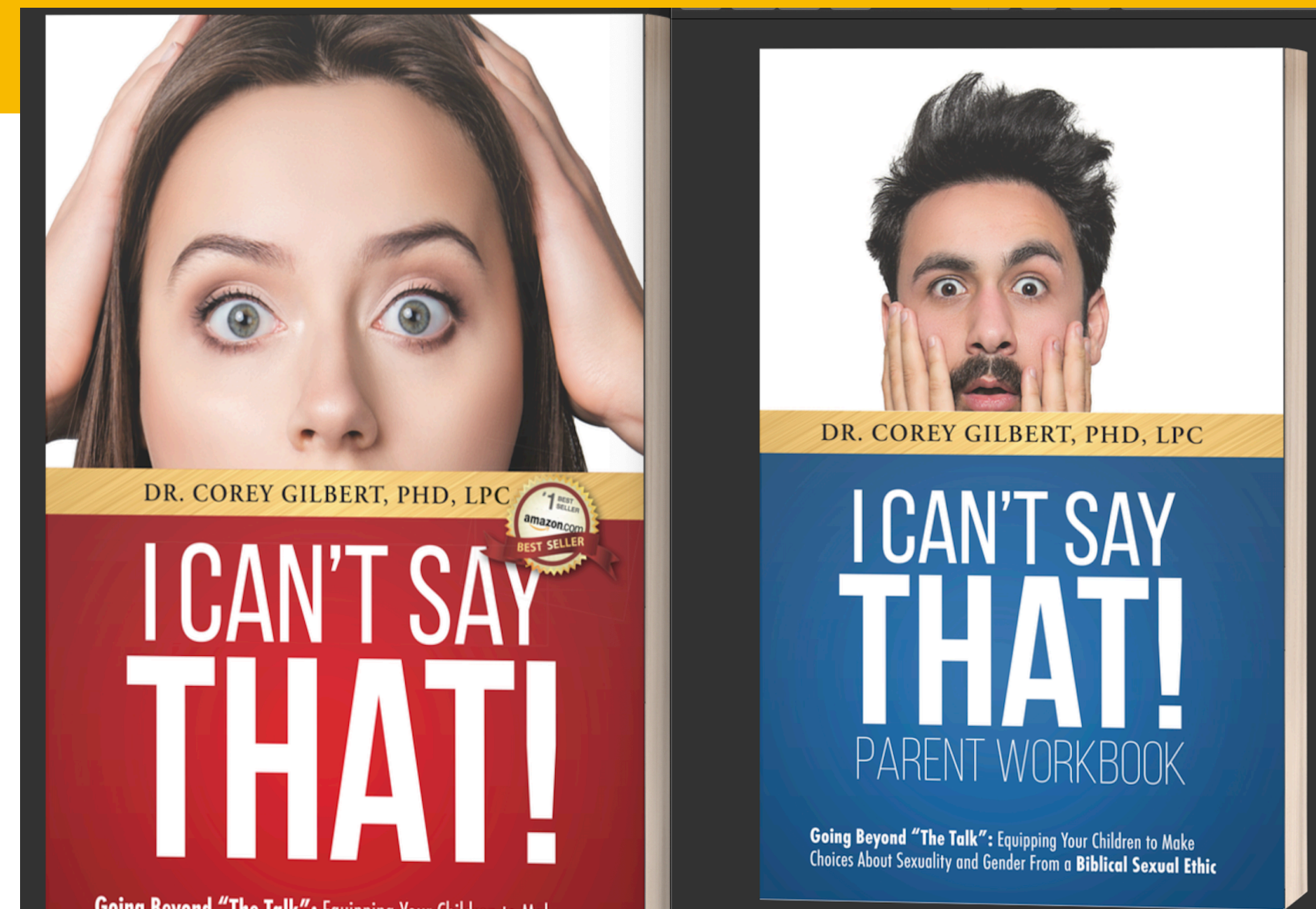


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**[www.HealingLives.com](http://www.HealingLives.com)**

