

JASON & CRYSTALINA EVERT

HOW TO FIND YOUR  
*Soulmate*  
WITHOUT LOSING YOUR SOUL

Study Guide

21  
SECRETS  
*for Women*



HOW TO FIND YOUR  
*Soulmate*  
WITHOUT LOSING YOUR SOUL

---

*21 Secrets for Women*



*Totus Tuus*  
— P R E S S —

## *Leader's Notes*

The purpose of this study guide is to help women integrate and live out the principles contained in the book *How to Find Your Soulmate Without Losing Your Soul*. A discussion or study group will not only allow women to assimilate what they have read, but will offer fellowship and encouragement to persevere in what they have learned.

In order to conduct a group study, each participant should own a copy of the book and bring it to each session. (When purchased in bulk, softcover versions can be purchased for \$2.00 each from [www.howtofindyoursoulmate.com](http://www.howtofindyoursoulmate.com).) Each member should also have a copy of the discussion questions so that she can know what will be asked at the upcoming meeting, and can come prepared with thoughts to share.

Each member of the group should be encouraged to highlight her book as she reads, marking areas that stood out to her. Part of the discussion sessions will require participants to share one statement or story from each chapter that helped them most. This will aid in sharing experiences and insights during each week's discussion. It will also benefit the other participants to hear important points of each chapter.

The study program is divided into seven sessions, addressing three chapters of the book in each meeting. It is recommended that meetings be held once a week, giving the women an opportunity to read three chapters during that time. Meetings are to be moderated by a leader, whose task is to guide the discussion and keep the participants focused on the questions being asked.

Because the nature of the book is personal, make every effort to make the group feel secure in sharing their thoughts. However, members of the group should not feel as if they ought to divulge personal information about sexual questions or family problems. At any point, if things get argumentative, the moderator should do her best to keep any member of the group from feeling alienated or from dominating the discussions. To offer a positive spin on a touchy issue, the moderator could say something such as:

“When anyone reads a 300-page book, it's not surprising that they will come across things that they might not necessarily agree with. If something was difficult to read, take the time in your own life to explore why the issue struck such a nerve in you. If we come to the book with an open heart and mind, then we'll also find things that inspire us. If something was difficult to read, don't let that overshadow the things that can help you to grow as a woman.”

Each meeting should open with a prayer for the fruitfulness of the discussion, and should close with prayer as well. For the closing prayer, participants can offer specific intentions, such as: for future spouses, vocation choices, encouragement, relationship problems, etc.

For each session, after a few minutes of prayer and socialization, begin discussion of

the three chapters. It isn't necessary to ask every question offered in this guide, but is important to end the meetings on time. Keep an eye on the clock, trying to keep the discussion of each chapter to 15–20 minutes. This way, the study will be completed within an hour, with each of the three chapters receiving time for discussion.

In order for each group to maximize its potential in helping the participants, the focus needs to go beyond the study of a book. The discussion group is an ideal opportunity to form and strengthen healthy friendships. It is these bonds that will often help women to persevere in the lifestyle of purity, hope, and self-respect—long after the study has ended. In order to foster the social element of the group study, it is wise to provide snacks and drinks before or after each meeting.

The leader of the group should feel comfortable explaining the Christian view of dating, chastity, and human sexuality. In order to expand one's capacity for understanding and explaining these topics, the following books are recommended for both leaders and participants:

Secular:

*A Return to Modesty*, by Wendy Shalit

*Girls Gone Mild*, by Wendy Shalit

*Unprotected*, by Anonymous, M.D.

*Ten Stupid Things Women do to Mess Up their Lives*, by Dr. Laura Schlessinger

Evangelical Christian:

*Captivating*, by John and Stasi Eldredge

*The Thrill of the Chaste*, by Dawn Eden

*When God Writes Your Love Story*, by Eric and Leslie Ludy

*Boy Meets Girl*, by Joshua Harris

Catholic:

*Love and Responsibility*, by Karol Wojtyla

*Good News About Sex and Marriage*, by Christopher West

*Pure Womanhood*, by Crystalina Evert

*If You Really Loved Me*, by Jason Evert

*The Privilege of Being a Woman*, by Dr. Alice von Hildebrand

*Session One**1. No Missionary Dating*

- Have you ever dated any men on the “Top Ten List” of guys to avoid? If so, how did the relationship go? What warning signs did you notice before—or while—dating him? Do you feel it’s realistic to expect a man to be free of such faults? How do you deal with discouragement?
  
- What statement or story in this chapter helped you the most?

*2. Date with Purpose*

- In the past, why have you dated? Do you think it’s wise to limit your choice of potential boyfriends to those whom you can see yourself marrying?
  
- What statement or story in this chapter helped you the most?

*3. Love Your Spouse before You Meet Him*

- Have you ever thought of abstinence as an expression of love? In this chapter, Jason mentioned a young man who made a list of 100 ways to prove his love to his girlfriend without sex. What would be on your own list?
  
- What statement or story in this chapter helped you the most?

*Session Two**4. Apply the Love Test*

- Have you ever had to give a boyfriend the “love test?” How did it go? Has a guy ever made you feel stingy and prude for refusing to consent to his selfish desires? How did you respond?
- What statement or story in this chapter helped you the most?

*5. Quit Rationalizing*

- Crystalina shared a number of excuses that women offer for bad behavior or bad relationships. One of the most common excuses is that she “loves” her boyfriend. Is it possible for the love of a boyfriend to conflict with the love of God? If so, which love is true?
- What statement or story in this chapter helped you the most?

