

Bahamas Academy Week of Prayer

Building the
Hot
YOI

Spiritual guidelines for high school students

Hot
YOU

Hot
You



Roadblocks
to the new
hot you.

Proverbs 4:23

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

Proverbs 4:23

The Message

Keep vigilant watch over your heart; that's where life starts.

Proverbs 4:23

The Clear Word

"Above everything else in life, guard the affections of your heart; the emotional attachments you make determine the directions of your life."

Proverbs 4:23

Protection
Wise Decisions

Brain
Stores and process
information

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

Be careful what we see, hear, touch, smell, and taste.



All behaviors are
learned, including
loving and hating.

Unfortunately bad behaviors are learned easily and are seemingly more attractive to the human mind.



Eyes Ears

Satan's strategy



Ears *Loud Music*

Satan's strategy

Loud Music



"Loud music stimulates a part of the ear connected to the brain's pleasure center which controls the body's craving for sex and food."

Loud Music



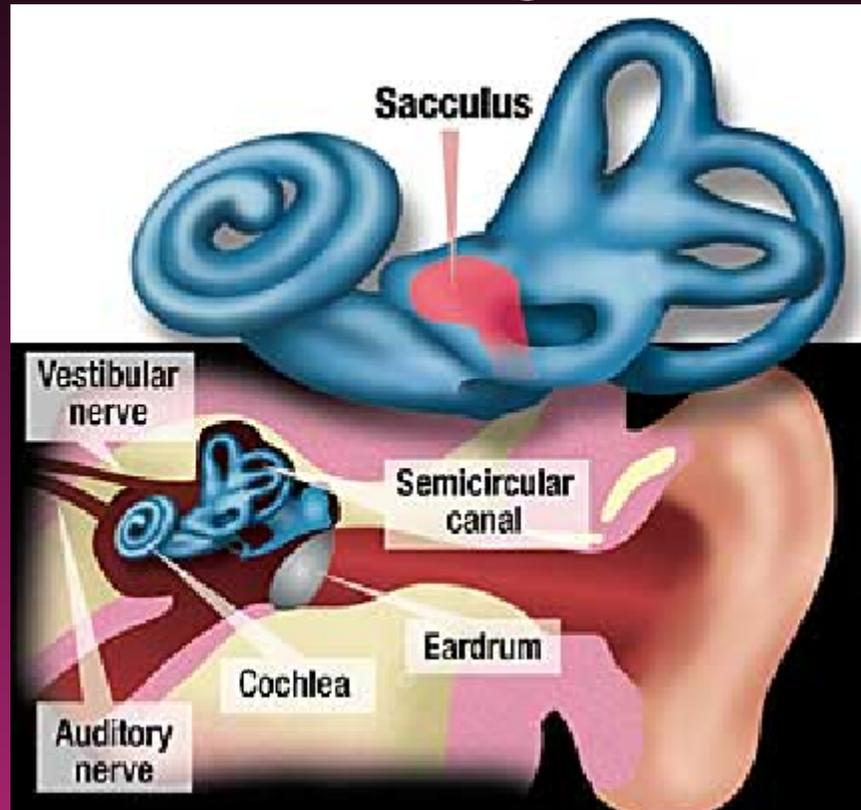
"Loud music stimulates a part of the ear connected to the brain's pleasure center which controls the body's **craving for sex and food.**"

People's response to the thumping beat of pop music is controlled by a tiny organ in the inner ear called the **sacculus** which till now was thought to have nothing to do with any hearing function.

The sacculus normally controls a person's sense of balance but is also sensitive to noises above 90 decibels. When the volume of a sound is turned up, it generates vibrations that are picked up by the sacculus. The distribution of frequencies that are typical in rock concerts and at dance clubs almost seem designed to stimulate the sacculus.

