

Have heard countless stories where the man promises to marry the girl and convinces her to have sex before marriage. That rules out love being patient and not self-seeking, and definitely shows no self-control. If the man really loves you, he will take you to the altar and not to the bed! Anything that is manipulative and dishonours the Word of God is a clear sign of what is to come.

Heard the love story of Jacob and Rachel in the Bible? In *Genesis 29:20* we read, *Jacob served seven years for Rachel, yet it seemed but a few days because of his love for her.* (And further he was made to serve another 7 years to marry her!)

Peace! Now we are not saying you wait for 7 years, but that's a beautiful example of a patient and selfless love in action.

The Bible says, *run as fast as you can from all the ambitions and lusts of your youth, and chase after all that is pure (2 Tim 2:22).* When you ignore the Biblical guidelines of love and marriage, and pursue a relationship based on lust, you make a mockery out of what God created to be a lifelong commitment, and you can hurt yourself in the process.

Here is where we want to emphasize that concepts like "friends with benefits" and sex before marriage can be devastating decisions.

“Why should I marry him when I am getting all the benefits of marriage without the responsibilities?” Now that’s a cheap, selfish and sinful “play-marriage” which God will never bless.

The “live for the moment” and “You only go through life once, so do what makes you feel good” ideology has ensnared the youth. But life is more than a weekend. Your life and your body are precious to Jesus, so much so that He allowed His body to be broken and bruised to save yours. And feelings lie! Just because something gives you a momentary pleasure, doesn’t mean it is right. There is a lot at stake, and this is what lust will do - It will snatch away much more out of you than it pretends to give you.

You see when you give yourself to someone fully before you are married, it creates the opportunity for deep scars and hurts. Two people may decide to have sex 'just for the fun of it,' yet something is occurring on another level that they may be oblivious to. Every physical encounter you have with someone is ripping your soul apart, and at the same time

making you bound to someone else. Not only that unknowingly you are meeting everybody that their soul has met, increasing your baggage of hurts, pain and trauma. Remember love heals, while lust leaves you broken.

Getting intimate with your chosen partner is beautiful, a God- given gift, but it has to be within the confines of a marriage.

The Bible says, Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. 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, for you were bought with a price. So glorify God in your body (1 Cor 6:18-20, ESV).

Wait, don't touch me!

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is

holy and honourable, not in passionate lust like the pagans, who do not know God (1 Thes 4:3-5).

Singles, don't get cosy with a man, no matter how "open" you both may be to each other. The same applies even if you are engaged, or your pastors or family have 'blessed' your relationship. If you allow the opposite sex to touch you once, expect them to get bolder. It may start off with just holding hands but it never stops there. You don't have to feel romantic now, honour God by waiting till you get married.

Cut off from the man if he is trying to control or manipulate you, especially on above, and he says, "You don't understand me"; "You don't love me, nor care for my feelings". It's a good cue that he is driven by lust, and not love! Be bold enough to say "No" now to avoid hurts later.

"Try out sex before we get married" is often presented as a reasonable course of action by boys. But do not accept this foolish idea. Hey, you are not a

piece of commodity or a car to be tried or tested, but someone to be loved and cherished.

Remember a man who carries the heart of God will never attempt to cross lines or make you cross it. He will respect, uphold and wait till he marries you and not take advantage of you.

Risk zones to avoid

Risk Zone #1 Don't find yourself frequently and for a long duration alone with someone from the opposite sex. For instance: When a boy calls you to his house when he is alone on the pretext of watching a movie, he is sick or 'just like that'. Remember your worth and dignity - no matter how well you 'know him', it is definitely not worth the risk. Take 2 or 3 friends along if you have to, but never go alone.

Risk Zone #2 Avoid lingering or secret conversations with the opposite sex even if it is centered around God. As someone put it: Secret conversations plant seeds that grow into spiritual breeches and broken

covenants." Stay away from late night messages or calls - nothing is so urgent!

Risk Zone #3 Avoid one-on-one spiritual counselling or prayer sessions with the opposite sex. This is the biggest loophole the enemy exploits especially in churches and youth groups. We tend to think of all men as brothers and open our lives to them only to be trapped in Risk Zone#2

Risk Zone #4 Spirit of lusts thrive on dark and hidden corners. When a boy keeps urging you to accompany him to dark or solitary places, he definitely wants to do things that are not in the light. The Bible says, *take no part in the worthless deeds of evil and darkness; instead, expose them (Eph 5:11).*

Girls you are always being evaluated by the opposite sex to see which one will easily give in and not resist. We have always noticed in a group, the ones who do not draw their boundaries and call them out boldly are the ones who inevitably are taken places they later regret!

Risk Zone #5 Don't succumb to emotional manipulations or pity tantrums. Women by nature are emotionally driven, and the way a man may try to deceive you is by talking low about himself - how lonely or unwanted they feel and so on. If that is the case, then they definitely need inner healing more than your companionship. Get out of such relationships!