*6. Grow a Backbone*

- What kind of non-negotiable standards do you have for a future husband? Are the standards any lower for a potential boyfriend? If so, why? Have you ever regretted *refusing* to compromise for a guy?
- What statement or story in this chapter helped you the most?

*Session Three*7. *Hang Up on Hookups*

- Aldous Huxley once wrote: “Oh, how desperately bored, in spite of their grim determination to have a Good Time, the majority of pleasure-seekers really are!” Do you find this statement to be true in terms of those who habitually hook up? Jason and Crystalina offered a number of reasons why women hook up. Which do you think are most common, and why?
- What statement or story in this chapter helped you the most?

8. *Admit It: Friends with Benefits Are Neither*

- The authors noted that oxytocin binds you and blinds you. Can you see why this would make women more likely to prolong unpromising relationships? If a man proposed the idea of being your “friend with benefits,” how would you turn him down? If a couple is pure of heart, how does this make them free to love?
- What statement or story in this chapter helped you the most?

9. *Remember the Meaning of a Kiss*

- Jason and Crystalina said that self-control prior to marriage frees a couple to love and trains them in faithfulness. What other habits and virtues that are formed through chaste living do you think you’ll need to practice in marriage? In your own words, what’s the difference between love and lust?
- What statement or story in this chapter helped you the most?

*Session Four**10. Wear Something Revealing—Be Modest*

- Have you ever thought of modest clothing as being *more* revealing? Although immodesty can get a man's attention, how can modesty help your soulmate to find you? Jason and Crystalina offered practical guidelines for choosing modest clothing. Are there other tips that you've use for determining whether an outfit is classy enough? Do you think it's realistic to think that women could change the fashion industry for the better?
- What statement or story in this chapter helped you the most?

*11. Love Your Body*

- Do you agree with the authors' statement: "As hard as the media may be in critiquing the quality of a woman's figure, no one is more demanding on the woman than herself?" If a woman struggles with a negative self-image, what would you suggest she do? Why do you think that women's bodies are more afflicted and degraded than the bodies of men?
- What statement or story in this chapter helped you the most?

*12. Find Your Bridesmaids, Then Your Groom*

- Do your friends help you to lead a good life? If you had a friend who was living a destructive lifestyle, what things would you do to help pull her out? Have you ever lost a friendship because you loved the person enough to tell her (or him) the truth?
- What statement or story in this chapter helped you the most?

*Session Five**13. Meet the Parents*

- Why do you think so many people hide their relationships from their parents? What steps could be taken in your own life to build up or heal your family? In the story about the buried box of love letters, how do you think the relationship would have progressed if Rich and Christy continued hiding the relationship from her parents?
- What statement or story in this chapter helped you the most?

*14. Don't Play House*

- Why do you think couples who cohabit develop weaker marriages? Can you see why men have become less motivated to marry because of cohabitation? What do you think are the reasons women cohabit as compared to men? If people today are marrying later in life, and such marriages tend to be more stable, why do you think divorce rates have risen so sharply in the past 50 years?
- What statement or story in this chapter helped you the most?

*15. Break Up, Even if He Smells Good*

- Have you ever had to end a bad relationship? What do you wish you had done differently? What helped you to move on and persevere in your decision? When leaving a relationship, how important do you think it is to have a break-up buddy?
- What statement or story in this chapter helped you the most?

*Session Six**16. Forgive Yourself*

- If a woman never forgives herself, how can this impede her ability to find her soulmate? Which seems more difficult: to grant yourself forgiveness, or to seek forgiveness from God? What do you think about the modern notion that guilt is psychologically harmful?
- What statement or story in this chapter helped you the most?

*17. Choose to Heal*

- What advice would you give to a woman who had suffered sexual abuse? How can she learn to trust again, while being safe? If a woman does not seek adequate healing from past events, how can this affect her future relationships?
- What statement or story in this chapter helped you the most?

*18. Rise Above the Gossip*

- Jason and Crystalina quoted a writer who said: “The really spiritual man is known by the kindness of his speech, and still more by the kindness of his silence.” If you overhear gossip, how could you alter the conversation to defend the person who isn’t present? Why do you think people feel the temptation to gossip? What do you think a woman can do to combat gossip about herself, whether it be true or false?
- What statement or story in this chapter helped you the most?

*Session Seven*19. *Enjoy the Season of Singleness*

- Do you feel that you've embraced the season of singleness in your life? Have you found it difficult to make time for yourself? What kinds of things do you want to accomplish before marriage? What kinds of things would you want your future husband to have accomplished?
- What statement or story in this chapter helped you the most?

20. *Believe Again*

- Do you trust God with your future? Does the thought of giving God control over your relationships and your future make you feel peaceful, fearful, or both? What might it cost you to surrender every part of your life to God? After reading this chapter, name one specific thing you can do to deepen your own interior life.
- What statement or story in this chapter helped you the most?

21. *Testify*

- What specific ways can you promote the dignity of women and authentic human love? Who can you reach out to . . . and will you actually do this? If you feel hesitant to promote such a lifestyle, what do you fear? What would your campus or community look like if all women embraced the principles of this book?
- What *chapter* in this book helped you the most, and why?
- After finishing this study, what can you do to persevere in a lifestyle that helps you to find your soulmate without losing your soul?

Copyright © 2011 by Totus Tuus Press

All rights reserved. Except for quotations, no part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, uploading to the Internet, or by any information storage and retrieval system, without written permission from the publisher.

Published by Totus Tuus Press

P.O. Box 1702

Spring Valley, CA 91979

[www.TotusTuusPress.com](http://www.TotusTuusPress.com)