



Living Out Love
Single Adults Virtual Retreat

Belize Union Mission of Seventh-day Adventists

You and
someone else.



Singles are to establish
long-lasting
relationships without
strings attached.



Establishing a long-lasting relationship without strings attached.

Key points:

Being the right person is more important than finding the right person.

If you are divorced, do not enter into a romantic encounter until you are healed of the past relationship. Let two years past before getting involved in another relationship.

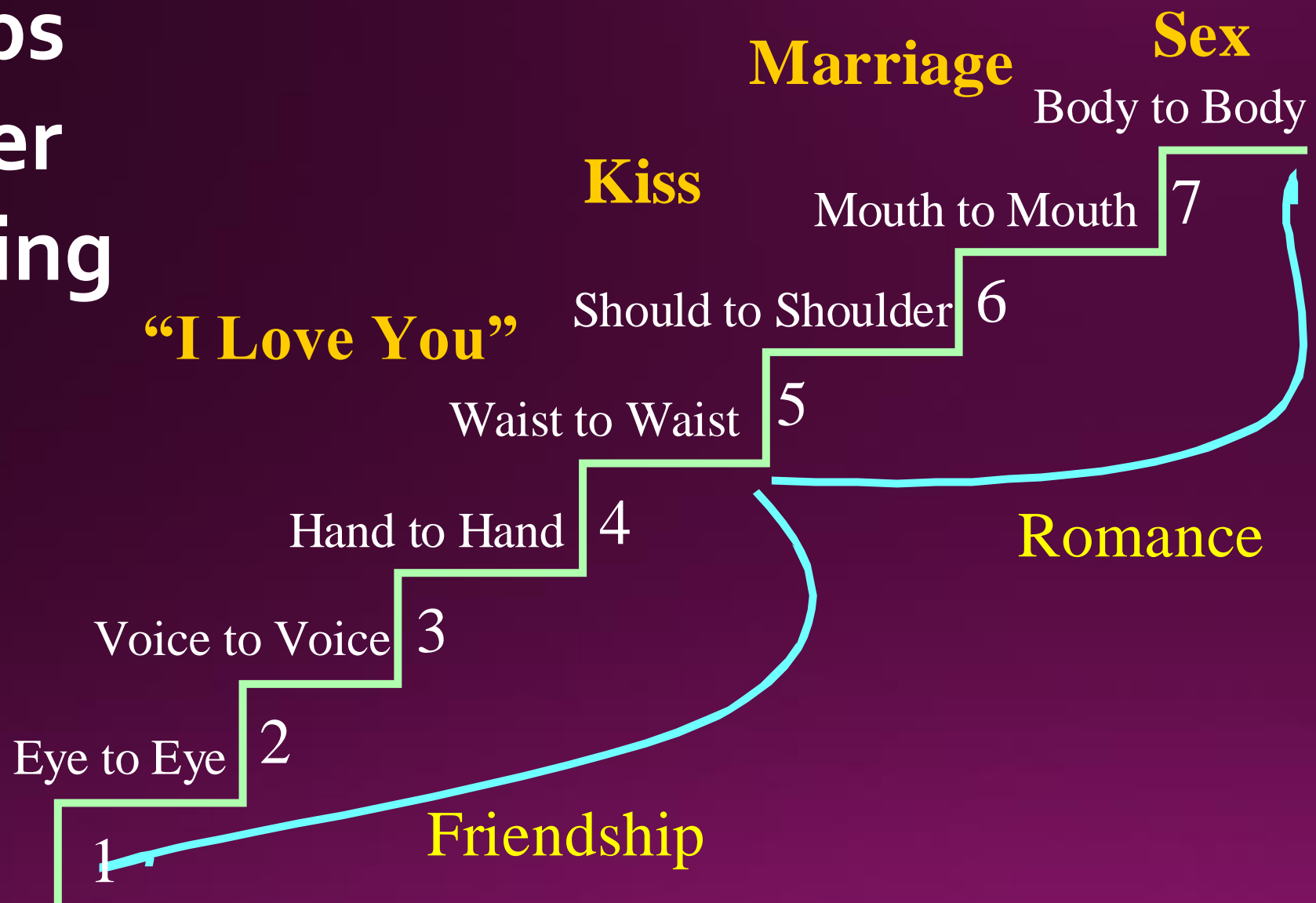
Establishing a long-lasting relationship without strings attached.

Key points:

Make haste slowly.

Do not skip the steps toward peer bonding.

7 Steps to Peer Bonding



Fun Dating Ideas

1. Create your very own Christmas comedy drama on video.
2. Pretend you are five years old again and play on the swings.
3. Have a Christmas sing-a-long at your home with friends.
4. Visit a Botanical Garden on a sunny day.
5. Go to a restaurant with other couples.
6. Go parasailing together.
7. Walk a mile together.
8. Play basketball.
9. Have a pizza, yogurt and laugh-me-to-death party.