# LOVE, SEX, DATING & MARRIAGE

Conversations with a Professor, Father, Husband,  
Counselor, Christian, Researcher, Sex & Trauma  
Therapist, & Former Teenager



# Let's Talk About Sex:

Love, Sex, Dating,  
& Marriage



[www.drcoreygilbert.com/courses](http://www.drcoreygilbert.com/courses)

















Connecting

friendship



Connecting

Covenanting

Friendship

Marriage





Connecting

Friendship

Covenanting

Marriage





Connecting

Friendship

Covenanting

Marriage





Connecting

Covenanting

Friendship

Marriage

**Beauty & Purpose of Marriage**



# Connecting

# Friendship

# Covenanting

# Marriage

Give honor to marriage, and remain faithful to one another *in* marriage. God will surely judge people who are immoral and those who commit adultery.

Hebrews 13:4

It's better to live alone in the corner of an attic than with a quarrelsome wife in a lovely home.

Proverbs 21:9

- The man who finds a wife finds a treasure, and he receives favor from the Lord.

Proverbs 18:22

A worthy wife is a crown for her husband, but a disgraceful woman is like cancer in his bones.

Proverbs 12:4





# Connecting

# Friendship

Don't team up with those who are unbelievers.  
How can righteousness be a partner with  
wickedness? How can light live with darkness?  
2 Corinthians 6:14

# Covenanting

# Marriage

For husbands, this means love  
your wives, just as Christ loved the  
church. He gave up his life for her  
Ephesians 5:25

“Haven't you read the Scriptures?” Jesus replied. “They record that from the beginning ‘God made them male and female.’” And he said, “This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’  
Since they are no longer two but one, let no one split apart what God has joined together.”  
Matthew 19:4-6