Risk Zone #6 Avoid giving shoulders or counsel to a man who is going through a breakup, because that's how it starts - sympathy, lots of pity parties and then he starts to think that you understand him better than his ex. This is called rebound relationship. These relationships rarely last as the boy may not have overcome his past and only treats you as a band-aid for the time being.

Risk Zone #7 Avoid drinking with boys, be sober at all times your enemy prowls like a lion seeking whom he may devour (*1 Pet 5:8*). Wine fuels the spirit of lust and remember you are called to be filled - with the Holy Spirit and not wine (*Eph 5:18*). Be shrewd and

vigilant- pay careful attention to the eatables or drinks that are offered to you. Don't succumb to peer pressure. Let go of friends who corrupt you, God will give you better ones!

Risk Zone #8 Stay away from married men who try to flirt. It could be a peculiar comment on your Instagram snap, the passing of a folded note, or the use of a pickup line. Remember flirting is a gesture of sexual availability. If a man says he will leave his wife for you, don't be surprised if he will leave you for another woman! Also don't succumb to men in positions of authority. You don't need to give them your shoulder to cry on or sit and discuss their marital issues. Make sure you set boundaries that men need to respect. Learn to maintain your dignity and be polite, yet stern in your ways. Take counsel from mature spiritual women if you have to.

Risk Zone #9 Avoid dating apps because they are addictive - their spell is hard to break and they can push you in a completely destructive direction.

Also, with online matrimonial sites becoming popular these days, be careful about how much of your personal information you want to share while initially connecting with someone online. Don't pour out your past or start bonding emotionally - exercise wisdom and caution. Be accountable to someone mature during the interaction process.

A few more tips: Don't indulge or encourage sexting (exchanging sexually explicit messages or pictures). You can delete the picture from your phone, but not from other's phones and never off the web, which is dangerous. Moreover, it's difficult to delete from your minds and is a good fodder for lust. Guard your eyes - Remember *your eye is the lamp of your body!* (Mat 6:22).

Stay away from apps or app features that allow you to do things with zero accountability and risk. For instance: Snapchat allows users to send photos for a maximum of ten seconds before they self-destruct.

It is also a good practice to keep your social media settings on privacy mode and allow access only to people you know personally.

Risk Zone #10 When you begin to develop feelings for someone, talk to a trustworthy and spiritually mature person about it (not to friends who will tease or gossip), and take their guidance (before your emotions take over). This will guard you from falling.

Girls often fall prey to wrong relationships because early in their times of dating or when they start liking someone, they hide it from everyone. The thinking behind is: "Let it mature a bit and then I will tell all". But by then a girl has moved way ahead in her feelings and thoughts, thus making her more prone to deep hurts and offences.

Also be careful you don't give the person whom you go for counsel the authority to dictate your life. A mature mentor in the Lord will help you decide and not decide for you!

Listen girls, to conclude, you can guard yourself by avoiding the above risk zones. In fact, every situation you come across in life will give you the freedom to choose your response. Ask God for wisdom to enable you to make the right choice (*Jam 1:5*). Study God's Word diligently - that's how your perspective of looking at things will be different, and you will gain understanding to make the right decisions (*Psa 119:130*).

CHAPTER 6

Friendship
with Opposite
sex & How
the devil can
trap you



Are you locked in a relationship that you know you shouldn't be in? Seems like you can never fully move on? Well, your freedom is nearer than you think.

Heard of soul ties?

Simply put, a soul tie is a deep emotional connection or a bond with another person.

When two people come together in a good soul tie, it is a blessing as the power of God intensifies (*Deu 32:30*). In *1 Samuel 18:1*, we read that "*the soul of Jonathan was knit to the soul of David*" (ESV).

Likewise, marriage represents a good soul tie between a husband and wife, because their souls are joined together as one flesh (*Mrk 10:8*).

However, a soul tie becomes unhealthy (could even happen in marriages) when the opposite person becomes like an idol in your life further leading to addictive, manipulative or violent behaviour. This may happen in a relationship or friendship subtly

over a period of time without you realising it - which makes it even more dangerous.

Soul ties are selfish, whereas real love is based on having Jesus as the center of your relationship and looking beyond yourself. An unhealthy soul tie is the devil's trap to pull you back and keep you away from God's best in your life.

Here are some signs of unhealthy soul ties:

- When the person becomes an idol and your mind is consumed day and night with thoughts of the individual.
- When you are constantly checking on them, their social media and rehearsing your time with him.
- When you want the person all for yourself and you feel jealous if he/she is around other

people. You become obsessive and possessive about the individual.

