**WHAT DOES THE BIBLE SAY ABOUT DATING?**  
This outline is based on an AWESOME book, *The Ten Commandments of Dating* by Ben Young and Dr. Sam Adams. This book was helpful to me over twenty years ago and is still relevant and helpful today. I have added Bible verses and a few other notes to be as biblical as possible on the subject!

*The Ten Commandments of Dating*

By Ben Young & Dr. Samuel Adams

Biblical principles and practical wisdom for preparing for and handling the dating scene.

1. **THOU SHALT GET A LIFE**

**“The Un-Life”** – a life put on hold for a want of a dating relationship

* Mark 12:30 “And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

1. **THOU SHALT USE YOUR BRAIN**

*The key is using your head in the matters of the heart. Romantic love has little to do with real love.*

* **B**alance the head and the heart
* **R**efrain from physical intimacy
* **A**nalyze your past relationships
* **I**nclude others in the process
* **N**ever neglect opportunities to evaluate along the way
* Jeremiah 17:9-10 “The heart is deceitful above all things, and desperately sick; who can understand it? ‘I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.’”

1. **THOU SHALT BE EQUALLY YOKED**

Spiritual Connection – **Date only Christians**, no exceptions.

* 2 Corinthians 6:14-15 “Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? What accord has Christ with Belial? Or what portion does a believer share with an unbeliever?”

1. **THOU SHALT TAKE IT SLOW**

*THREE reasons to take it slow!*

* 1. You do not get to know a person in a short period of time
  2. You need time to bond
  3. You protect yourself from getting attached too quickly

*SEVEN SLOW MOTION DATING STRATEGIES*

1. Make the two-year commitment
2. Make your first date short and casual
3. Don’t volunteer too much information up front
4. Delay physical affection

# Men are looking for a CAR

**C**hallenge – long term relationship vs. short term fling

**A**ttraction – more to do with personality and character

**R**espect – they respect a woman with boundaries and standards

1. Stay connected with your friends
2. Do not pray together
3. Don’t mention the M word
4. **THOU SHALT SET CLEAR BOUNDARIES**

A healthy relationship requires good, solid, and well-defined relational boundaries

How to stop people from running over you:

Your body belongs to ~~you:~~CHRIST 1 Cor 6:19-20 Your emotions belong to ~~you:~~CHRIST

Your thoughts belong to ~~you:~~CHRIST Mk 12:30 Your actions belong to ~~you:~~CHRIST 1Thess4:3-6

1. **THOU SHALT NOT PLAY HOUSE**

*Excuses people give:* Love, Finances, Practice, & Engagement

*The Truth???* Fear, Sex, Manipulation, Immaturity

* Couples that live together before marriage have an 80% higher chance of getting a divorce
* Women who cohabitate are TWICE AS LIKELY to be victims of domestic violence
* Women who cohabitate are FOUR TIMES to experience depression than married women & 71% of women wouldn’t cohabitate again

1. **THOU SHALT SAVE SEX FOR LATER**

Seven BLUNDERS of the Sexual World

* All you need is a condom - *What about disease and pregnancy?*
* You’ve got to have it *- Is sex your master or is Christ your master?*
* Sex equals intimacy – NO, NO, NO!!! Real Intimacy take hard work, time, self-sacrifice, honesty & commitment.
  + “Couples who have been married for many years record the highest levels for intimacy, happiness, and dynamic sex”
* If you are in love, it’s ok - True love requires a lifelong commitment. Sex outside of marriage is never ok.
* You must sample the goods – A big mistake that will diminish the excitement within marriage.
* It’s just a physical thing – Sex is primarily a SOUL thing.
* Everybody is doing it – Look at the damage to marriage and relationships it has done.

How to Save Sex for Later

* Celebrate Wholeness – say no to instant gratification and yes to delayed gratification
* Receive Forgiveness – and recommit yourself to purity until you marry
* Set Clear Boundaries – plan how to keep yourself out of danger
* Stay Accountable – keep friends involved in your life

## 1 Cor 6:12-20 – READ, BELIEVE, & LIVE IT

1. **THOU SHALT FIGHT FAIRLY**

*Top Four Harmful Responses to Conflict*:

* 1. Peace at all costs (Avoidance)
  2. Win/Lose (Defensiveness)
  3. You Don’t Count (Invalidation)
  4. All-Out War (Intensification)

*Fair Fighting Techniques*

1. Dial Down (20 minutes or more of cool-down time)
2. Set the Tone (be careful how you start the conversation)
3. Shut up and listen (shut up and listen)
4. Use “I” Statements (“I feel \_\_ when \_\_” – prevents criticism, labeling, accusing, & attacking)
5. Negotiate and Compromise

* James 1:19-20 “19My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20for man's anger does not bring about the righteous life that God desires.”

**9. THOU SHALT NOT IGNORE THE WARNING SIGNS**

SEVEN DEADLY SIGNS (Get out quick!!)

1. Abuse – physical, verbal, emotional, or sexual – there is no excuse for abuse, ever.
2. Addictions – alcohol, drugs, pornography, self-injury, gambling (watch out for ‘coaddicts’)
3. Infidelity – no trust = little relationship
4. Irresponsibility and Immaturity – responsibility IS important
5. No physical/sexual attraction – what???
6. Emotional baggage – aware of their problems? see how it effects relationships? Getting help?
7. Denial – when you recognize signs but try to rationalize what you are doing

Don’t go into a relationship thinking you can FIX or HELP someone. Find someone who already has their act together.

**10. THOU SHALT CHOOSE WISELY**

***Are you making poor choices?***

First-available syndrome, Fooled by the externals, Blinded by sex, Going too fast

Discerning Character – what is character?

Faithful, Honest, Committed, Forgiving, Giving

Helpful hints….

1. Crisis reveals someone’s true character
2. Character is who you are when no one is looking
3. Friends are a good window into a person’s character
4. Look back on prior relationships to determine patterns of behavior
5. Give it lots of TIME!!!

**11. TAKE ACTION!!!!**

* Take a look at yourself
* Take responsibility for your relationships
* Take back what you lost
* Take a look around you
* Take time out
* Take these guidelines seriously
* 1 Corinthians 15:33 “Do not be misled: ‘Bad company corrupts good character.’"
* Romans 5:3-5 “3Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; 4perseverance, character; and character, hope. 5And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.”
* Proverbs 12:4 “A wife of noble character is her husband's crown, but a disgraceful wife is like decay in his bones.”

**INTERNET RESOURCES**

[www.gotquestions.org](http://www.gotquestions.org) - The most comprehensive and biblical resource for short answers to tough ?s

[www.focusonthefamily.com](http://www.focusonthefamily.com) - An amazing collection of biblical answers on many questions in life.

[www.familylife.org](http://www.familylife.org) - A great resource to prepare for marriage and to understand God’s relational truths!