



BEFORE & AFTER

Youth Conference

Shekinah Family Word Center



Building the **Hot** **You**

Youth Seminar





Building the **Hot** **You**



By Barrington H. Brennen

Or is it the . . .

Cool you
Sweet you
Sensitive you
Warm you
Raging you
Good-looking you
Irresistible you



Revelation 3:15

I know your deeds, that you are neither cold nor hot. I wish you were either one or the other!



Being **hot** is . . .

- Being positive
- Doing the right thing
- Standing up for yourself
- Full of self-confidence
- Not ashamed of being different
- It is motivation from within as a result of connection to a higher power



Being cold is . . .

- Being negative
- Doing the wrong things
- Cannot stand up for yourself
- Easily persuaded by outside forces.
- Lack of self-confidence
- Influenced by peer pressure
- More concerned about being sexy and appealing than being right



Being **hot** is . . .

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- Being motivated from within as a result of connection to a higher power



To be “hot” is to be
passionate about
something?





What are you passionate about?

If you are not passionate about Jesus, you will be
passionate for Satan, and that's scary and
dangerous.



"Guard your heart above
all else, for it determines
the course of your life."

Proverbs 4:23



Being **hot** is
also about
making the
right decisions.



Being **hot** is
also about
making
choices.



The three
most
important
decisions in
one's life.



1. God
2. Career
3. Spouse



The three
most
important
decisions in
one's life.



The three
most
important
decisions in
one's life.



1. Your spiritual direction. What or who will be your God?
2. Your career or how will you engage in service?
3. Your social direction. It may or may not include marriage.

The three most important decision in one's life.



1. Your spiritual direction. Judgmental, self-righteous, or humble, forgiving.
2. Your service direction. Honest, authentic, humble, teachable, or dishonest, not dependable.
3. Your social direction. Loverboy/girl, emotional and sexually pure, or promiscuous, cunning, etc.



Today's Christian youth are . . .

- Facing challenges with an overload of information from social media
- Bombardment of sexual messages
- Masturbation
- Pornography
- Pre-marital sex
- Drugs
- Alcohol
- Broken/dysfunctional homes



Many are dealing with painful situations . . .

- Sexual molestation
- Rape
- Witnessing parents brutally fight
- Lack of food
- No place to study peaceful
- No place to do homework
- Being bullied

Hence, many are . . .

- Cutting themselves to release their anger/pain
- Eating non-digestible material (Pica) – chalk, hair, feces, dirt, paper, etc.
- Having suicidal thoughts
- Attempting suicide
- Drinking alcohol to drown their pain
- Using marijuana/cocaine to ease their minds
- Running away from home in search of peace and happiness

STOP



God made me
complete,
unique, special,
and with a
purpose.



Know that you are created in God's image.
Be comfortable with who you are.
Be happy with who you are.

The Foundation



If an external stimulus is
your master, then there is
a greater risk you will
have sex before you get
married.



If an internal value is
your master, then there is
a much less risk that you
will have sex before you
get married.



Enjoy being Single
It's okay to be single
It's normal to be single





Do not rush into a relationship
Do not rush into marriage

Single-minded singleness has its advantages. So...

Don't think that marriage will make you happy.
Don't think that marriage will solve your problems.
Don't think that marriage will bring you closer to God.
Don't think that marriage will make you a better person.
Don't think that marriage will fulfill your dreams.
It won't because it can't.



Marriage dose not
make to happy. It only
makes you married.





4 Wisdom Principles for healthy relationships



“Honey, I
want to love
me before I
love you.”

Wisdom Principle **1**





“Honey, I
want to love
Jesus before I
love you.”

Wisdom Principle **2**





Wisdom Principle 3

“Honey, I don’t need you to be me because God made me who I am.”





“If you cannot
live without me,
then I do not want
you in my life.”

Wisdom Principle 4





John Powell in his book "The Secret of Staying in Love" page 13

"There is one need so fundamental and so essential that if it is met, everything else will almost certainly harmonize in a general sense of well-being. When this need is properly nourished, the whole human organism will be healthy, and the person will be happy. . . .