- When you can't let go of a relationship even when it is abusive or is negatively impacting you.
- When you lose your sense of reasoning, clarity, judgment and all you want is to please the other person.
- When you feel worse about yourself as the relationship goes on.
- When you give the person more authority in your life than you give God.
- When your family, leaders and friends repeatedly express concern over the health of your relationship.

How you can unknowingly open doors to soul ties

It all starts harmless, but if you don't guard your heart, it can soon become a snare for you. The most common way you can open up doors to soul ties is through emotional and premarital sexual connections. For this reason, you should avoid sharing your emotional touch points, weaknesses or past hurts to someone from the opposite sex. If you need help, first run to God and ask Him to lead you to a mature person in the Lord and of the same sex, who can help you overcome.

Similarly, if the opposite person is trying to open up his deep hurts to you, don't entertain him, instead direct him to a mature mentor in the Lord.

Also remember the thumb rule: A girl and a boy cannot be 'best friends' without ending up in a deeper relationship. The Bible says: *So, if you think*

you are standing firm, be careful that you don't fall!
(1 Cor 10:12). So, guard your heart.

Girls beware just because a man pursues you and doesn't give up that doesn't necessarily mean he is from God. The reason behind his pursuit could be lust, to draw you away from your calling, or a soul tie in the form of an idol or loneliness. Meet a gentle 'man', that's Holy Spirit who never forces His way to get to us.

Meanwhile, don't choose to ignore the bulk messages that you may be getting from a person, or personal remarks that are hinting that he may be falling for you. For instance, a boy started messaging a girl daily and started making remarks to her about the way she should dress, his likes etc. While this girl chose to ignore these signs thinking her lack of response may make her displeasure evident to the boy, the boy started considering her quietness to be her acceptance and started imagining things way beyond. A very important lesson learnt in instances like this - a stern no or displeasure needs to be

communicated to cut off the person from making an emotional tie.

Unhealthy soul ties also take root through abusive relationships, sex before marriage, live-in relationships, adultery etc. These are absolutely demonic with devastating physical and emotional consequences.

Conversely soul ties often lead to body ties resulting in physical relationships. Some soul ties cause such deep trauma that people lose their sense of reasoning and get into depression or become suicidal. Recently we came across a girl who was imagining and 'interacting' with a boy for years together, unwilling to accept the reality that he is long dead!

Break it, before it breaks you – Cut and Cling

"We have been in a relationship for such a long time!", "I have given my all," we hear you say.

Well, try giving your all to God this time!

Deep inside if you desire to be set free from the bondage of unhealthy soul ties, God is more than willing to walk you into His freedom.

So, get desperate for your breakthrough.

The more time you give to the relationship in the hope that the other person may change, the deeper the root of the soul tie, and the more painful it gets while uprooting it.

For some of you, God wants to open beautiful doors in your life, but He can't because you are busy mourning over a closed door. So, start by slamming the door hard to that relationship. Inform the other person about your decision to part. Apologize and forgive if you have to. You literally have to wean yourself from that person in every possible way until you stop getting their thoughts. Practically speaking - cut off your phone calls, messages, social media etc and clear your devices of your past communication, pictures. Don't hang out in places where you went

together. Don't be caught in a situation when you are alone with the person. Throw away everything that hinders. The more you deny yourself of the relationship, the less you begin to desire it.

Prayerfully let go even if the other person throws an emotional fit, and says words like: "I will die without you." "You are made only for me" "I can never get you out of my heart." Also, if you have said these words or made some rash vows and commitments, renounce those and ask forgiveness from God as the Bible rightly says that we can be "snared" by the words of our mouth (*Pro 6:2*).

If he says "we can still be friends", please say no. It will only drag you into a deeper trap!

Don't try to be the Saviour of his life, let him run to Jesus. Again, if he doesn't know Jesus, you don't have to lead him, allow God to work in His life - in His time and in His way.

When you first deny yourself of a wrong soul tie, you may sense all hell breaking loose to get you back together. Your thoughts will scream: You cannot live without him. You will be reminded of all the good times together and how impossible it is to turn back. But that's the lie of the enemy. The devil is working overtime to keep you locked in your soul ties so that he can steal, kill and destroy your destiny. But praise God, His grace is sufficient for you to overcome (*2 Cor 12:9*).

Parallely start spending more time with Jesus - you do that by meditating on His Word, worshipping Him, talking to the Holy Spirit and staying in the company of godly friends.

Don't feel ashamed to take help from a God-fearing and mature person in the Lord (of the same sex). Taking godly counsel after a major break up or a painful relationship is critical because in a state of pain you may find it difficult to think rationally. Here is where that person can help you to build your confidence and also bring you to a level of

dependency on God and independence in thinking for yourself. Taking help in a stage like this helps quicken the healing process. Humble yourself and be willing to obey as you are guided in the ways of the Lord.