Dr. Neil Todd, an expert in music perception. University of Manchester

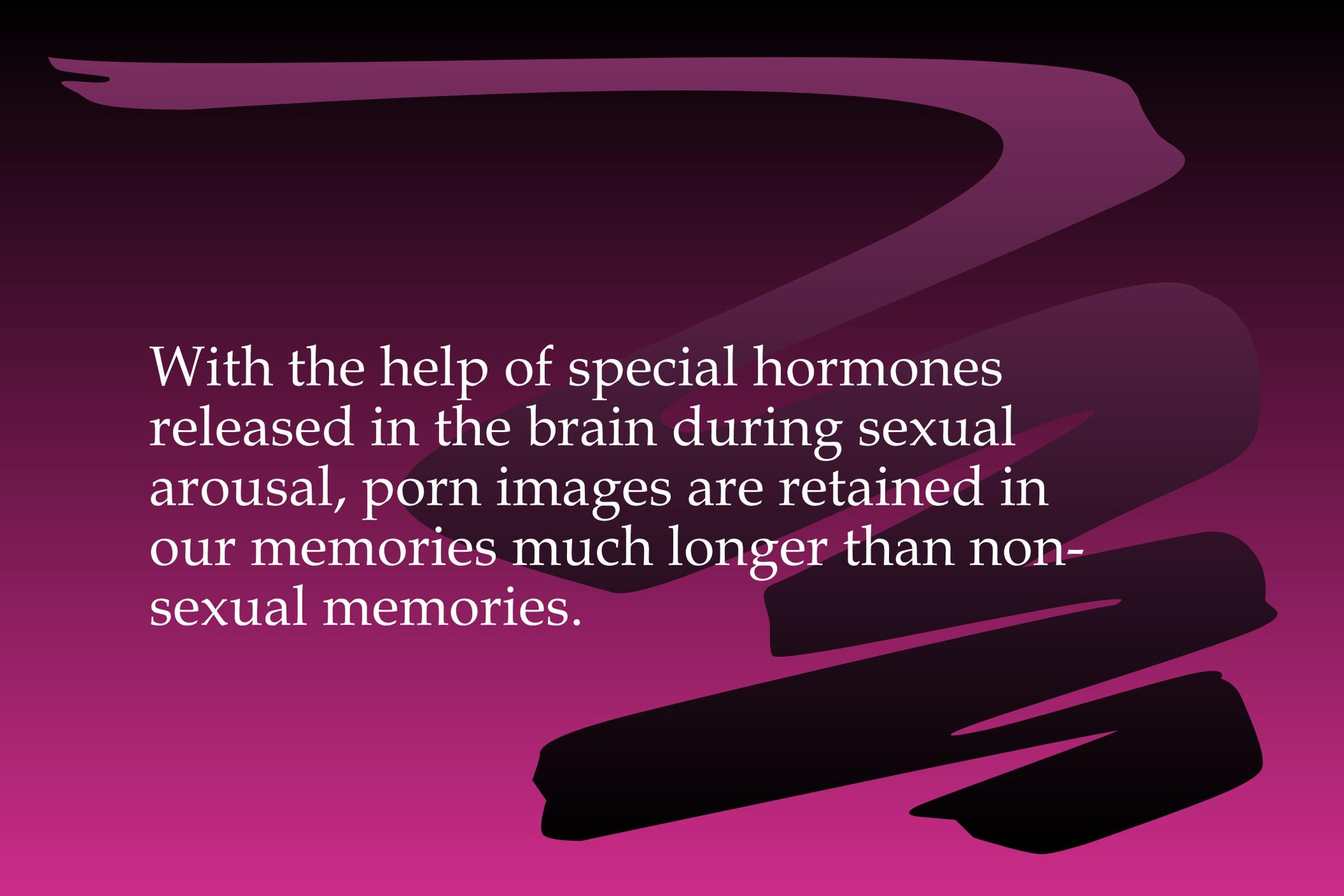
“Sex Organ”





Eyes *Pornography*
Satan's strategy

It is clear that many people become addicted to pornography just like it were drugs or alcohol. We release **hormones and brain chemicals** and get a rush from sexual arousal and release.



With the help of special hormones released in the brain during sexual arousal, porn images are retained in our memories much longer than non-sexual memories.

Eyes Ears

Satan's strategy

We are hooked because what we are hearing and seeing are making us feel good all over.



