



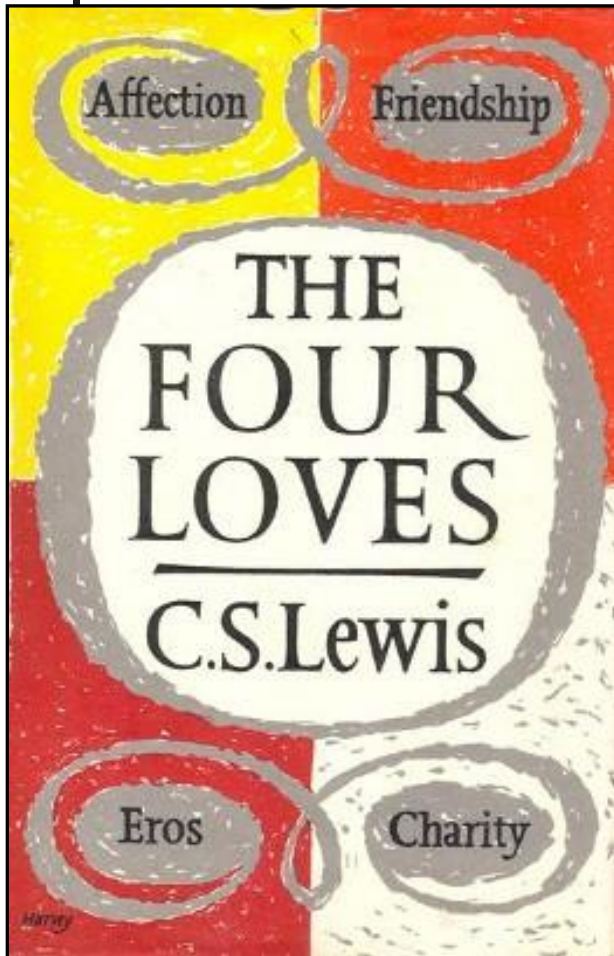
Ready, Set, Go!



Christian Dating
and
Sexual Integrity

Dr. Chris Foreman

God Made Us to Love (whether single or married)



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



Ready

Set

Go!

Christian Friendship (Complete in God)

- 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)

- Trust
- Knowledge
- Affection

Three aspects of Friendship



Ready

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Go!

Trust

(A foundation of friendship)

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



Ready

Set

Go!

Knowledge

(A foundation of friendship)

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



Ready

Set

Go!

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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Go!

Christian Dating

- 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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Go!

Goals of Christian Dating

To evaluate:

- ✓ Chemistry
- ✓ Compatibility
- ✓ Commitment
- ✓ Character



Ready

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Go!

What to Look for When Dating

- INWARD Character
- OUTWARD Modesty
- UPWARD Devotion

Seek the IOU



Ready

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Go!

INWARD Character

- Do words match deeds?
- Observe the person under stress or pain
- Does the person forgive?
- Seek out public reputation

Seek the IOU



Ready

Set

Go!

OUTWARD Modesty

- In speech
- In dress
- In behavior

Seek the IOU



Ready

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Go!

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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Finding a Date

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



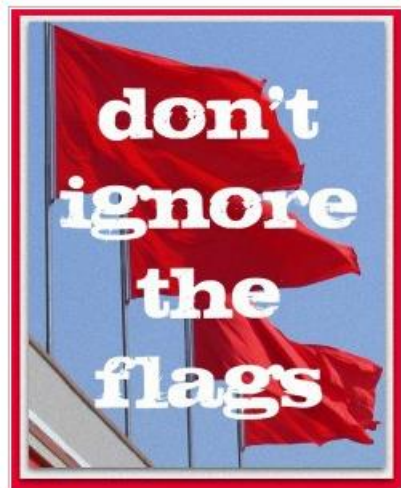
Ready

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Go!

A Suggested Approach

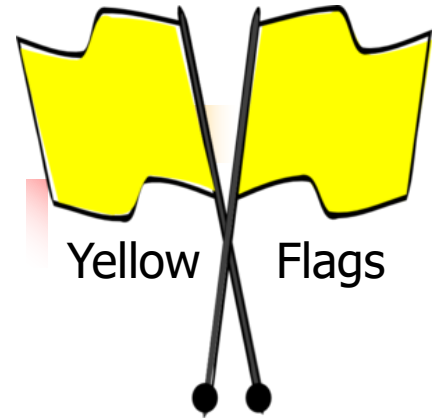
- Ladies, if you know gentleman is of good character, and you are available, if he asks for a date, please accept his offer and say **YES**. You never know.
- Gentleman, if after a first date you ask for a second date and Lady says **NO**, please accept her refusal with grace and do not pursue.