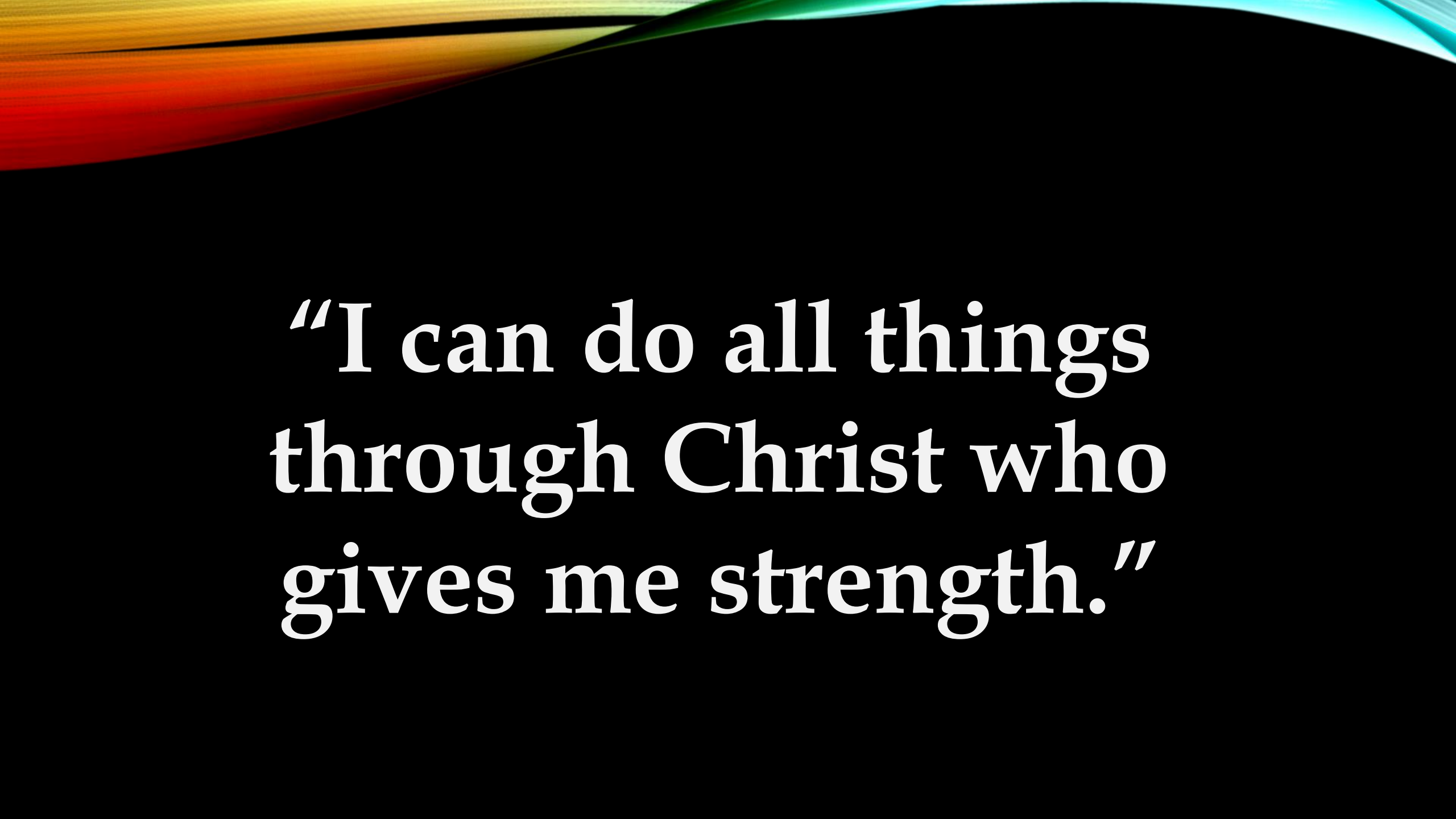




John Powell in his book "The Secret of Staying in Love" page 13

. . . This need is a true and deep appreciation for oneself, a genuine and joyful self-acceptance, an authentic self-esteem, which results in an interior sense of celebration: It's good to be me . . . I am very happy to be me!"





“I can do all things
through Christ who
gives me strength.”

WHAT
TO DO ➡ ?

WHAT TO DO?

- Develop a deep abiding love for Jesus
- Be able to read, write, and comprehend
- Practice unconditional love and acceptance
- Enjoy your body but do not exploit it
- Appreciate it is normal and health to have sexual feelings
- Always remember that sex/dating too early will put you out of circulation
- Shun masturbation as way of satisfying yourself
- Avoid drugs and alcohol. They only num for feelings
- Wait until you are an adult and independent before dating (after the age of 21)
- Guard the doorways to your soul: What you see, hear, smell, taste, touch

WHAT
TO DO?

Enjoy being a
virgin.





Males

"I dedicate my heart, penis,
lips, tongue, fingers, eyes,
and ears to God."



Females

"I dedicate my heart, vagina,
clitoris, breast, lips, tongue,
fingers, eyes, and ears to God."

What I like About Teens and Young Adults

THEY ARE . . .

Adventurous

Willing to undertake
or seek out new and
daring enterprises.
Risk takers.



What I like About Teens and Young Adults

THEY ARE . . .

Bold

It is like adventurous,
but also means confident
and courageous



What I like About Teens and Young Adults

THEY ARE . . .

Brilliant

Exceptionally clever
and talented.



What I like About Teens and Young Adults

THEY ARE . . .

Creative

Great imagination
and original
thinking.



What I like About Teens and Young Adults

THEY ARE . . .

Naive

Lack of experiences
and exposure in life
gives them an
advantage to face the
unthinkable.



What I like About Teens and Young Adults

THEY ARE . . .

Independent

Many have difficulty accepting that during the teenage years they only need distant supervision . . .



What I like About Teens and Young Adults

THEY ARE . . .

Independent

. . . and not hands-on supervision. They are highly independent and if respected rightly, they will develop into productive adults.



What I like About Teens and Young Adults

THEY ARE . . .

Spiritual

They are sincerely seeking for a higher power outside of themselves to add meaning to their lives. Christian teenagers . . .



What I like About Teens and Young Adults

THEY ARE . . .

Spiritual

. . . can be deeply spiritual and connected to God. Their spiritual commitment surpasses those of adults.





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