Fun Dating Ideas

10. Read the book of Solomon together.
11. Play monopoly.
12. Go swimming with family or/friends on a sunny day.
13. Go on a butterfly discovery walk or visit a nature park.
14. Go canoeing on a lake.
15. Enjoy a game of Pictorama.
16. Assemble a puzzle.
17. Spend a few hours at a Zoo.
18. Play tooth-pick-pass with other couples.

Fun Dating Ideas

19. Go to Paint and Sip Studio,
20. Listen to Christian love music together.
21. Read the book of Ruth.
22. Go diving in the pool.
23. Learn a new indoor game each month.
24. Attend a concert together.
25. Go duck hunting.
26. Hug a tree.
27. Go jogging together.

Fun Dating Ideas

28. Make surprises for each other.
29. Modify a card game with your own special rules.
30. Invent a secret code romantic language.
31. Go riding, rolling, jumping and walking on the beaches.
32. Play arm wrestling for couples.
33. Play scrabble, chess, or tic-tac-toe together.
34. Talk about God together.
35. Water ski together.
36. Make hand crafts together.
37. Watch a wholesome movie together.
38. On a wet day, walk in the rain together

Fun Dating Ideas

39. Sit and be still.

40. Do not examine body parts.

41. Be still.

Fun Dating Ideas

Do not walk on the beach 2 a.m. in the morning saying you are just studying the stars.

Do not hang out on each other's beds saying we are only watching television together.

Do not be together in secret isolation while in a room.

Do not travel together and stay in the same hotel room in the hotel because it is cheaper.

When going on your first, second, or third date, go their alone and met each other.

Both persons should always have money to spend.

Do not keep your relationship a secret.

Myths

Having no sex will cause . . .

“Blue balls” Vasocongestion

Breast cancer

Cervical cancer

Mental illness

What About Masturbation?

“I do not recommend masturbation for singles at any age. 1 Corinthians 6:18 reminds us to flee all sexual immorality. Is masturbation all that bad? Well, research tells us that many single Christian teenagers and young adults are feeding the sexual appetites through masturbation, thereby increasing their risk of sexual dysfunctions during marriage.”

Barrington H. Brennen

Compulsive masturbation is addictive. No form of sexual addiction is healthy. God never intended for the sex act to be a solitary experience served through masturbation. God designed sexual intercourse to be shared between a husband and wife as the highest expression of intimacy.

“Part of masturbation’s lure is the safe secrecy of fantasy; one does not have to risk rejection, embarrassment or failure. . . . Instead of engaging in mature relationships, the individual can create a world of make-believe, where anything is possible and there are not limits . . .

“Masturbation can numb the discomfort of emptiness and incompleteness and promises some semblance of being one with self and others. But these rewards are short lived. Masturbation involves a yearning for intimacy and completeness.”

**The
Foolishness
About
Abstinence**

The Abstinence Pledge

Believing that true love waits, I

make a commitment to God, myself, my friends, my future mate, and my future children to be sexually abstinent from this day until the day I enter a Biblical marriage relationship.

Washington Post
March 19, 2005 by staff writer Ceci Connolly:

"Teenagers who take virginity pledges -- public declarations to abstain from sex -- are almost as likely to be infected with a sexually transmitted disease as those who never made the pledge, an eight-year study released yesterday found. Although young people who sign a virginity pledge delay the initiation of sexual activity,

. . . marry at younger ages and have fewer sexual partners, they are also less likely to use condoms and more likely to experiment with oral and anal sex, said the researchers from Yale and Columbia universities."

Dr. Peter S. Bearman

Professor at Columbia's Institute for Social and Economic Research and Policy.

"The sad story is that kids who are trying to preserve their technical virginity are, in some cases, engaging in much riskier behavior. From a public health point of view, an abstinence movement that encourages no vaginal sex may inadvertently encourage other forms of alternative sex that are at higher risk of STDs."

The Great News

"Teens who make a virginity pledge are far less likely to be sexually active during high school years. Nearly two-thirds of teens who have never taken a pledge are sexually active before age 18; by contrast, only 30 percent of teens who consistently report having made a pledge become sexually active before age 18."

Do not lose your virginity?

Virgins do not lose their virginity when they get married. Virginity is given as a **gift** in marriage. Virginity is **transformed** into sexual ecstasy.

If you have lost your virginity you can regain **emotional virginity** once more.

How to Handle Your Sexual Desires

Know that sexual desires for singles or married individuals are healthy.

Sexual stimulus is not necessary for erections to happen.

A health woman can awake with wet panties due to secretion of lubricant in the vagina.

A health man (virgin) can have up to five erections in one night without sexual stimulation.