As God fills you with His love, the grip of the soul tie will further loosen over your life. Things may not change overnight but thank God, the process has begun.

We have heard so many success stories of girls like you who have not only been set free, but God has even wiped out their past memories completely.

There was this girl who had a 6 years long relationship with a boy and they would often break up in between and then make up again. The relationship ended on a bad note but the girl further struggled for years together, unable to get over the boy because she believed in her heart that he was the 'right one' for her. Until one day, she surrendered her brokenness completely to God and she was able

to let go. And as she did that, God brought a man in her life who exceeded her expectations and now they are happily married.

If God can do it for her, He can do it for you!

CHAPTER 7

Ten
Biblical filters
for your man



Love the story of this girl who made a list of qualities she wanted to have in her man and every night she would lay hands on the list and pray - Pray not for God to bring that man, but that she would become the woman to behold such a man. And, as she trustfully waited on God, He gave her much more than she could ask for!

Of course, just as you are not perfect, you will find no man perfect - we all are in the process of changing and becoming more Christ-like.

However, we want to share with you some certain guidelines that you can prayerfully look at (having said that, make sure you are prepared to behold such a man):

1. Does the man have a purpose and vision for his life?

As a wife, one of your divine roles is to be a helpmate or helper in supporting your man's vision (*Gen 2:18*). But if a man doesn't himself know in which direction his life is going, how will he effectively lead you? The

man has to seek God for a vision, not seek you and then ask for a vision!

2. Does he walk in the fear of the Lord?

Fear of the Lord means loving what God loves and hating what He hates. When associations lose the fear of the Lord, they stand on slippery grounds. Through the fear of the Lord evil is avoided (*Pro 16:6*). Look for character or fruit in a man more than his talent or gift.

3. Is he driven by self?

Self-obsessed and self-seeking -- if you still notice these qualities, this relationship is going to be one way where the man may marry you to only use you. But remember "love is not self-seeking" (*1 Cor 13:1*)

4. Does he exercise self-control?

Like a city whose walls are broken through is a person who lacks self-control (Pro 25:28). If you see a person who wants to get physically intimate before time, that should be the biggest warning alarm. Also, *Pro 22:24-25 (NKJV) says, make no friendship with an*

angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.

5. Is he double-minded?

A double-minded man is unstable in all his ways (*Jam 1:8*). Your man must not be asking you out, and then later be unsure of marrying you because of his parents or career or anything else. You need to know beforehand where the relationship is heading to.

Again, if a man has had multiple relationships (*Pro 20:6*), even after being born again, and has been changing multiple jobs - these are subtle signs of instability. Beware, you may be one of the multiple later.

6. Is he able to provide for his family?

The Bible says: *But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever (1 Tim 5:8)*

7. How does he treat his parents and spiritual authorities?

The Bible says, "*Honor your father and mother,*" which is the first commandment with a promise: "*that it may be well with you and you may live long on the earth.*" (Eph 6:2-3).

The level of a man's honour and accountability to his parents and spiritual authority (he should have one) can also tell a lot! Secondly a man who genuinely loves you will be bold enough to approach your parents for you and not seek for other shortcuts.

8. Does he tithe?

The way a person gives often exposes the condition of his heart, and who really rules it. Tithing is the bare minimum and if he is stingy with God here, surely he is going to be stingy with you!

9. Is he faithful in the small things?

When a man is not faithful in the small, he won't be faithful in the big. If he lies for small things now, he will lie for the big things later. If he shows his

commitment and honesty in seemingly small matters, he will be committed in the bigger matters (*Luk 16:10*).

10. Finally, has he got his first button right?

To conclude, it's very simple - pray for a man who has his first button right! A man who loves Jesus (not ministry) more than you will have all the above qualities in him. He may not be perfect, but because his motive is to please Jesus, he will be open to change.

CHAPTER 8

Answers to
Questions you
didn't know
who to ask



I have a bad past and I feel terribly condemned and miserable at times. I can't seem to get over it. Is it too late?

Well, everybody has a past! But know that God is greater than your past, no matter how bad or unrepairable it looks. Yes, mistakes do come with their consequences but they don't have to define you.

And, it can never be late to take a U-turn and come back to God. He is waiting to heal and restore you. The moment you surrender your life completely to God, He forgives you of your past mistakes and gives you a new beginning.

Forget what happened long ago! Don't think about the past. I am creating something new. There it is! Do you see it? (Isa 43:19, CEV).

The devil may use people and situations around you to remind you of your past, but this is where you have

to renew your mind, meditate on the Word of God and refuse to go into the pity party mode. (Also don't fall into the trap of getting into a new relationship without getting healed of your past hurts. Rather during this period, get to know Jesus more.)

