



# Ready, Set, Go!

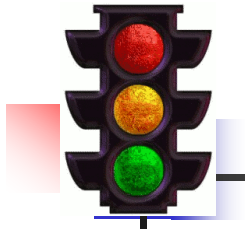
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## Christian Dating and Sexual Integrity

-DRAFT FOR DISCUSSION-

Chris and Liz Foreman



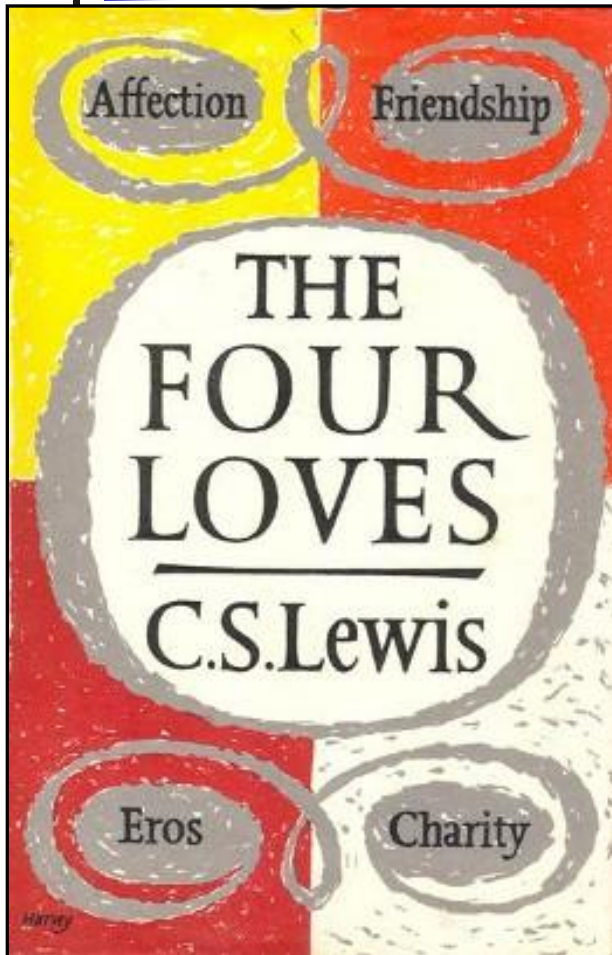
# The Christian Singles Dating Scene

- Story One ~ Megan
- Story Two ~ Eric



# God Made Us to Love

(whether single or married)

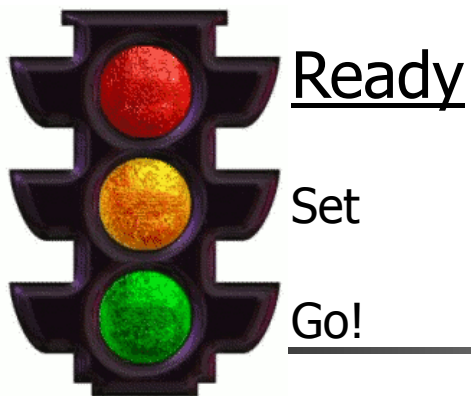


- Affection / Storge
- Friendship / Philia
- Romance / Eros
- Charity / Agape



# Christian Love

- Affection (*Storge*) is family love. As Christians we are all of same household of faith, brothers and sisters.
- Charity (*Agape*) is sacrificial love. Jesus commands his followers to “love one another”.
- Friendship (*Philia*) is companion love, built on trust, knowledge, and common pursuit.
- Romance (*Eros*) is partner love, bond leads a woman and a man to marriage.



# Christian Friendship (Complete in God)

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- Prepare yourself for romance and dating by having a **FULL HEART** and not a **HUNGRY HEART**.
- Don't expect a partner to fill a void that only God can fill.



Ready

Set

Go!

# Christian Friendship (A friend before a date)

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- Trust
- Knowledge
- Affection

Three aspects of Friendship



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# Trust

(A foundation of friendship)

- Assured reliance on the character, ability, strength, or truth of someone – one in whom confidence is placed.
- Takes time



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Go!

