

The G.L.A.M. Girls Guide To Sex

Leah Hopkins

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CONTENTS

[What Is A G.L.A.M. Girl?](#)

[Introduction](#)

[Chapter 1 - Self-Image](#)

[Chapter 2 - Studying Sexuality](#)

[Chapter 3- Inspecting Intimacy](#)

[Chapter 4 - Pillow Talk](#)

[Chapter 5 - Rock Solid Relationships](#)

[Chapter 6 - Decisions . . . Decisions . . .](#)

[Chapter 7 - What If . . . ?](#)

[Chapter 8 -Following The Trail](#)

[Chapter 9 -Strutt'n Your Stuff](#)

[Chapter 10 -Meddling In Peddling](#)

[Chapter 11 - The Monsters Under The Bed](#)

[Chapter 12 - Just Another Way Of Doing Things?](#)

[Chapter 13 - Like Passions](#)

['Tis The End](#)

[Works Cited](#)

[About The Author](#)

To my love, Justin. I am so excited to stand by your side as we serve God. To J.D., Josiah, and Jonathan who teach me every day to love the simple things, to grow in patience, love, and thankfulness. I am humbled by the responsibility to lead you toward our Heavenly Father. To my parents, thank you for doing that for me. To David and Elaine for letting me into your lives, and allowing me to love your son. To Justin's and my siblings, and all of my friends who have impacted my life in ways ya'll will probably never know the extent of. I love you all.

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[Back To Top](#)

What Is A G.L.A.M. Girl?

Godly Ladies Adorned Modestly

A GLAM Girl is a young woman aware of her surroundings...and not that impressed. Everywhere she looks girls are advertising their bodies and if anybody dares cover up they are said to be bashful or ordinary. Starlets walk the runways in dresses that resemble lingerie and people call them glamorous. She however, has a different opinion...

A GLAM Girl is a young woman who is ready for a challenge. She has made a conscious decision to be godly; even if that means that she is different. This means she will put God first in every aspect of her life. She has made it her priority to conform her life to His Will.

A GLAM Girl is a lady in that she embraces her femininity instead of trying to cover it up or sell it. She knows that it takes a strong woman to patiently wait for her husband and to raise children in the Lord. She does not view her gender as a crutch but realizes God made her a woman for a reason: To fulfill a role only she can...with grace, honor, and virtue.

A GLAM Girl understands that what she decides to put on, and how she decides to behave needs to be a thought-out decision, realizing she is to reflect God in all ways. She knows that even though it is popular to show more skin, she does not want to put herself into a situation where she is causing guys to lust after her. Yes...she wants to be attractive, and has learned that modesty does not mean boring, but can be just as stylish as what is on the front of the most popular magazine.

A GLAM Girl has taken back the word glamorous and is using it to glorify God. Are you up for the challenge?

[Back To Top](#)

Introduction

There are over six billion people, speaking thousands of different languages, scattered over almost two hundred countries in this world. With all of the differences that come with so much diversity one of the things that ties us all together is our outright fascination with... sex. It is everywhere...and teenage girls are completely aware of this.

With such an intriguing subject comes a multitude of questions and curiosities. It seems that in the world in which we live, just about as soon as we notice that the annoying boy who chases us around the playground is actually kinda cute, we are introduced to pornography. As soon as we look down and see that our chest is bigger than it was a couple of months ago, we are offered push up bras and thongs at the department store. All of this can be extremely confusing to a girl, and too often she just goes with worldly advice from magazines and distorted explanations from friends and media about what to do with her new-found sexuality.

My goal with this book is to explore what a teenage girl striving to be a Christian needs to know about sex. Parents: Sometimes we wish to put our heads in the sand and pretend that our precious children are not affected by these things...but that is simply not true. As much as we would like to shelter them from the wiles of the devil, you and I both know that one day they will venture out. We need to arm them by showing that the Word of God does address what they face as opposed to hinder them with ignorance.

Girls: I want to show that God cares about what you are going through, and in order to help you through these confusing times, He talked about sex over and over again throughout the Bible. By exploring this subject with a godly perspective I hope to encourage you to not go to the world for the answers...but to God.