Secondly know that God had no role in what has happened to you. The Bible says that God is good and He does only good (*Psa 119:68*). Anything that is bad is not from God, but a result of the choices we make. In fact, God is the one who is for you and is still working to turn it around for your good (*Rom 8:28*). So, take your brokenness to God and allow Him to heal you. Just as God forgave you, you forgive yourself and the people who caused you hurt. (Forgiving doesn't mean trusting.)

Certain remarks about my looks seem to have affected the way I see myself. How do I overcome my hurts?

How many of us are living with deep scars about the way we look physically? A girl was told by her classmate in the third grade that she was ugly and even after she turned into a young woman, she carried that childhood hurt until God had to heal her and set her free.

We have heard stories after stories of how words like above, sometimes even said jokingly, have caused great damage to the lives of people. And it is worse when it's coming from your own family members and close circle. As time passes, we manage to put a band-aid over the wound, only to have it exposed and become worse when someone else touches that pain point with another similar remark.

Here's the thing, you can't stop the mouths of people, but you can surrender your scars to God and

allow him to heal you. Know that your self-worth does not come from people's opinions of you, but from the fact that you are owned and especially hand-crafted by the creator of the Universe and He is madly in love with you.

When you have truly tasted the love of God, it will become easy for you to forgive and let go. Time cannot heal, only God's Word can heal your wounds, and in such a way that you will be able to celebrate your scars! And then the enemy will no longer have a hold on your mind!

I am addicted to porn, but nobody knows. Do you think it will affect my marriage?

When you find yourself "stuck" in singleness, turning to sexual addictions including masturbation, porn etc seems to be 'feasible' options. "Everybody else is doing it," you will say. However, sexual addictions have its origin in lust (a strong desire for something

that starts controlling your mind) and lust doesn't stop till it has consumed and destroyed the person completely.

The Bible says *"Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body."* (1 Cor 6:18 NLT). Pornography is demonic and will ruin your idea about sex and marriage. It is addictive, creates wrong expectations and fantasies, puts you in a never-ending cycle of condemnation.

If you are struggling with pornography, remember that you are not alone - there are many like you, but here is where you will be different - With God you are going to overcome. Sin, secrets and shame grow in the dark, so instead of hiding, the first step to freedom is to expose it to a God-fearing accountability partner (of the same sex) who can pray with you and guide you. There is nothing to be ashamed of, but acknowledge that you need help. That's the biggest step to your breakthrough.

Next, shift-delete anything that is porn-related from your computer, phone, or tablet. Installing screen accountability apps is a good way to safeguard yourself. Follow this thumb rule - If your eyes have come across filthy images unknowingly, don't go for the second glance because that's when the thought gets established in your mind. Eliminate those situations (when you are alone) or tools (apps, media) that trigger your desire to watch porn. Run away from friends that push you into porn, sex, addictions etc (*2 Tim 2:22*). *Do not be misled: "Bad company corrupts good character" (1 Cor 15:33).*

Don't forget to take advantage of the extensive Bible-based resources and apps available online that will help you develop self-control.

Most importantly, surrender your life completely to Jesus and invite Him into your struggles. Start meditating on His Word day and night and allow His Word to change you from within!

I made a mistake and we crossed lines. Am I obligated to marry him?

Marry someone because he is God's will for your life, and not because of an obligation. We have seen many girls bonded in a soul tie to a boy because they kissed or he touched in 'wrong' places or they lost their virginity.

If you have made a mistake and have crossed lines, it doesn't mean you have to get married to that boy.

Immediately break off, lest you become an object of manipulation or abuse. It is not God's will to keep you in bondage to someone who misuses your body, which is a temple of His Holy Spirit. God forgives you and wants to give you a new beginning. He can even restore your 'virginity' back, for nothing is impossible with our God.

Only, don't look behind!

Is it ok to kiss someone you are engaged with?

What's the purpose? Is it to prove your love to him? Then that is clearly not love. If it's for the purpose of showing your love to your fiancée, there are better ways. How about surprising him by participating in a hobby activity that he likes?

You see whenever boundaries are crossed, it often begins with a kiss. One kiss may lead to another and that may lead to something that may bring feelings of regret.

In fact, post your engagement it is good if you discuss with your future spouse how you are going to respect sexual boundaries until you say your vows to each other.

When you live a life of dignity in the way you represent yourself and when you seek to honour God and His word, we challenge you to see whether

your man will even ask you for this. Never make pleasing man a focus, rather please God and He is able to turn around the hearts of man according to His desire (*Pro 21:1*).

How do I fight temptations?

Well, you don't fall into temptation by chance or mistake - you have already rehearsed about it in your mind before. So, above all, guard your heart (*Pro 4:23*). Guarding your heart means setting boundaries in your thoughts, relationships, feelings, choices etc. And, the way you guard your heart is by guarding your senses.

So, what are you feeding your eyes? What magazines do you read? What videos do you watch?

If you are regularly fighting depression, emotional battles and mood swings, check the songs on your playlist.