# Knowledge

(A foundation of friendship)

- Awareness, understanding, a clear idea of someone
- Takes time





Ready

Set

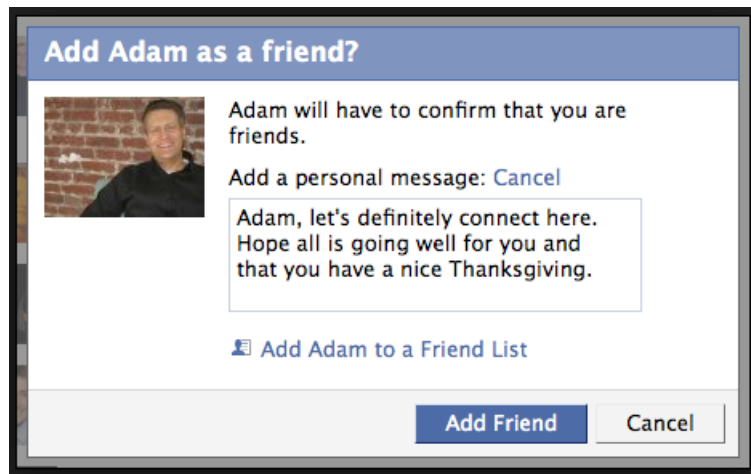
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# Affection

(A foundation of friendship)

- a feeling of liking and caring for someone
- May happen quickly

# Friend or Acquaintance?



- Trust?
- Knowledge?
- Affection?



Ready

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# Christian Dating

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- A deliberate meeting with a person of opposite sex without a commitment to marry but with marriage as a possibility. A romantic encounter.
- Dating is not addressed in Scripture.
- The Prime Directive: “Do not be unequally yoked with an unbeliever”.



Ready

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# Goals of Christian Dating

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To evaluate:

- Chemistry
- Compatibility
- Commitment
- Character



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# What to Look for When Dating

- INWARD Character
- OUTWARD Modesty
- UPWARD Devotion

**Seek the IOU**



Ready

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Go!

# INWARD Character

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- Do words match deeds?
- Observe the person under stress and while suffering
- Does the person forgive?
- Seek out public reputation

**Seek the IOU**



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Go!

# OUTWARD Modesty

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- In speech
- In dress
- In behavior

**Seek the IOU**



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# UPWARD Devotion

- Does the partner seek to please God, more than to please you?
- Is God the primary relationship? What is the evidence?
- Is the partner active in service to God?

**Seek the IOU**





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# Christian On-Line Dating

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- Three popular sites: *eHarmony*, *Christian Mingle* and *Christian Cafe*
- Tips when posting a profile:
  1. Include current/high quality photos
  2. Think of it as a resume
  3. Have a friend review your profile
  4. Commit time for responding to communications promptly and honestly



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# Christian On-Line Dating

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- Four Don'ts for First Meeting
  1. Imply you are too busy to date
  2. Talk about previous relationships
  3. Meet initially for more than a coffee date
  4. Commit to meeting again until you have time to reflect on first meeting
  5. Meet in private setting-hike, your home;



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# Finding a Date

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- Measures of Compatibility
- Unpredictability of Chemistry
- What about dating several people concurrently?



Ready

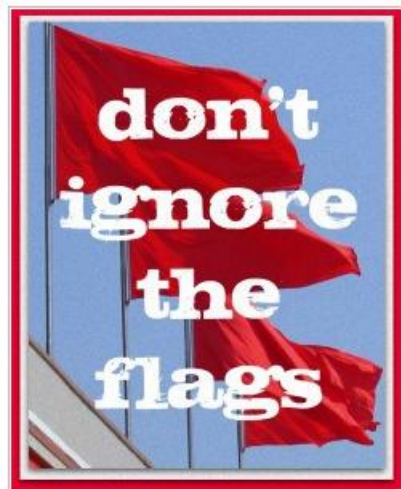
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Go!

## A Suggested Approach

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- Ladies, if you know gentleman is of good character, and you are available, if he asks for a date, please accept his offer and say **YES**. You never know.
- Gentleman, if after a first date you ask for a second date and Lady says **NO**, please accept her refusal with grace and do not pursue.