So come enter the world of the GLAM Girl and get ready for an adventurous study about the most popular subject known to man...sex.

[Back To Top](#)

Chapter One

Self-Image

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

I John 2:15 (KJV)

Matters Of The Heart...

So Jesus said, "Are you also still without understanding? Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man, but to eat with unwashed hands does not defile a man."

-Matthew 15:16-20

Throughout the ministry of Jesus flocks of people followed Him to hear and learn from His message. Unfortunately, some of the people who followed Jesus were not trying to learn from Him, but instead were trying to catch Him teaching something that wasn't true. They were never able to do this, and eventually gave up trying and made up lies with which to implicate Him.

In Matthew 15:1-20, these people who were called the scribes and Pharisees asked Jesus why His followers did not follow after the tradition of the elders by not washing their hands before they ate. They first accused the disciples of breaking the law in chapter 12 (without success) and now accuse Jesus of breaking tradition. The Pharisees believed traditions were revealed to Moses by God, then orally passed on to the elders from one generation to another. They were considered equal to the Law . As you already know, for cleanliness sake it is a good idea to wash our hands before eating, but if we do not, we are not breaking any laws or sinning.

Jesus addresses the hypocrisy of their accusation, and ends by saying, "Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man" (Mt 15:11). One of His disciples by the name of Peter asked Jesus to explain this further, and this is where we learn about the deep psychological truth of self-image, and how it relates to our decision making.

Christ began by explaining that the physical body and the spiritual body are separate entities. Although some in this world would disagree with me, eating a cheese burger does not make you a bad person. It is important to understand that our hearts can be influenced by God or by Satan. If God has influenced your heart you will see a person

reflecting Christ, but if the god of this world has seduced your heart, you will define yourself as being what (or who) you think the world expects you to be. The dangerous outcome to this is that if we grow comfortable with worldliness, we will stop thinking of it as being evil (Is 5:20-24).

Internal Affairs

A person's self-image is the person they see themselves as being. If someone sees themselves as being a bit of a rebel, it is because they have observed that being a rebel is cool (at least in the eyes of the world), and made the decision that this is how they want to be. In order to fulfill the expectation they have set for themselves, they change their attitude and behavior in a way that mimics the rebellious behavior they find so appealing. The same can apply to any self-image.

Christ said that it is what is inside a person that defiles them. If a person decides that they want to talk trash about other people, have an adulterous affair, or go to parties and drink alcohol, it is because their self-image (their heart) has been influenced to feel that it is acceptable to behave in this manner. The phrases "boys will be boys", or "Oh, they're just teen-agers, they need to sow their wild oats", allow for this attitude to prevail among so many youths. If people decide to participate in this behavior, their actions stem from a problem with their self-image.

The Ex Factor

You can break down how a person's self-image is formed in three ways: Expectations, external surroundings, and personal experiences. Every person has one or more people who have expectations for their life. For example, there is a child being brought up by parents who expect nothing less than an A+ on her report card. The child routinely achieves this, and perceives herself (has a self-image) as a smart and capable person. This gives her confidence, but also the drive to live up to the person she sees herself as being by studying a lot and stressing over her accomplishments.

Unfortunately, there have been extreme cases when one of these children receives a grade less than desirable and commits suicide over it! The goal was so important that when they fell short they lost their entire identity. They concluded that there was no point in living if they did not measure up to the person they saw themselves as being, and furthermore felt expected to be. Many times, the parents of these kids say they did not realize that by showing their desires for that child to achieve academic success that they had made them feel that they were worth nothing apart from that achievement .

Here is an example of how external influences affect people. There is a pre-teen girl who reads magazines like Seventeen and Tiger Beat and watches television shows such as Gossip Girl. She also notices that a lot of the girls at the mall or even at school wear skirts that end way above their knees. She perceives this as being both fashionable and desirable. She also notices that she receives positive male attention, which she is starting to realize makes her feel excited. She doesn't really know why, but she likes feeling sexy, even though she doesn't feel ready to engage in sexual behavior and activities...yet. Her parents allow her to wear these clothes, so she does so without feeling any guilt or shame toward exposing her body in this way. She considers this normal, and her self- image reflects a desire to be "normal".