Which friends are you spending most of your time with? Watch out, you become what you surround yourself with. If your friends are addicted to drugs, smoking, drinking, sooner or later you will be drawn into it. Don't do things for acceptance of people. Know that God accepts you the way you are. Ask God and He will give you the right kind of friends.

You see, each of us have different weaknesses - know what they are, know what tempts you and know your risk zones. Stay away - if a particular place or person or situation tempts you. Everyday surrender your sexual life to God and fill yourself with His Word.

I have seen marriages around me fail miserably. It makes me believe other options are best.

God is good! And marriage is His good idea! Just because it looks like there are not enough good examples of marriage around you, doesn't mean that

the concept of marriage has failed. Marriages don't fail, it's the people who fail in marriages because they enter into it with the wrong choice of partner, wrong expectations, wrong motives and wrong understanding.

Don't make failed people your standard. The world has settled for lust because it seems to be the easy way out as it requires no commitment and no sacrifice. But what people don't see is its destructive consequences.

There are many marriages that have been a testimony of God's goodness and a blessing to lives around, and we believe as you do it God's way, your marriage too will be a shining light in this dark world.

I feel I am being sexually abused, what to do?

Sexual abuse is any interaction or contact (visual, verbal, psychological or physical) where a weaker person is being used by other for sexual gratification. As a girl, you have every right to guard yourself from being treated as an object of abuse. Girls, don't be naïve. Why is your uncle sending you late night messages? Why does your boss want you all alone for the meeting most of the time? Read between the lines, learn to understand the motives behind what people do and why they do.

- When faced with above, immediately cut off from all forms of contact or communication with that person. Run away from "extra-loving" uncles, cousins, bosses and do whatever it takes to stop the abuse.
- When your man, or a friend or anyone starts to abuse you, there is a deeper root that

needs to be dealt with. It's not your assignment to take it in your hands to make him overcome it, leave it to the one he is accountable to.

- Don't keep quiet. Be bold and make your displeasure evident. As someone put it:
"Becoming angry with someone because of personal resentment or envy is sinful. But a holy anger, aroused by injustice or evil done, and accompanied by a sincere desire to see God's will performed, is both healthy and effective." (Jhn 2:13-16)
- Don't go through this alone. Share with a trustworthy authority or a believer friend who is mature in the Lord.
- Don't let those in authority (like bosses, male church leaders, family members, teachers) take advantage of you in any way. Bring it to the notice of your pastors or elders. Honoring

and submitting to authorities does not mean allowing abuse and manipulation. Also, don't let anyone manipulate you with God's Word. That's why it's important that you know the Word of God in its entirety (*Psa 119:160*), and understand the Father's heart behind what He says.

- Do you have fear of saying no? It's not something to be ashamed of - you got to learn to please God rather than man, else people will walk all over you. Saying 'no' is so powerful and liberating. Let your statement be, 'Yes, yes' or 'No, no' (*Mat 5:37*). Also, don't believe the lie that somehow you did something to make the other person hurt you. Even if you cooperated, they took advantage of you, so don't feel dirty or condemned about yourself.
- Call out to God and ask Him to restore and heal you. He is your very present help in times of need. Even if it was an incident

where lines were crossed, we want to tell you that your virginity cannot be taken away, it can only be given away - so you are still a virgin in God's eyes. You are beautiful, loved, accepted by your Father. Bury your past and run the race that God has set before you.

What is accountability? Do I even need it?

Accountability simply means to hold yourself responsible to someone, especially in the areas where you struggle. Accountability is important because it removes the element of isolation from our Christian walk. Of course, our primary accountability is to God, but being accountable to someone can help us stand strong in areas where we can fall (*Heb 10:24-25, Ecc 4:9-12*).

In our generation accountability and submission is looked down upon or rarely understood. *Hebrews*

13:17 (ESV) says, Obey your leaders and submit to them, for they are keeping a watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

The Bible clearly says it will be of advantage to you (not your authority).

We have seen so many young girls who have great zeal and passion for the kingdom of God and yet they are not accountable to someone, which is dangerous. Many of them lose track and fall especially in the area of relationships, taking them completely off course from their calling. And, they end up hurting themselves and blaming God. You see, you can have a revelation of a specific area but lack in other areas and that's why you have God-ordained leaders who can guide you. When you prayerfully expose these vulnerable areas, it begins your healing process.

Some of us feel dependence is a sign of weakness, for others, you find it difficult to put your trust in someone because others have broken it in the past. However, in consistent accountability is your protection. Self-sufficiency says I don't need anyone, but humility shouts for help from those God has placed in our lives.

Your accountability partners can, through years of wisdom and walking with the Lord, see warning signs that you may tend to miss. It is wise to learn and seek their advice rather than waste your time learning from hard knocks, pain and years of struggle. (There are many who like to be 'accountable' to an online pastor or mentor. But remember an 'offline' pastor can see a side of you that no online pastor can. Oh ya, many times even you can't!)

