

Science

Let's get nerdy. Who here likes science? Here's what I love about science. You can't argue with science. It just is. There are planets. Deal with it. You can trust science. It is reliable. It is predictable. I like that. The sun will rise tomorrow whether you like it or not. Predictable.

You see, life is governed by laws of nature. We can either: respect the laws and prosper or we can ignore them at our own peril. Let me explain. If I climb up to the roof of my house and walk of the ledge something is going to happen to me. What is that? Yes! I will plummet to the ground. It doesn't matter how much I wish life were differently, the truth is that I will plummet to the ground because of a law of nature. This law is something we call *The Law of Gravity*. Maybe you've heard of it. You can't argue with gravity. It just is. You can either respect it or suffer the consequences. Respect gravity. Because if you don't you will hurt yourself.

The Law of Gravity isn't the only law out there. We could talk for hours about the many laws that govern life. That is what this series is all about. The Laws of Nature or maybe better yet, the Laws of Life. You can't argue with them. They just exist. You can respect them and life will go as it should or you can ignore them and you will experience pain.

Infatuation

Tonight's law comes from the world of love. Who can deny how exciting it is to have a crush. When you have a crush you can't stop thinking about that person. It's crazy. You're trying to study for a test and her face keeps popping into your head. You're going for a triple kill in Battlefield and boom! There she is again in your mind...and you're dead. You're trying to get some sleep and your mind keeps imagining that you run into him in the school hallway. All your books go flying and he stops and helps you pick up your books and you have that moment when your eyes meet and magic and fireworks and well...it's love right?

How many of you know EXACTLY what I'm talking about? Let's take a little survey. Everyone close your eyes. By show of hands, who has a crush on someone right now? How many have a crush on someone in this room? How many have a crush on someone in your seating section?!?! OK, stop. We don't want to give anything away.

Crushes Evolve

Crushes evolve. Have you noticed this? A crush isn't happy to stay a crush. When you have a crush on someone you want something more with that person. You want to spend more time with them. You want them to like you. You want to be close with them. You want to date them.

I know this because if you have a crush on someone and they send you a note saying that they like you too and want to date you, there is a 0% chance that you are going to say, "Nah, I'm good with just having a crush on you. I just like liking you. I'm happy with just awkwardly watching you from a distance." Crushes demand action. You either end up in a relationship with a crush or your crush

fades away. Crushes lead to dating. What's up with that? There's a reason...and we'll get there. Hold on.

Dating

And so, crushes lead to dating. Eventually, you're going to end up in a dating relationship. Maybe you have already been there. Maybe you're in one right now. Here's the thing about dating: it's complicated. It's actually sort of difficult. It doesn't always end well. People break up and...tears.

People break up and hate each other. Raise your hand if you know people who broke up and hate their ex-boyfriend or girlfriend. Raise your other hand if *you* hate your ex-boyfriend or girlfriend. Yes, dating is complicated.

Here's what I know: no one has baggage from having a crush. But LOTS of people have baggage from dating. No one has scars from having a crush but I've talked with many people who have deep scars from dating. Dating is complicated. It can be a little dangerous. There should be a warning label on dating. It could be hazardous to your health.

Principles

What is it about dating that is so hazardous? What is it about dating that often leaves people scarred and hurting? I think it's because people don't pay attention to one of life's principles. Remember the concept of laws of nature? You can't argue with gravity. It just is.

I'm going to share with you a law about relationships that if you pay attention to it will save you a ton of heartache. If you learn this law and apply it to your life you will steer clear of trouble and maintain healthy relationships. In other words, by respecting this law you could be one of the few who doesn't get hurt dating. What is the law? I'm glad you asked. Here it is:

The Law of Intimacy: Intimacy is super glue.

Wait what? Let me explain with the word you know—glue. What does glue do? It puts two things together. And super glue? It puts two things together in irreversible fashion. You can't undo super glue. When you tear two things apart that have been super glued together they don't come apart cleanly. Part of the one will be permanently part of the other. There will be pieces that will be torn off and lost to the other. That's how super glue works. It is meant to put things together permanently.

So that's glue. What about intimacy? What is intimacy? Intimacy refers to deep connection. Being intimate involves the mixing of our life with another person's. It's a mingling of souls, a sharing of hearts. This is something we all long for because it's how God made us. We were designed to connect.

Oneness

Another way to describe intimacy is "oneness." It is like becoming one with another person. It's a beautiful concept and it was all God's idea:

Genesis 2:20-25

But for Adam^[f] no suitable helper was found. ²¹ So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs^[g] and then closed up the place with flesh. ²² Then the LORD God made a woman from the rib^[h] he had taken out of the man, and he brought her to the man.