Wise
Decisions



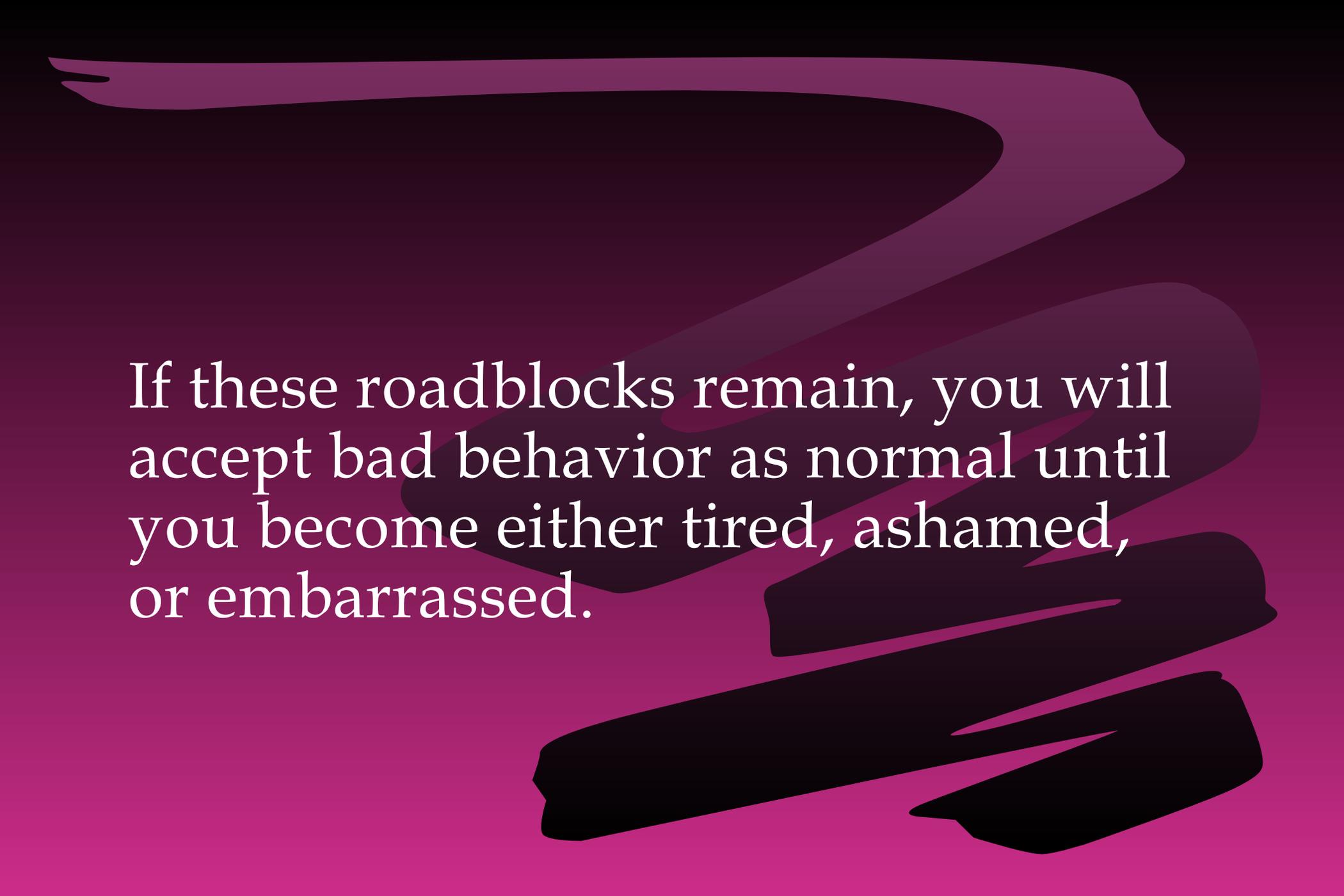
Roadblock to making

Wise

Decisions

Roadblocks

- ☺ Inability to think and act independently
 - Proverbs 23:7, Philippians 4:8
- ☺ Inability to think critically
 - Romans 12:2, Isaiah 1:18, 1 John 4:1
- ☺ Lack of self-management
 - 2 Corinthians 5:14, Romans 8:38-39
- ☺ Lack of positive self-esteem
 - Romans 5:8
- ☺ Being easily motivated by powers outside of yourself.
 - Romans 12:2, Ephesians 6:13

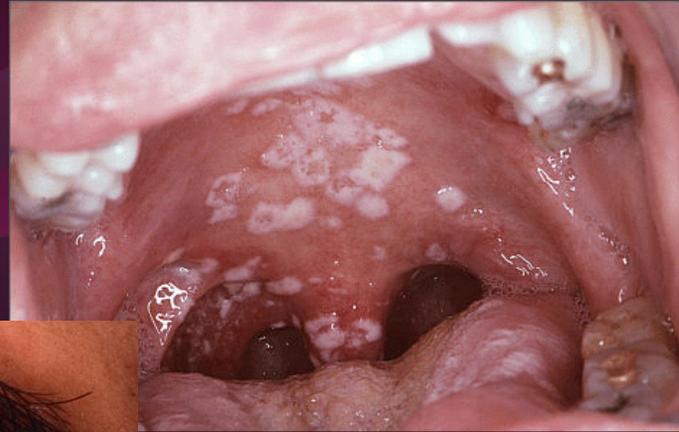


If these roadblocks remain, you will accept bad behavior as normal until you become either tired, ashamed, or embarrassed.