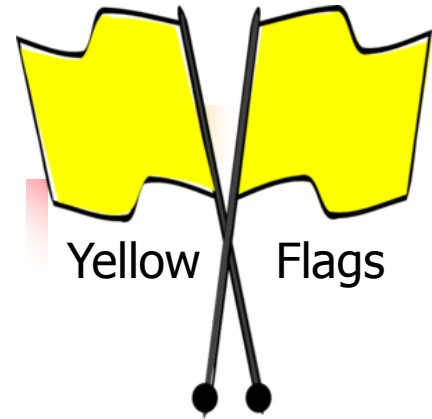


# RED FLAGS

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1. Drinking too much.
2. Asking questions that are too personal.
3. Asking or talking about sex.
4. Acts rudely to others during the date.
5. Talking about an ex negatively.
6. Having a jealous streak.
7. Using religion as a hammer.

Check for red & yellow flags before becoming exclusive.



# YELLOW FLAGS

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1. Sneaky about phone
2. Monopolizes conversation
3. Not around when needed most
4. Doesn't share personal details
5. Chunks of time go unexplained

**Check for red & yellow flags before becoming exclusive.**



Ready

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# Christian Courting

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- Being involved romantically, with intention of potentially marrying. Comes before engagement
- During this season, a man courts a woman and the relationship is exclusive.



# It's All About Character

- You have character if you act same when nobody is looking.
- You are not prepared to court seriously if you are not able to love sacrificially.
- You have character when you choose to love without an immediate benefit.
- Find somebody who has integrity and sexually attracts you.





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# Explore all Aspects of Character

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- ✓ Spiritual Character
- ✓ Financial Character
- ✓ Sexual Character
- ✓ Mentally Stable
- ✓ Emotionally Stable



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# Consider Common Reasons Relationships Break-down

1. Adultery/ affairs / pornography
2. Finances / debt / loss of employment
3. In-laws / step children
4. Addictions to alcohol or drugs
5. Physical abuse / emotional abuse



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# The Goal of Christian Courting

- Aspire to Genesis 2:25
- “The man and his wife were both naked, and they felt no shame.”
  - “Naked” = transparent-open-vulnerable
  - “No shame” = fully accepting and nonjudgmental



Ready

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# Next Steps

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- Take time for reflection and prayer
- Questions to consider:
  - Are you **READY** to begin dating? If not, what steps to get ready?
  - Men are you **SET**: is there someone you desire to ask for a date?
  - For those already dating/courting, is your relationship putting God first?

# Sexual Integrity



Chris and Liz Foreman

# Definition

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- Expressing your gift of sexuality throughout life in a true, excellent, honest and pure way.

**Sexual:** involving the sexes, male and female

**Integrity:** wholeness, free from injury, damage or disease

**True:** authentic, loyal faithful

**Excellent:** extraordinary, remarkably good

**Honest:** morally good, free from deception

**Pure:** free from anything inferior

**Whether single, in a relationship, or married**



# God Created Us to be Sexual Beings

- So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it."  
(Genesis 1:27-28)
- Solomon's Song of Songs. Let him kiss me with the kisses of his mouth-- for your love is more delightful than wine.  
(Song of Solomon 1:1-2)



## Introduction

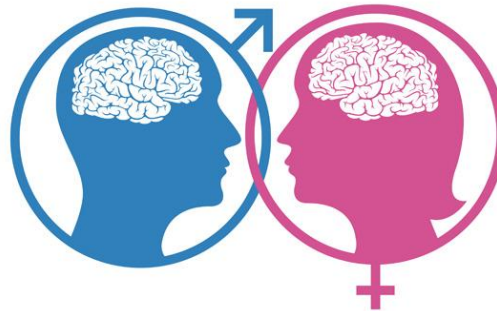
# God created us to be Male and Female

Sexual  
INTEGRITY

Mars



hunters



gatherers

Venus



Survival strategy to pass on genes

**Male**

Inseminate as many females as possible  
and go with the odds of offspring survival

**Female**

Nurture offspring into adulthood and a  
good male provider/protector can help



# Communication is Key!

- Men spell *communication* S-E-X
- Women spell *communication* T-A-L-K

# Sex Unites

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- Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh. but he who unites himself with the Lord is one with him in spirit. (1 Corinthians 6:16)

# Sex is Bonding

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- Sexual activity is a bond – like glue.
- Any intimate activity begins the bonding process.
- Breaking the intimacy bond is emotionally painful



# Sexual Restraint builds trust

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- If you control your sexual passions with me until marriage,
- Then I can trust you to be faithful during marriage.



