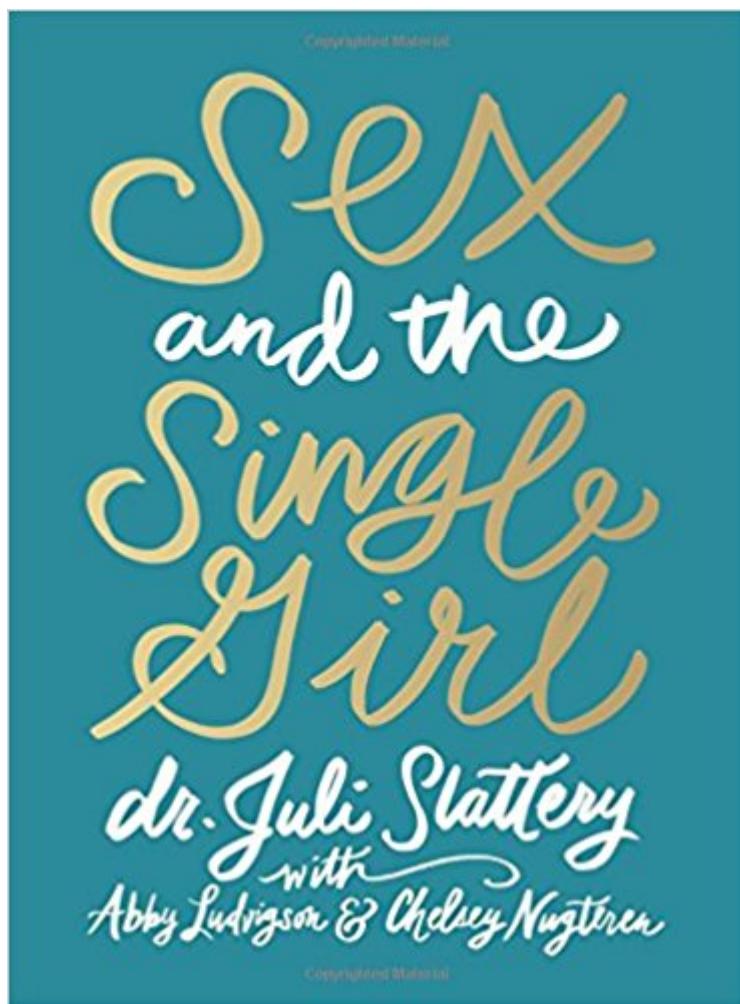


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# Sex And The Single Girl



## Synopsis

A study on sex that goes beyond "just don't do it." Whereas most sexuality studies for singles focus solely on purity—simply offering a "don't do it" or "just wait" message. *Sex and the Single Girl* presents a broader understanding of what it means to honor God with our sexuality. This resource will equip single women to understand their sexuality, trust the Lord for redemption and healing, and stand against the cultural trends that marginalize and compromise sexuality. Juli Slattery, a clinical psychologist and cofounder of Authentic Intimacy, has devoted the last five years of her life to equipping women with God's truth about sexuality. Here she drives home the truth that every sexual choice is also a spiritual choice. The six-week study is broken down into five days for each week, prompting study and reflection. The weeks cover: Why Sexuality Matters: Shows the connection between spirituality and sexuality; Embracing a Grand Design: Explores God's design and the beauty of living according to His wisdom; Sexuality and Your Character: Helps women think through how their sexuality is part of their worship and Christian identity; Sexual Boundaries: A very practical chapter providing a biblical grid for matters like masturbation, oral sex, and how far is too far to go in a dating relationship; Battling Temptation: Takes a peak at "the enemy's playbook" to help women anticipate, prepare for, and stand against sexual temptation; Restoring Intimacy with God: Shows how God can tear down the wall of sexual sin, shame, and confusion through forgiveness and redemption. This study has been tested through pilot groups with college women and other 20somethings. Revised according to their feedback, it is primed and ready to help any single woman think biblically about sexuality, live accordingly, and experience the joy and freedom of doing so. This study is especially relevant today. One of the greatest threats to the modern church and emerging adults is the distortion of sexual design. Study after study has documented the proliferation of porn use (among both men and women), sexual exploitation on college campuses, experimentation with homosexuality and bi-sexuality, and the acceptability of multiple sexual partners. The average single Christian has received very little teaching on the purpose of sexuality, and a simple "Just wait until you're married" approach won't cut it. Christian singles need to be equipped with a biblical worldview of sexuality and practical tools for talking it out. This study, which Slattery created with two women familiar with curriculum development, is ideal for college campuses and small groups. It will prompt discussions on practical topics like sexual temptation, sexual conduct, and responding to cultural thinking on gender issues and sexual autonomy. It is designed to challenge women to examine the assumptions underlying their sexual behaviors and beliefs. The ultimate goal of this resource is to

introduce women to an intimate relationship with God who cares about every aspect of her life.

## **Book Information**

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## **Customer Reviews**

DR. JULI SLATTERY is a widely known clinical psychologist, author, speaker and broadcast media professional, with a weekly radio program called "Java with Juli". Dr. Slattery is the co-founder of "Authentic Intimacy", an international non-profit designed to minister to women on topics around intimacy and sexuality. Her books include Pulling Back the Shades, Passion Pursuit, Beyond the Masquerade, Finding the Hero in Your Husband, and No More Headaches. She currently sits on the board of trustees for Moody Bible Institute. Juli and her husband, Mike, have been married for 20 years, and are raising their three boys in Colorado Springs where Juli can be found playing in the mountains and trying to manage her addiction to soy lattes.

Set up as a six week study, covering five days a week. It's comes across as better suited for the college aged but I found quite a bit useful for all ages. This is a great book for parents to go through with their teenagers. Each days reading is distinctly laid out ending with a reflect and respond section for journaling, reflection and deeper thought or discussion. At the end of each week there is a "Pulling it All Together" section- bringing together the key "truths" from the week as well as answers the questions posed at the beginning of the week. The scripture given is for you to look up yourself. A few times the Bible verse is written out but mostly you have to go find it. I loved this. At the end of the book is a "Now What" section for self-reflection. Discussion questions inviting you to look back, look inward, look upward and look forward. Very good book that moves beyond just the

simple "wait for marriage". I received this book free from NetGalley and Moody Publishers for my honest opinion

If you want to actually understand and apply sexuality as a woman who loved the Lord- this study is for you. I LOVED it. Love the workbook feel- the layout is simple, short, and straight to the point. I wish I went through this in college with all my friends.

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