There are a few people whose self-image reflects the third aspect of the "Ex-Factor", their experiences. A human being's personal experiences are powerful. When children are told by their parents that they are not as smart as the other kids, this will have a huge impact on their self-esteem. The thought that they are capable of figuring something out is completely foreign to them. Their self-image reflects this, and in turn they do not put forth the effort that other's would.

Another illustration is that many girls choose to live with their boyfriends prior to marriage. There are several reasons why people decide to do this. One reason is that they have seen their parents get divorced one or more times, or they are aware of the divorce rate in our country and are afraid of that happening to them as well. Their self-image emulates no guilt in trying things out beforehand or fornicating because this is the only way they see having a chance at a successful marriage. The idea of pre-marital counseling and making it work no matter what does not enter their minds. This is the result of combining what society deems as normal and their personal experiences.

Lights, Camera, Action!

"The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon."

-Matthew 6:22-24

Have you ever looked at somebody and just knew that what they were telling you was not the truth? It is not because you had tangible evidence that proved without a doubt that they were lying, but instead you knew by looking into their eyes. It is amazing how much the eyes reveal. There is an old saying that says "the eyes are the windows to the soul." It lays forth the concept that you can see a person's heart and therefore

their self-image through their eyes. Jesus addresses this as well in verses twenty-two through twenty-three, where He gives a comparison between the eye and the body, and light with darkness. He is saying that if your eye reveals light, it is actually showing your purity from within. However if it shows darkness it is because your heart is full of sin.

Now before I get anybody upset, let me clarify. We are all human beings. We are all subject to the temptations this world has to offer. If we claim otherwise, we are liars (1 Jn 1:5-10). I am not saying that if you sin once in a while you are an evil person and have an evil heart or self-image. Let me make this personal. When I sin, I have let somebody or something influence my self-image. I have fooled myself into justifying or being okay with bad thoughts or behavior. The next step is actual participation in this sinful action. My self-image as a whole is not ruined. I do however need to evaluate it and make any necessary changes so that I can be pure once again.

I will provide an example. I used to watch a lot of blood and gore horror movies. I did not see anything wrong with being entertained by seeing the human body (which God designed and formed) desecrated in such a horrific way. I was desensitizing myself into not feeling compassion for the soul that supposedly had been brutally murdered. Instead, I was feeling shock (WHOA! WATCH OUT! HE'S RIGHT BEHIND YOU!!!), disgust (Eww! Gross!), and indifference (Well, that's lame...).

After I started growing in my Christianity, I realized that putting those images and bad language (horror movies are notoriously filled with filthy language) into my brain was not wise. Instead, I needed to, as Paul taught to the church in Philippi, "think on these things..." (Phil 4:8). I have purposely changed my self-image as one which does not feel comfortable seeing profane images and hearing bad language. Therefore, I purposely make the decision not to go watch horror movies. Everybody has within themselves the ability to alter their own self-image, and it starts with putting Jesus into your heart.

I Pledge Allegiance...

In verse twenty-four of the passage that we are studying, Jesus teaches regarding our allegiance. He is stating that someone cannot hold equal allegiance to two different competitive entities. There are many examples of this, so I will go with a sports analogy. Most communities have sports associations that provide opportunities for people to play recreational team sports. When you become a member of a team, you cannot become a member of another team that competes against your team.

The same goes with Christianity. You cannot be on God's team and on Satan's team at the same time. There is no gray area where you can root for both teams. Not in the "game" of eternity. As Christians we live in the world but not of the world. We are called upon and expected to fight a spiritual war everyday against Satan (Eph 6:10-18,

I Tm 1:18, I Tm 6:12, II Tm 4:7). If we choose to not participate in fighting against Satan, we automatically choose to fight for him because not standing up for the Truth (Jn 17:17), is the same as denying it (Mt 10:32-33).

You can be dismissed from a league for not following its rules. The sobering point is that the battle between God and Satan is more than just a game. It involves our souls and eternity. God loves us so much, but as our Creator He holds the right to deny access into Heaven if we decide not to obey Him. He provides opportunity for salvation, but it is up to us to play on His team. This makes Him reasonable. Thankfully He is also a gracious God and will forgive us if we decide to change our self-image and mold it after Him (Gal 2:20).