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Covenanting

Friendship

Marriage

# Covenanting









Connecting

Covenanting

Friendship

Marriage

Procreation





Connecting

Covenanting

Friendship

Marriage

Pleasure





Connecting

Covenanting

Friendship

Marriage

Protection



Connecting

Covenanting

Friendship

Marriage

Partnership



Connecting

Covenanting

Friendship

Marriage

Perseverance



Connecting

Covenanting

Friendship

Marriage

Procreation

Pleasure

Protection

Partnership

Perseverance



Connecting

Covenanting

Friendship

Marriage

Connecting



Connecting

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Marriage

# Who Am I?



Connecting

Covenanting

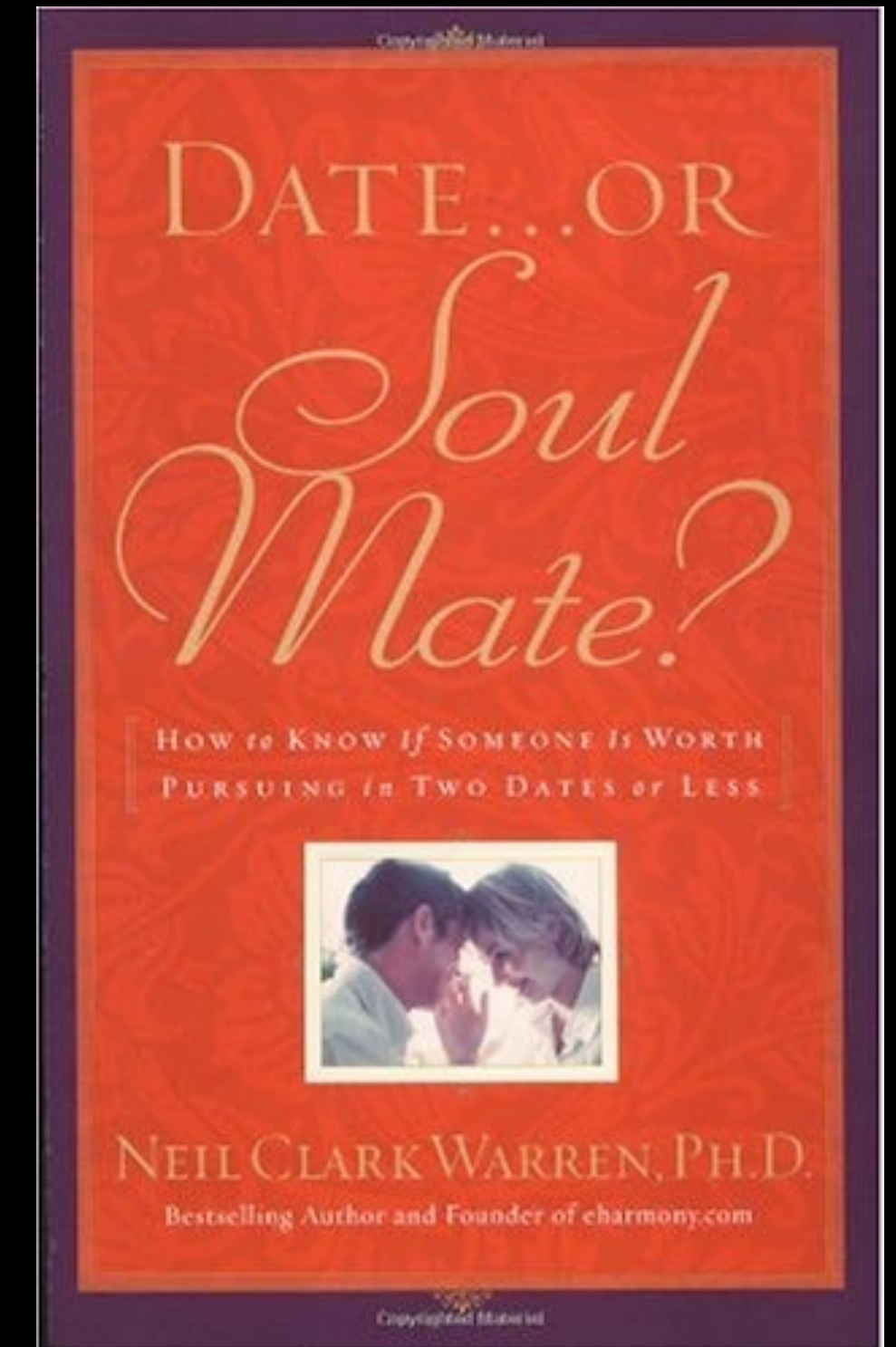
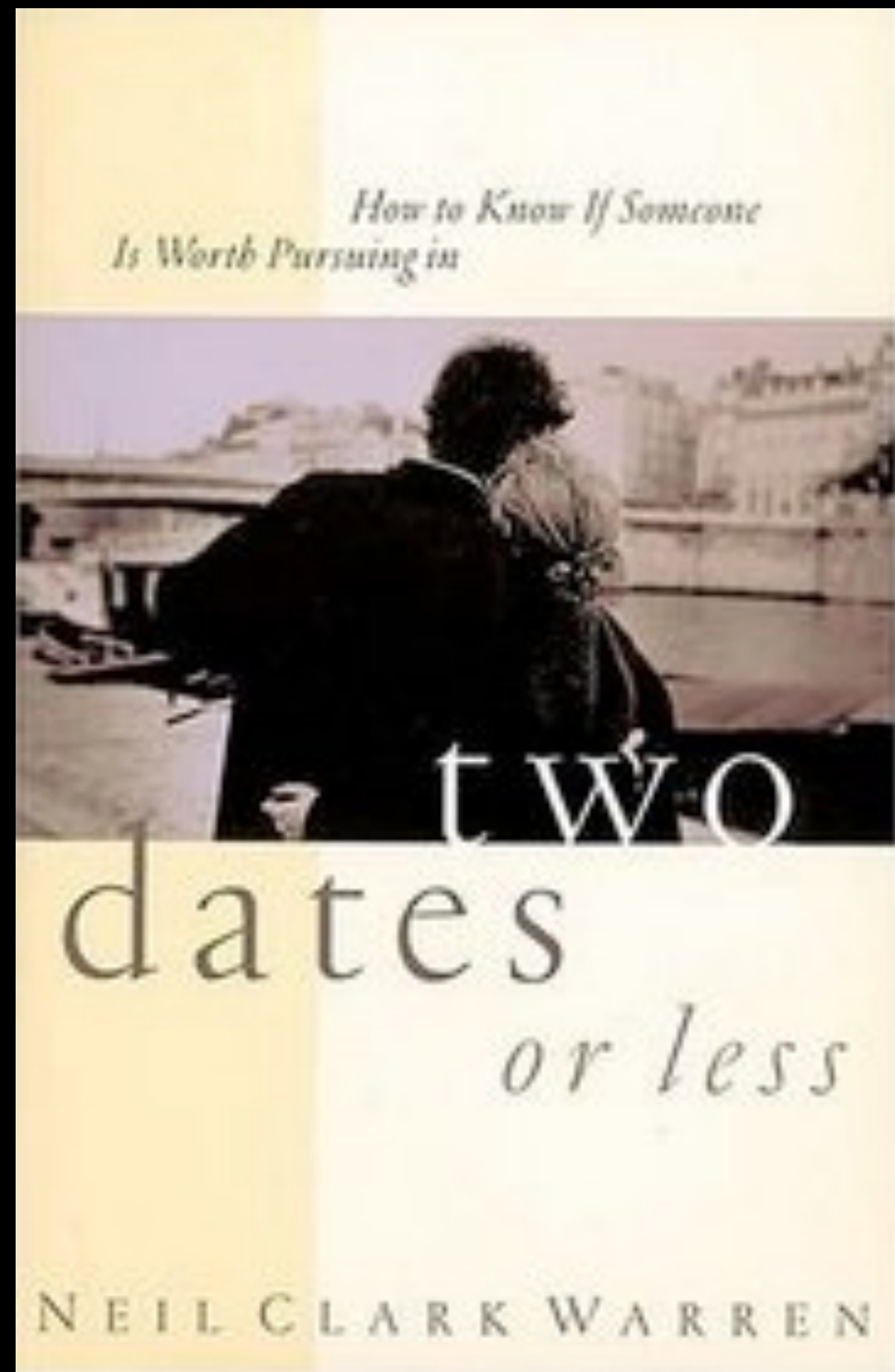
Friendship