²³ The man said,

"This is now bone of my bones
and flesh of my flesh;
she shall be called 'woman,'
for she was taken out of man."

²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

²⁵ Adam and his wife were both naked, and they felt no shame.

God created the marriage relationship to be a beautiful reflection of Himself—3 persons existing in perfect and intimate relationship. A husband and a wife reflect this relationship. The goal of a marriage is this intimacy—this oneness. And if you're wondering...it's much more than sex.

Broken

One thing that we have to understand is that the world is no longer the way it was supposed to be. This planet is broken. We are broken. Where we were once satisfied in God and the amazing gifts He gave us, we are now desperate. We are desperate for intimacy. We recklessly want intimacy. This is why crushes turn into dating. This is why you aren't satisfied to have a crush. You want more!

This is why Jeremiah, one of the prophets of Israel wrote something thousands of years ago that is still true today:

Jeremiah 17:9

"The human heart is the most deceitful of all things,
and desperately wicked.
Who really knows how bad it is?"

We are broken people. Your heart is desperate from intimacy. It wants it very badly and it will lie to you in order to get it. If you don't fight against your natural inclinations, you will quickly find yourself super glued to the person you are dating. It the natural way of things. It just happens. You are desperate for intimacy and your heart is a liar!

Intimacy is exhilarating. It feels so right. It is an amazing feeling to be intimately close with another person. It is supposed to be permanent. In order to be intimate with another person you have to be fearless and love them and put yourself at risk to be rejected. Intimacy is the super glue that binds a marriage together.

In a dating relationship, intimacy feels awesome in the moment but later, after things have fallen apart it hurts. It hurts very badly. I have a million stories I could tell you from my life and the lives of my friends of how people super glued themselves to a person they were dating and how when they broke up it felt like they were being ripped apart...because they were.

And here's a secret that no one else will tell you. After you've been super glued to someone else, it is hard to be intimate with your new boyfriend or girlfriend. If you go around super gluing yourself to the people you date, you will have a very hard time being intimate with your husband or wife 10 or 15 years from now because when you are intimate with a person it is permanent. You lose part of yourself to them. It's supposed to be forever. Intimacy is like super glue and there are consequences to gluing yourself to people.

Words and Bodies

You have a choice. You can respect the law of intimacy or you can pretend it isn't real. It's your life and God has given you freedom. But, He has designed life a certain way and when we ignore the laws of nature we put ourselves at risk.

If you want to respect the law of intimacy, you need to understand that there are two sides to intimacy and they are both powerful. One is more powerful for guys and the other more powerful for girls.

For girls, emotional intimacy is incredibly powerful. The relational side of a relationship is where you experience intimacy at the deepest levels. How do I know this? Because when he tells you that you are beautiful, that your eyes sparkle, that he wants to be with you forever...yadada...you get stupid! You get that butterfly feeling in your chest, your head starts to feel fuzzy and you're likely to do something you'll regret. Words are the way to your heart. The emotional side of the relationship is where you experience intimacy. But please be careful, some guys are dangerous and know how to manipulate girls with their words to get what they want...your body.

For guys, it is a physical thing. Girls, your bodies make us dumb. There is nothing more compelling and beautiful in all the world than a woman's body. I'm serious. The closer it is and the more we see the dumber we get—the more likely we are to do something we regret. We experience intimacy at the deepest levels in the physical expressions of love.

Understand, your heart will lie to you! It will tell you that if you give your body to him you will feel something amazing—intimacy. And you will, for just a short little while and then you'll be glued to him and there are consequences to being glued to someone. You lose part of yourself in the tearing part.

Understand, your heart will lie to you! It will tell you to use your words to manipulate her into getting what you want—her body. Intimacy. And for a short little while, you will have intimacy. But intimacy is like glue. It will hurt terribly badly when you are torn apart and you lose part of yourself.

Boundaries

If you want to keep yourself from getting glued, you need boundaries. You need emotional and physical boundaries. Do you know what I regret from high school? I regret telling the girls I dated that I loved them and I regret everything I ever did from the line of kissing onward. I'm just being honest. I truly regret those things. I wish I had all of that for my wife and only her. I want all that intimacy back.

Each of us has the freedom to decide what our boundaries are going to be. Without boundaries we have no protection from the glue of intimacy. And a word of advice, in a dating relationship, a boundary unstated is not a boundary. Tell him or her what your boundaries are. If you don't tell her you can't blame her from crossing them.

Go and Do

So, what should we do? 3 things:

- Define your emotional boundaries
 - I'm not going to use the "L" word
 - We're not going to talk about forever
- Define your physical boundaries
 - Duck Dynasty: Lips on Lips and Hands on Hands....
- Tell him! Tell her! Tell someone else so they can hold you accountable.

And remember the law of intimacy: Intimacy is super glue.