# Three Principles

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- Activities that build relationship are acceptable, but activities that progress toward sexual intercourse are dangerous.
- Sexual intimacy is a train that does not move backward.
- The level of intimate contact should be equal to the level of commitment to marriage.

# Resist or Flee?

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- Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.  
(1 Corinthians 6:17)

# Rebuke or Run?

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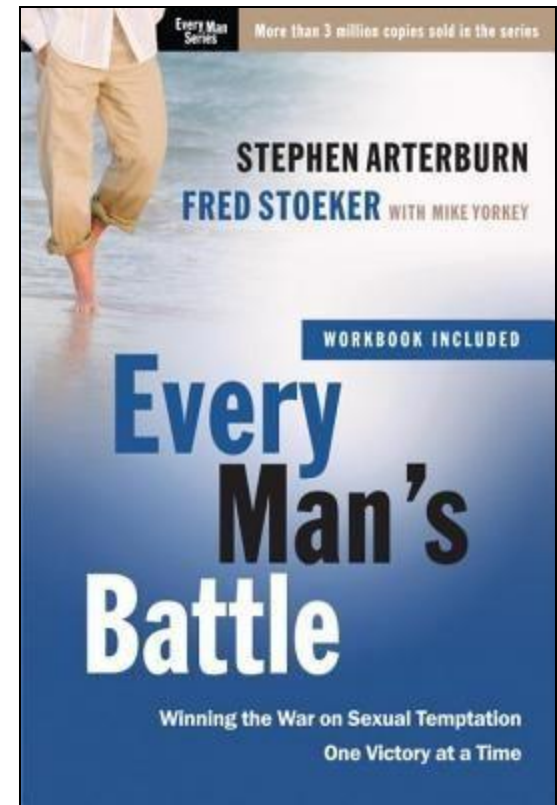
Although she spoke to Joseph day after day, he refused to go to bed with her or even be with her. One day he went into the house to attend to his duties, and none of the household servants was inside. She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and **ran** out of the house. (Genesis 39:10-12)

For Guys

**Sexual  
INTEGRITY**

# The Battle Plan

1. Guard the Eyes
2. Take Captive the Mind
3. Protect the Heart





For Guys

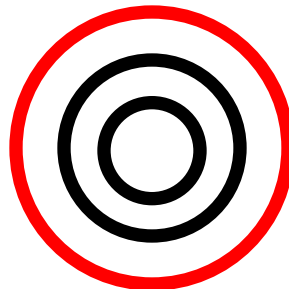
**Sexual  
INTEGRITY**

# Guard the eyes

**Every  
Man's  
Battle**

- I made a covenant with my eyes not to look lustfully at a girl. (Job 31:1)

First ring of defense



For Guys

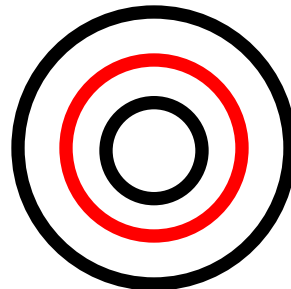
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INTEGRITY**

# Take captive the mind

**Every  
Man's  
Battle**

- We take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)

Middle ring of defense



For Guys

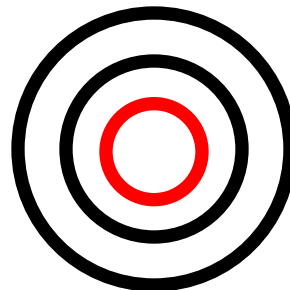
**Sexual  
INTEGRITY**

# Protect the heart

**Every  
Man's  
Battle**

- Above all else, guard your heart, for it is the wellspring of life. (Proverbs 4:23)

Final ring of defense



For Gals

The logo for "Sexual INTEGRITY" features the word "Sexual" in a white, sans-serif font with a pink 'x' and "INTEGRITY" in a bold, white, sans-serif font with a green 'I' and a pink 'Y'. The text is set against a blue background with a subtle pattern of circles and lines.

Help Men keep Battle Plan  
but hold them accountable

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- Avoid horizontal situations
- Wear attractive, but not seductive attire
- Don't give in. *Agape* and *Philia* before Eros

# Questions about Dating & Sexual Integrity

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Thank you for your Time!!!