RED FLAGS

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

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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Go!

Christian Courting

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



Ready

Set

Go!

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.



Ready

Set

Go!

Explore all Aspects of Character

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



Ready

Set

Go!

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



Ready

Set

Go!

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

Set

Go!

Next Steps

- 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

- 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

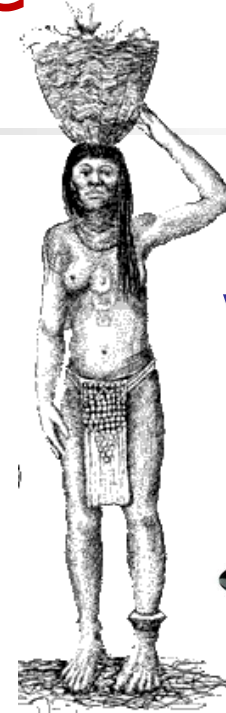
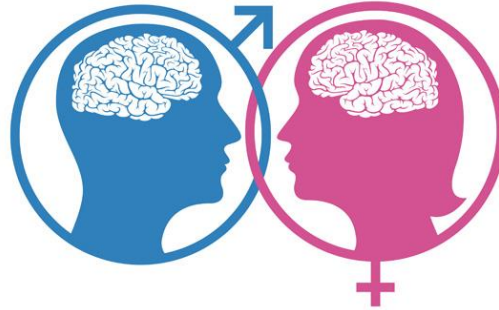
God created us to be Male and Female

**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

- 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

- 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

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



Three Principles

- 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?

- 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?

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.

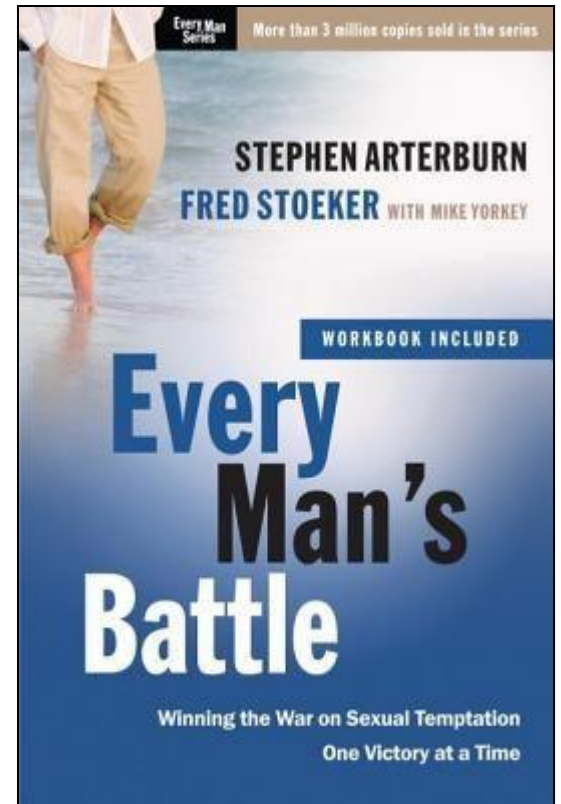
She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and **ran** out of the house.

For guys

**Sexual
INTEGRITY**

The Battle Plan

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



For guys

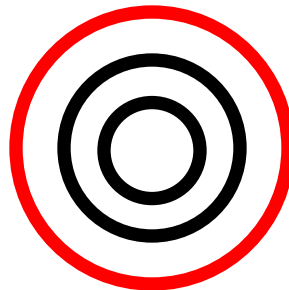
**Sexual
INTEGRITY**

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

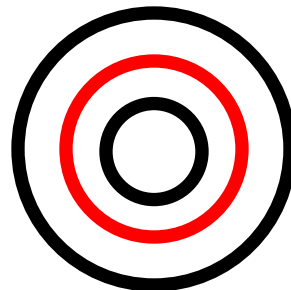
**Sexual
INTEGRITY**

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

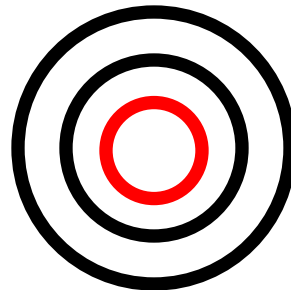
**Sexual
INTEGRITY**

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

**Sexual
INTEGRITY**

Help men keep the battle plan
but hold them accountable

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

Questions about Dating and Sexual Integrity