Marriage

# Attraction



How to know if someone is  
worth pursuing in...



Two Dates or Less



# 25 Most Popular Must-Haves

- |  |                           |
|--|---------------------------|
| 1. Emotional Health  | 14. Personality           |
| 2. Strong Character  | 15. Values                |
| 3. Energy Level  | 16. Skills                |
| 4. Intelligence  | 17. Ambition              |
| 5. Chemistry   | 18. Age                   |
| 6. Financial Security  | 19. Race                  |
| 7. Verbal Intimacy   | 20. Religious Affiliation |
| 8. Conflict-Resolution Skills                                | 21. Education             |
| 9. Personal Habits   | 22. Sexual History        |
| 10. Spirituality   | 23. Height and Body Shape |
| 11. Shared Interest  | 24. Facial Features       |
| 12. Similar Political and Social Views                       | 25. Clothes Style         |
| 13. Interest in Parenting and Apparent Ability to Do It Well |                           |



# **Rules** for Formulating Your **Must-Have List**

Decide what you would rank in your top 10

Every item must be an **absolute**

This will be your  
“Shopping List”



# 25 Most Prevalent Can't-Stands

1. Lying
2. Cheating
3. Dominating
4. Financial Irresponsibility
5. Anger Mismanagement
6. Pornography
7. Excessive Drinking or Drug Use
8. Smoking
9. Gambling
10. Sexual Obsessiveness
11. Sloppiness
12. Laziness
13. Procrastination
14. Gossiping
15. Inappropriate Behavior
16. Penny-Pinching
17. "Foul" Talk
18. Dependent on Others
19. Arrogance
20. Extreme Shyness
21. Differing Music Preferences
22. Spiritual Intolerance
23. "Political Correctness
24. "Reckless Driving
25. Fanaticism



# 7 Significant Similarities

1. Spiritual Harmony
2. Desire for verbal intimacy and ability to be intimate
3. Level of Energy
4. Level of Ambition
5. Expectations about Roles
6. Interests
7. Personal Habits





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Friendship

Marriage

HOW TO  
DISCERN  
GOOD  
CHARACTER

Behavior in stressful  
conditions

Reputation with others

Obedient to authority



# HOW DO YOU KNOW WHEN YOU ARE READY TO BEGIN CROSSING THIS BRIDGE?

There is no magic age, it is an  
attribute of the heart

When you are willing to stay single  
rather than compromise your convictions

Build a Covenant marriage



# Coupling





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Coupling

Friendship

Marriage

Exclusivity, romance, and dedication to the process of  
moving down the continuum toward **Covenanting**  
(marriage)

























Connecting

Covenanting

Coupling

Friendship

Marriage

Considering

Confirming

Committing



Connecting

Covenanting

Coupling

Friendship

Marriage

Considering

Confirming

Committing

Still a Connecting Friendship

Prayerfully Considering (separate & together)



ONCE A PERSON HAS BEEN  
“CONSIDERED,”  
THE COUPLING (DATING)  
PROCESS BEGINS

The goal of a great date is to build respect for one another

A great date is not centered around entertainment alone,

but around quality time

in a safe environment



# DATING

# COURTSHIP

Observation

“No Strings Attached”

Time Allotment

End in Itself

Marketing

One or more People

Respect

Depth

Vulnerability

Purposeful

Moving toward marriage

The Close

Exclusive

Respect





A **bad date** can cost  
you time,  
money, and be an  
annoyance;

A **bad courtship** can cost you  
a little piece of your soul.



# THREE QUESTIONS TO ASK

1. Have a regular quiet time?
2. Involved in a Christian church?
3. Desire to pursue same type of spiritual life and ministry?



Connecting

Covenanting

Coupling

Friendship

Marriage

Considering

**Confirming**

Committing

“Engaged to be engaged”

Considering Pre-Engagement Counseling



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Airing of your dirty laundry





# 1. CONTINUE TO EVALUATE (WISDOM)

Wisdom to properly evaluate their character  
Standard of moral righteousness, and personality

What you see is what you get





## 2. CONFLICT RESOLUTION



It should be easy and negotiable

Have the same standard of moral uprightness



### 3. COMMUNICATION



Sensitivity

Honesty – TALK

Speak up and tell them how you feel

Always give her an out



In *The Book of Romance*, Tommy Nelson states: “I strongly encourage every young man who is in a dating relationship to say to the young woman **after four or five dates**,

“I don’t know if you are the person God has for me to marry, but I want you to know that you are the type of woman I would enjoy spending my life with, I like being with you, and I’m open to seeing if this relationship goes somewhere. If you want to back out of our dating relationship right now, then that’s all right. You owe me nothing but honesty.”



"If you discover after a few dates that a young woman is not the type of person you want to spend your life with, tell her as gently as possible... be honest about your feelings and forthright about your intentions"



## 4. CLEAR BOUNDARIES

Be careful not to share too much  
too fast too soon

Hands... be careful... they bind

Don't Kiss until you are willing to be responsible  
for their heart!!!

Too much of a good thing...resentment!