The Equation of Self-Image

Then He spoke many things to them in parables, saying: "Behold, a sower went out to sow. And as he sowed, some seed fell by the wayside; and the birds came and devoured them. Some fell on stony places, where they did not have much earth; and they immediately sprang up because they had no depth of earth. But when the sun was up they were scorched, and because they had no root they withered away. And some fell among thorns, and the thorns sprang up and choked them. But others fell on good ground and yielded a crop: some a hundredfold, some sixty, some thirty.

-Matthew 13:3-8

There is a time when all children will be introduced to some form of algebra in their scholastic career. An equation is a mathematical statement that shows the equality of two expressions. In $2 + 2 = 4$, both sides of the equation are two different ways to express the same value. An equation helps to make sense of numbers. Now, you are probably wondering what in the world mathematics has to do with the Bible. In the same way that equations help numbers fall into place, an equation can help biblical instruction make sense. If you learn what is behind your decision to sin, you can choose to change the equation so that you do not sin. It is your self-image that will help to make the necessary changes.

We see this biblical principle spelled out for us in the book of James. The inspired writer recorded the equation of how sin is accomplished. "Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death" (Jas 1:13-15).

The term own desires is referring to what you have decided that you need to think, say, or do so that your self-image can conform to your desire of its appearance. If I

want to be a rebel I will have a disrespectful attitude, and I will probably break some rules, like skip school just for the fun of it. If I want to be like the girls on the television show Sex and the City and treat sex very casually, then I will change my self-image which will in turn allow my lust to be fulfilled. In other words, if my self-image is imitating Christ it will literally not allow me to fornicate. However, if it is emulating the world, I might as well put an "Open" sign on my undergarments. This equation can shed light on any sin. It can also help us to change our heart so that we will not form that lust which will result in a sinful action.

The Equation Broken Down

"Therefore hear the parable of the sower: When anyone hears the word of the kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart. This is he who received seed by the wayside. But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy; yet he has no root in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles. Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful. But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty."

-Matthew 13:18-23

Here is an illustration. Abstaining from being sexually active outside the confines of marriage starts with having your heart and mind in the right place. A person is not going to desire to be worldly if they have a strong knowledge of how to and why to be Godly and have expectations to be so. Being holy has become their self-image and they do not want to taint it in any way. They have declared their allegiance to Jehovah, instead of to the world (Satan). If they instead have decided to pledge their allegiance to this world on purpose, by default because they are oblivious, or just don't want to have to choose, then they have formed their self-image after Satan.

It is very difficult for a person to make the right decision if one or more of these factors are missing: the how, the why, or the expectation.

The How

We live in an age where information is easily available. In addition to the millions of books and reference material in libraries across the world, we have the Internet. With the first mass production of the Bible in the English language with the Gutenberg Press in the mid 1400's, the Bible became increasingly more available as time went on. It continues to be the best-selling book of all time. With the invention of computers and the Internet, it became even easier to have access to not only the Bible, but programs that electronically help you find references in it (www.e-sword.net).

Since the Word of God has flown into the hands of the world, the excuse of not knowing how to please Jehovah has all but disappeared. Both by reading or listening it is possible to find out how to be pleasing to God, and I believe this is what He intended. In fact, we have a responsibility to become familiar with His Word. In II Thessalonians 2:8 we find out there will be consequences for those who refuse to find out how to obey Him.

There are a lot of distractions around us such as jobs, schoolwork, family obligations, and secular activities that crowd into our lives making the hours feel like minutes. God is not oblivious to this fact, but He still expects us to put Him first (Ex 20:3). We need to educate ourselves on how to live our lives in accordance to His Will if we are going to have control over that part of the equation. God did not make the Bible too difficult to understand, and we have the responsibility to know how to please Him.