The Results When Roadblocks Are Not Removed









Genital Warts





Evelyn

Every relative living a bad life. From her great, great, grand parents to her own brothers and sisters. All drink alcohol, use drugs, gamble, live with someone they are not married to and have children for multiple partners. She is 18. She vows to remain morally pure. Never had sex. Never used drugs. By God's power and grace she is still pure today.

Making good choices



Died at age 15
Born HIV Positive
Died in Jesus

Avery

Made good choices

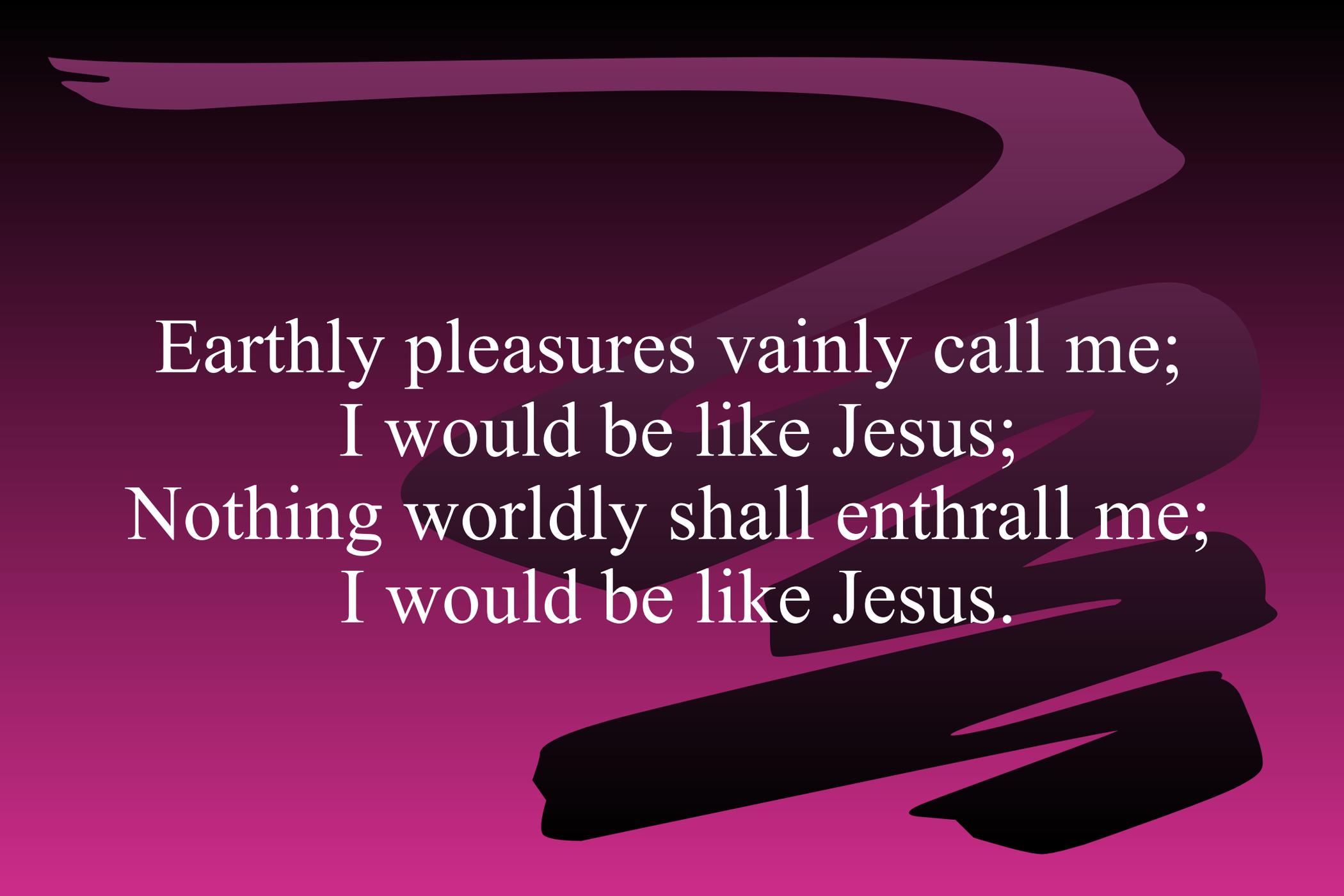


Robert

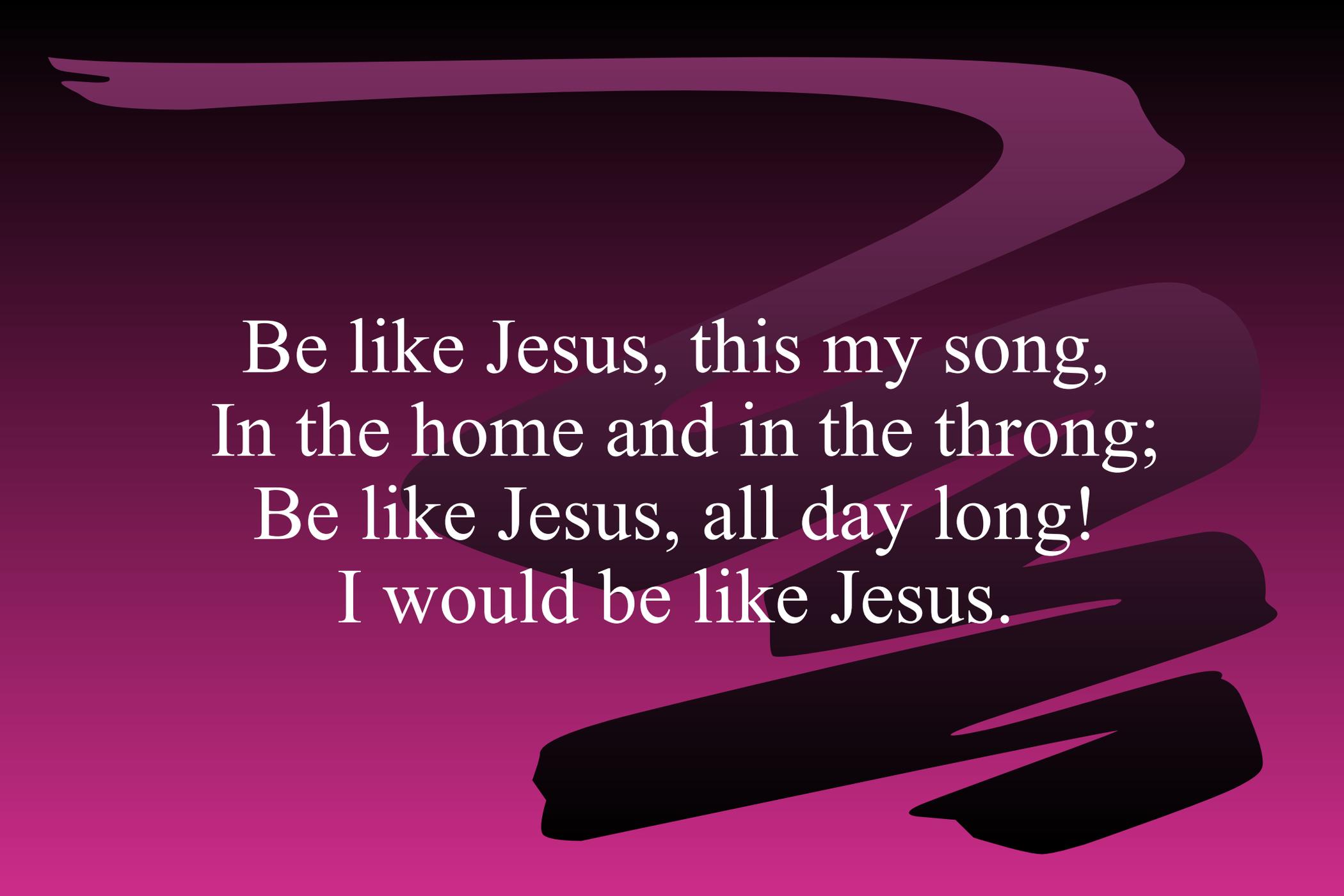
Did not listen to his parents. Thought he was invincible. Thought he was the best thing since ginger bread cookies to girls.

Now he is in jail. His body is wrecked with cancerous sores because of AIDS.