So, ask God to show you someone who you can trust, who can correct you and who will encourage you to run after the heart of God, and submit to the authority of this person. (Mind you, submission doesn't mean control or manipulation). Remember

when they give you advice or tell you the truth, it's never to hurt you but to protect you. This trust gets built over a period of time, but it's worth investing in.

Also submit to the same sex leaders and not the opposite sex. We have seen many girls fall in this area. Women love to listen to men but when another woman tells the same, they won't consider it of much value. However, you need to look at the man of God and his wife in the same place as they are one and they minister with the same Holy Spirit.

You can even be a part of the accountability circle of God-fearing friends. Have a godly standard for your friendships based on unconditional love and mutual trust. Of course, no friendship is perfect but stay close to those who are on fire for Jesus and make you love Jesus more.

8 QUICK TIPS TO GUARD YOURSELF ON SOCIAL MEDIA



2. BE INTENTIONAL

The way you project yourself online is the way you allow others to perceive you. Some girls' social media feeds are flooded with pictures of themselves in thousands of poses. Come on, that's somebody craving for attention and acceptance. And the people who want to take advantage of that can smell it!

Know that your acceptance comes from God. Be rooted in His love (Rom 8:38).



4. WHY ACCEPT ALL FRIEND REQUESTS?

Don't follow people or accept friend requests on random. When I follow someone, it also means I give that person access to speak into my life through his/her posts that will now start appearing on my wall. So if my wall is going to be flooded with un-useful or unhealthy information, I choose would rather not accept your friend request! (Matt 6:22).

1. KNOW THE PURPOSE

Ask yourself: What's the purpose of creating this account? Is it to share personal memories alone or is it to bring traffic to my work? Is it to edify others or is it just because my friend has one? Once you define your purpose, it will help you to engage with it in a right way (Pro 29:18).



3. KEEP IT CLEAN BABY

Keep your social media accounts 'clean' and let there be no room for immorality. As a child of God, strive to uphold His honour. Post content that edifies and encourages people, and points them to Jesus. Also, if you are going to be posting a lot of personal snaps, it makes sense to keep your social media accounts private or accessible to only those you know. (Eph 5:3).

8 QUICK TIPS TO GUARD YOURSELF ON SOCIAL MEDIA



6. CLOSE OLD TIES

Discipline yourself from following or monitoring accounts of your past relationships. Go ahead and unfriend, unfollow or block them, however rude it may seem – lest you open door for your past hurts and dead soul ties to rise again (Isa 43:18-20).



8. YOU ARE WHO GOD SAYS YOU ARE

Finally know that the virtual world is not always real, and the number of likes or follows don't define you. You are who God says you are – Chosen, Loved, Accepted and brought for a price that is worth God's son Jesus (Isa 43:4).



5. UNFOLLOW PEOPLE

From time to time, it is a good practice to unfollow people in your friend list, and instead follow people who inspire you, who you can learn from, who make you run after Jesus (1 Cor 15:33).



7. CUT OFF

Learn to develop self-control. From time to time cut off from social media completely lest you allow it to become an addiction. Instead make time to build real relationships (Pro 25:28).

Before we
sign off...



As we come to the end of this resource, we want to invite you to a new start. Even as the vulnerability of your heart has been exposed - that's the best place to make a new start.

A new start with Jesus.

You may be single, but you are not alone.

You may be single, but you are equipped with wisdom, because you have Jesus alongside you, who is wisdom and love manifest.

The Bible says, YOU do not let anyone look down on you (*1 Tim 4:12*). That means your respect is completely in your hands. The access that you give others over your life is the access that they will have over you. And, the access they have over you is the access they can use or abuse.

You see, there is a world out there to attack your identity and this is where you got to fight the good fight of faith.

Know that you are a precious daughter of God - that's your identity. Your past, present or future, neither height nor depth - nothing, absolutely nothing can change this identity.

So, celebrate your singlehood as God's beloved daughter and allow Him to lead you to the next phase of your life.

He has the best in store for you!

A prayer you can make:

If you don't know Jesus and want to surrender your life to Him, here is a prayer that by faith you can make with us.

“Dear Lord Jesus, I come to you just as I am. I ask for forgiveness for all my sins. I give you all my pain, sorrows, bad thoughts, addictions and temptations and I receive your forgiveness and strength for my life. I believe Lord Jesus that you died for me and rose from the dead and now you are seated at the right hand of the Father. I want to know you personally and walk with you all the days of my life. I make you the Lord, and Saviour of my life. The old me dies and my new story has begun. In Jesus name, Amen.”

Born again!