The Why

I was blessed to have grown up in a Christian household. This is a blessing that I have unfortunately not always appreciated the significance of. As a teenager I was able to spout off the steps of salvation in one small breath. I knew it was wrong to use instrumental music while offering worship to Jehovah and could pass a Bible pop quiz with ease. I wish I could say that this was because I was a diligent student of the Word, but that is simply not true. You see, I knew the how, but not the why. Unfortunately, I could not defend my beliefs like we are admonished to in I Peter 3:15, because I had allowed the Truth to bypass my heart when it went to my brain.

I think this happens because many times the why is surrounded by a fog. This fog consists of doubts this world has come up with to discredit the Bible, and with external distractions that puff themselves up as being more important than God and His Word. Not knowing "The Why" is called "missing the point" and it is a scary place to be, because if you do not appreciate God's plan for your life it is because you do not understand God. If you do not understand God then you are no more than a shell filled with dirt instead of the valuable pearl you were meant to be.

I am not sure if I can numerate how many reasons there are to care about God and His plan for our lives. You see, somebody can have the Bible memorized from cover to cover, but if it does not prick their heart then all they have done is put a bunch of

words in their head. Another scary thing about not getting it is what can happen as a result of this. There are many people who missed the point their whole lives and ended up missing the goal. Apathy is a form of gambling that can cost you your soul, and I admonish you to not take such a risk but instead press toward the mark (Phil 3:14).

The Expectation

This is the part of the equation that really trips up a lot of people who have converted to Christ from other denominations or who have little to no religious background. It all boils down to the fact that the majority of people care what other people think. Even the person who says they do not care what other people think wants people to see that they don't care what others think. Family, friends, associates, and in some cases complete strangers have an impact on what we believe and why.

People's expectations of us are paramount. A father who wants his son to take over the family business will raise his son to always know that will be his future. That is why a lot of times distance will form between the two if the son decides not to do so. There is a girl who is about to be freshman in high school. She has older friends and decides to completely change her entire look from being a gangster to that of a cheerleader and president of the student council. The people she decides to be around expect her to dress and act like them if she wants them to be her friend. Lastly, look at celebrities and fashion designers. They are perfect strangers to me, but the clothes they choose to design and wear affect what is sold in stores, what is plastered on the cover of almost every magazine, and what is expected for me to wear.

Jesus understood this. The Bible records over and over again the compassion He felt toward His family, friends, and the multitudes of people in need of a Savior. Be this as it may, He taught that we are to put God first, even in front of those we hold most dear (Mt 10:37-38). This is not easy. I have known many people who, when they became Christians, tried to reach out to their family with the Gospel. They were shot down, and because they held fast to the Truth their relationships have diminished. On the other hand, there are some people who have gone back into the world because expectations from family, friends, or the world were enough for them to fail at being a Christian. If our self-image is going to reflect Christ, we need to be able to put Him first in front of all other expectations.

The Breakdown

So, by breaking it down we learn that if a person does not know how to please God, they will not have the tools to mold their heart away from the world and toward Him. This can be changed by studying the Bible with all honesty (II Tm 2:15). Now if a person has the facts but the why is missing, they too will have problems with their equation. You can quote John 3:16 to me all day long, but until the seriousness of that Truth brings tears to your eyes like those people Peter preached to on the Day of Pentecost (Acts 2:37), you're going to have a hard time getting the sum of a righteous heart.

Lastly, if you have the how, and you have the why, it is extremely difficult to maintain the equation for a pure self-image if you are missing the expectation. This is why it is so important to surround yourself with Christian brethren who care about the destination of your soul, who will lift you up and remind you of God's expectations for you (Gal 6:1-2). With these things in mind, we will study about how our self-image and, in turn, our sexuality can reflect our Lord.

[Back To Top](#)

Chapter Two

Studying Sexuality

Sex is on the minds of most people, especially those who shouldn't be having it.

William Glasser

We've Got You Surrounded!

Although I can recall several movies that have depicted this in one way or another, I can vividly remember a particular movie I watched a few years ago that showed a "love scene" where two teenagers professed their love for one another and proceeded to sleep together. It seemed so romantic with the candles and the music, which was the intention of the writers and producers. They were trying to convince their audience that the act of sex is just something people who fall in love do. Too often they are successful.