Made bad choices

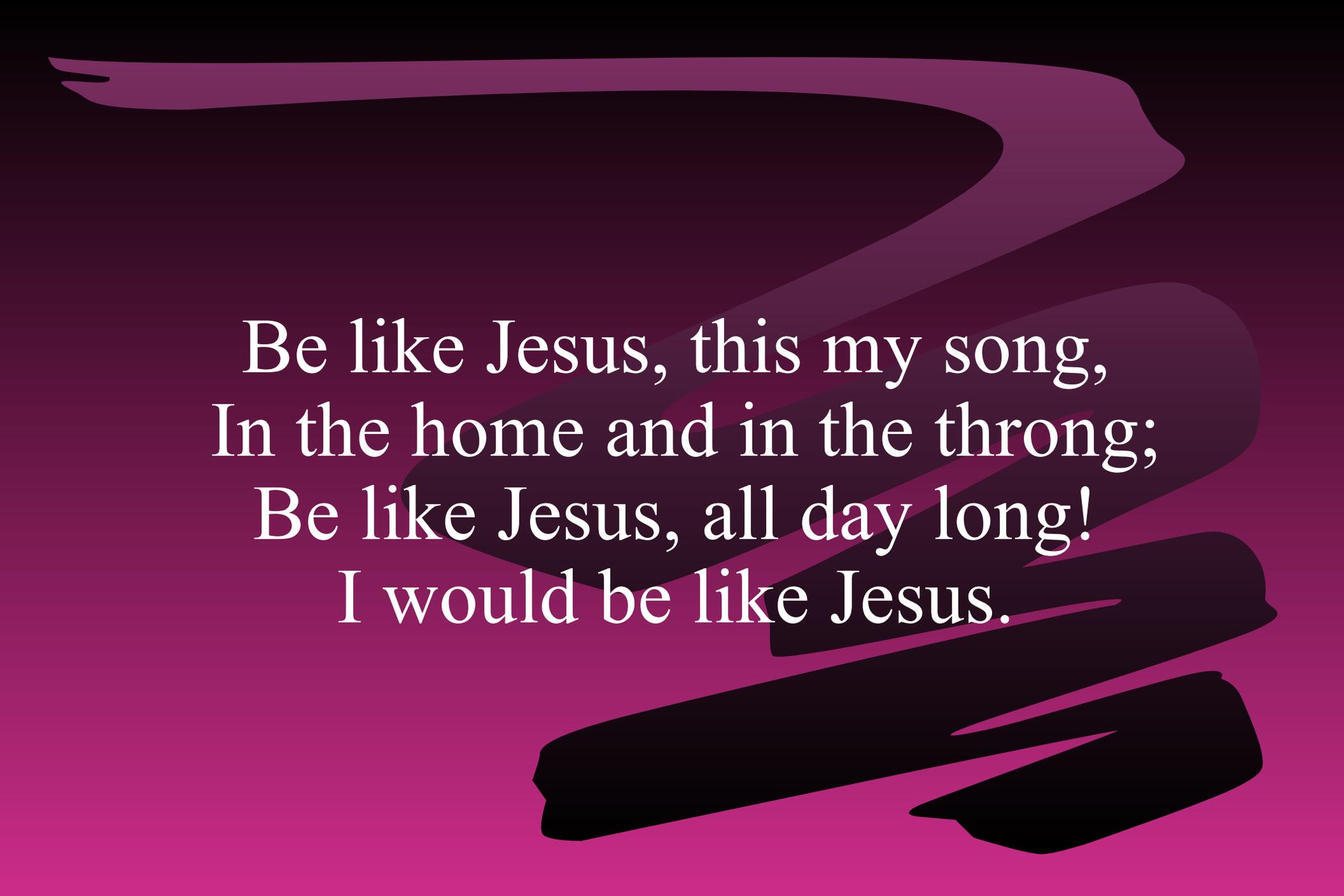


Earthly pleasures vainly call me;
I would be like Jesus;
Nothing worldly shall enthrall me;
I would be like Jesus.



Be like Jesus, this my song,
In the home and in the throng;
Be like Jesus, all day long!
I would be like Jesus.

He has broken every fetter,
I would be like Jesus;
That my soul may serve Him better,
I would be like Jesus.



Be like Jesus, this my song,
In the home and in the throng;
Be like Jesus, all day long!
I would be like Jesus.

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Tomorrow

“Finding the
new you?”

Bring your Bibles