So, you heard the good news about Jesus, and you believed in Him as your only Lord and Savior! Awesome, that means you are Born-Again! In other words, you were till now in the driver's seat of your life, but now you hand over the keys to Jesus. Born again doesn't mean you have a new religion, rather a new life.



John 3:16,
Rom 10:9-10
2 Corin 5:17

Born again doesn't mean problems will not come, rather when they come, you will not be shaken because God lives with you,



John 16:33

What's next? 😊

Receive the Holy Spirit

Every Born Again believer needs the baptism of the Holy Spirit. It is impossible to live the life of Jesus without the Spirit of Jesus. God will give freely to them that ask. So invite Him in! He will also give you a secret language to communicate with Him called 'The Gift of Tongues'.



Matt 7:11
Acts 2:4

Get a Bible

This is not just a book but God's manual for our lives. If I choose not to study it, then I choose not to know God's plan for my life. Now that would be an epic failure!



Heb 4:12

Start by reading about the gospels (life of Jesus) written in Matthew, Mark, Luke and John in the new testament. This apart, there are many free online Bible reading plans, devotionals and apps to help you. Try this: <https://www.bible.com/>

Pray - Talk to God

God loves to hear you. Prayer is talking to God and hearing from Him. And you can do this anytime! Also, just as you don't need a script to talk to your father or friends, feel free to pour your heart to Him and He will respond back to you.

Hangout with Jesus Lovers

The best place to find them is in a Spirit filled CHURCH. Become a part of a church that will help you love Jesus more, and start serving.



Heb 10:25

Get water baptised

Water baptism (full immersion in water) is like a public declaration to the devil and the world that you no longer belong to it, but to Jesus. Well, you don't become a Christian through baptism; rather you get baptized because you have believed in Jesus.



Acts 16:31-33

Col 2:12

Freely Give

Share what Jesus did for you with others. What He gave you freely, you give others for free.

Know that you are now a child of God

Isn't that mind-boggling? The creator of the universe is your father. The best-known picture of God as Father is seen in the story of the spendthrift son (Luke 15:11-32). Here, the son runs away from his home and family, and spends all his money in wrong things. When he realizes his mistake, he returns home expecting shame and condemnation from his father. Instead, the Father is looking every day for his son to come back, and upon seeing him return, he runs to him, hugs him and gives him his ring and a new robe.

Never forget this picture of the Father's love for you. Irrespective of how your earthly father is, God loves you unconditionally and longs for you to come home to Him.

Thanks for reading!

Thank you so much for reading this resource. We believe it will help you navigate your singlehood and set you free in many areas you may be struggling in. **Please consider leaving a review for us on Amazon or from which ever marketplace you bought this book.**

You can also mail us at pursuehiminternational@gmail.com if you still have some unanswered questions, and we will try our best to help you.

For additional resources to help you in your singlehood journey, check out our page: www.pursuehim.net/girlsbook

Meanwhile, keep pursuing Jesus!

How you can be a part of this book

Did this book speak to you? Do
consider leaving your honest
review for us at the below link.
This will enable us to reach out
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Pursue Him International, founded by Pastors Derrick and Kim, is envisioned to be a ministry of the Holy Spirit to raise up relentless Jesus lovers who are in pursuit of Him, for who He is! The vision of Pursue Him is simple: Raising Jesus. Our mission is three-fold: Ministry, Mentoring and Media.

Check out our blogs, videos, podcasts (Eng + Hindi) and other resources on:

www.pursuehim.net

Connect with us on social media!



Every girl has a story. Sadly, many of these stories are filled with heart breaks, pain, rejection, confusion, hidden hurts and even abuse. What could have gone wrong? Any tell-tale signs that I missed? Or better still, going forward, how can heart aches be avoided? And how do I know if he is the right man for me?

Well, we have it all covered for you! This book is a powerful weapon in your hands that will expose the hidden traps of the enemy and fireproof you from relationship pitfalls. It will save you from years of pain and provide Biblical answers to your questions like:

- > How do I steward my heart and body as a single?
- > What are the risk zones in dealing with the opposite sex?
- > How to guard my heart against toxic relationships?
- > What are the lies about singlehood that I may have believed?
- > Is the man in love with me or its just lust?
- > How do I know that he is the right one for me?
- > How to deal with addictions, temptations and a bad past?
- > How to shield myself from abuse?
- > **Plus: Answers to FAQs you didn't know who to ask!**

About the Authors



Kim D'Souza

Pastor Kim is an author and the co-founder of Pursue Him International, a ministry with a vision to 'Raise Jesus'. Together with her husband Derrick, she enjoys serving God and they have Matthew 4:23 as the vision for their lives.

Alisha Jose

Alisha is a Jesus lover and an evangelist who operates in the gift of healing. She has done her part time Bible Diploma from Charis Bible College. A software engineer by profession, she also heads the media team of Pursue Him International.