There should be an

excitement

regarding the future



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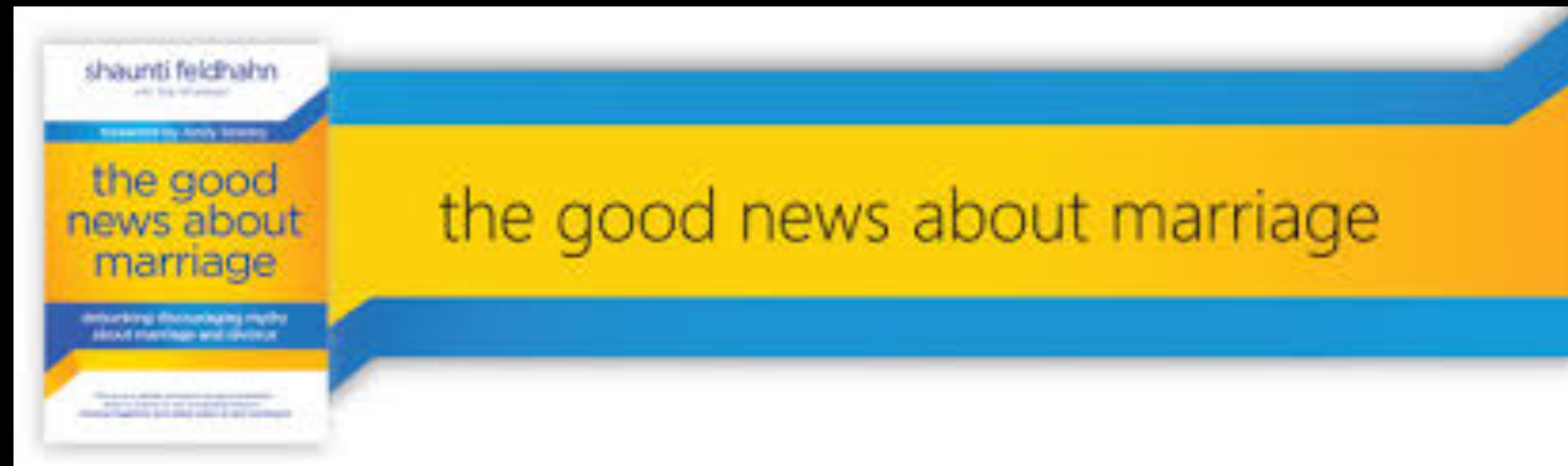
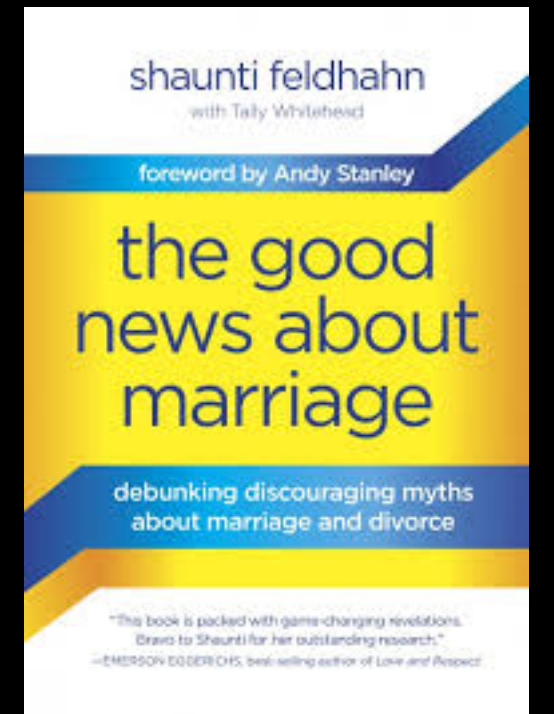
Committing

Short engagement





# GUARANTEE





# PREDICTORS OF A HEALTHY MARRIAGE

Shaunti Feldahn (2015)

Church

Bible

No to Cohabitation

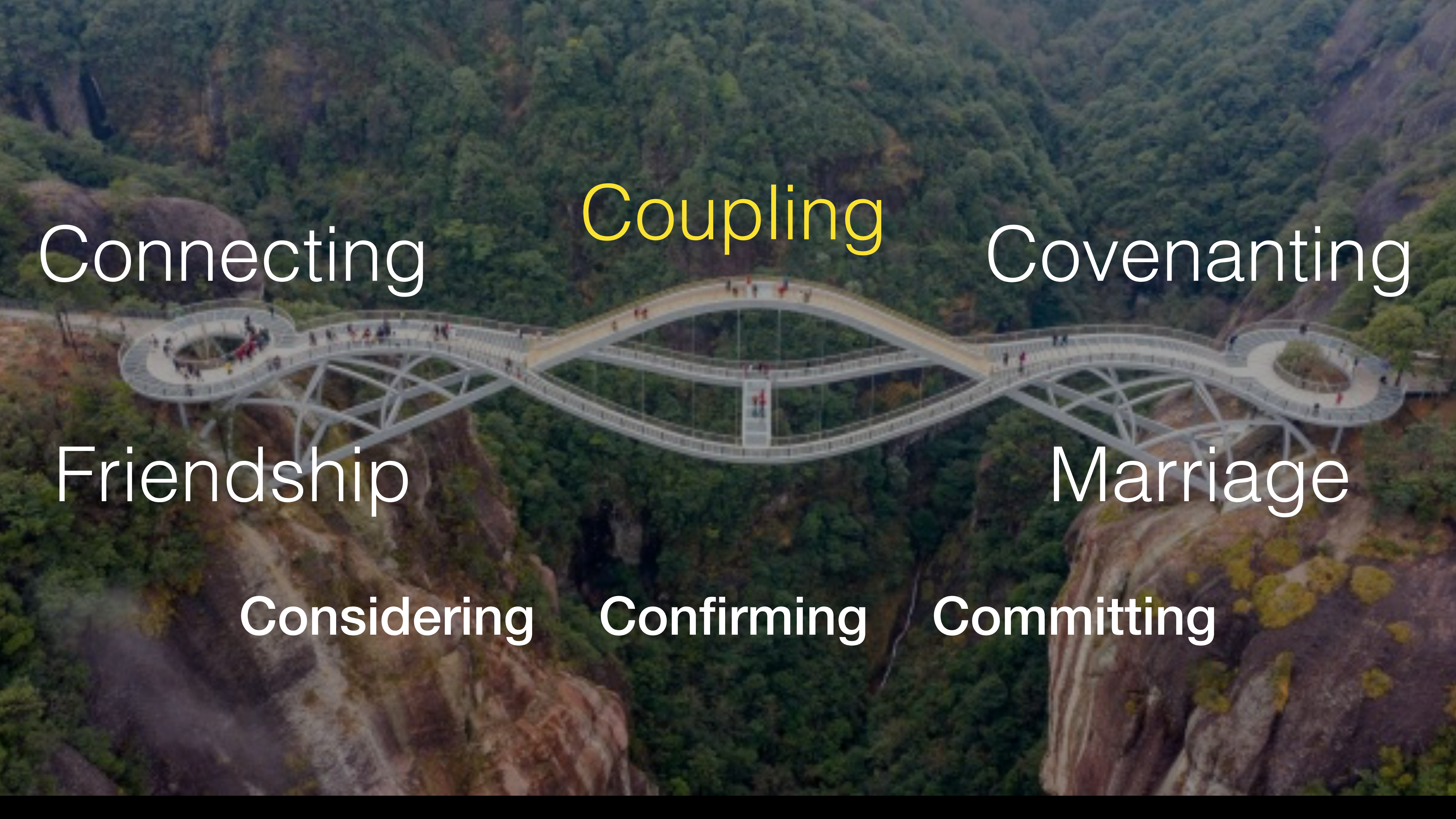
1st marriage

Get married after 24

Community of Supportive Friends and Mentors

College education





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Coupling

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Marriage

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Confirming

Committing



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