Face the facts *We are all vulnerable.*

Romans 3:23

Matthew 5:27-28

I need Jesus to help me

Romans 7:15-24

How to Handle Your Sexual Desires

Admit your weakness, seek God's help

Psalm 10:4

Proverbs 16:18

Prayer power

Confess all known sin (Psalm 51, 1 John 1:7-10)

Renounce conformity to the world (Romans 12:2, 6:13-14)

Offer your body as a "living sacrifice" to God (Rom:12:1,2; 1 Corinthians 6:19-20)

Ask God for help in living a pure and loving life (Philippians 4:6-7; Hebrews 4)

Accountability: .Preferably, select a discrete person that has some spiritual maturity in their walk with Christ, and who has a helpful, non-condemning spirit

Blocking Internet pornography

Guard your heart, avoid temptations

Ephesians 6:12-20; Proverbs 4:23; Romans 6:16

John 10:10

King James Version

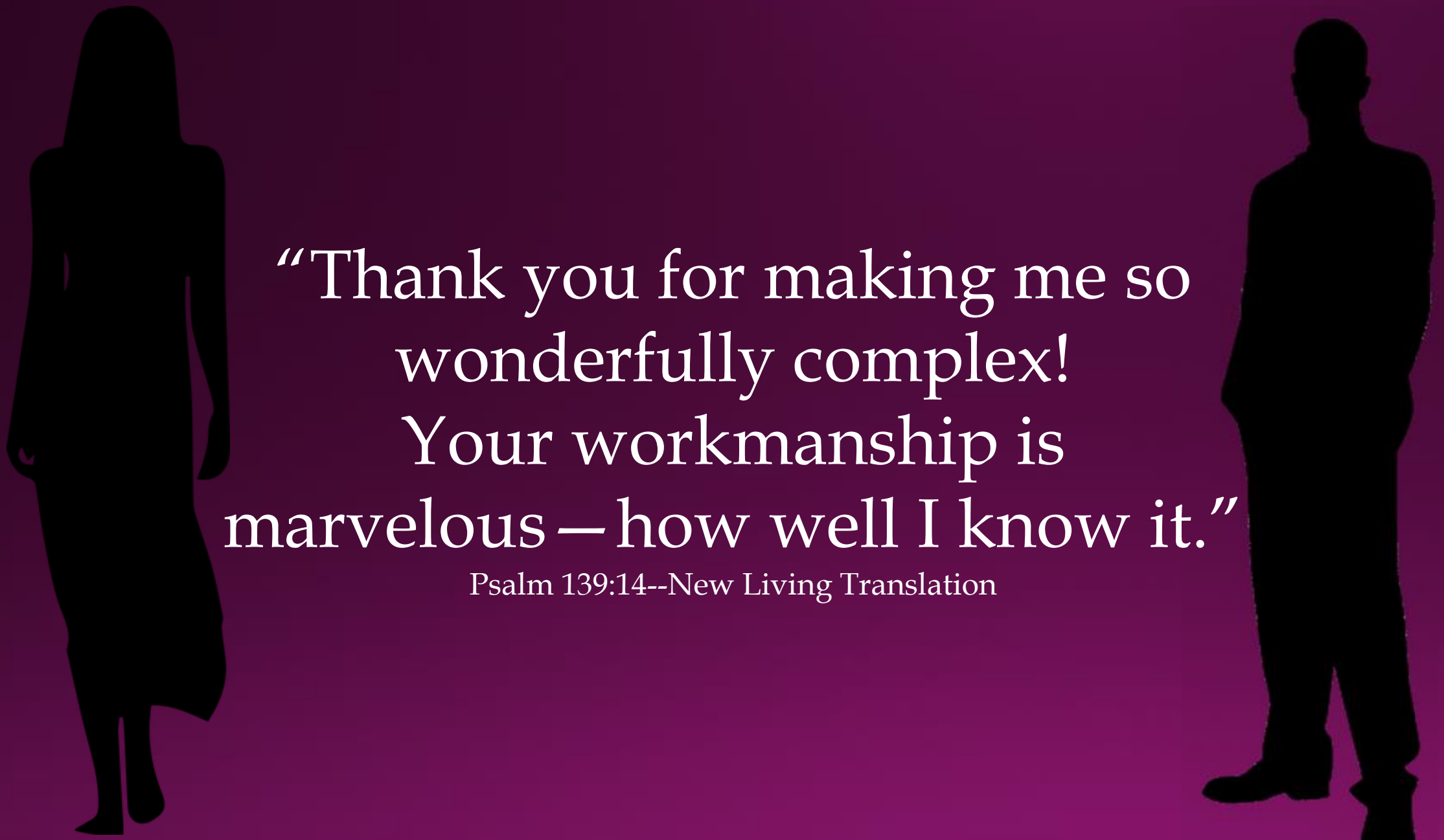
I have come
that they may
have life, and
that they may
have it more
abundantly.

New International Version

I have come
that they may
have life, and
have it to the
full.

New Living Translation

My purpose is
to give them a
rich and
satisfying life.



“Thank you for making me so
wonderfully complex!
Your workmanship is
marvelous — how well I know it.”

Psalm 139:14--New Living Translation



*I am
happy*

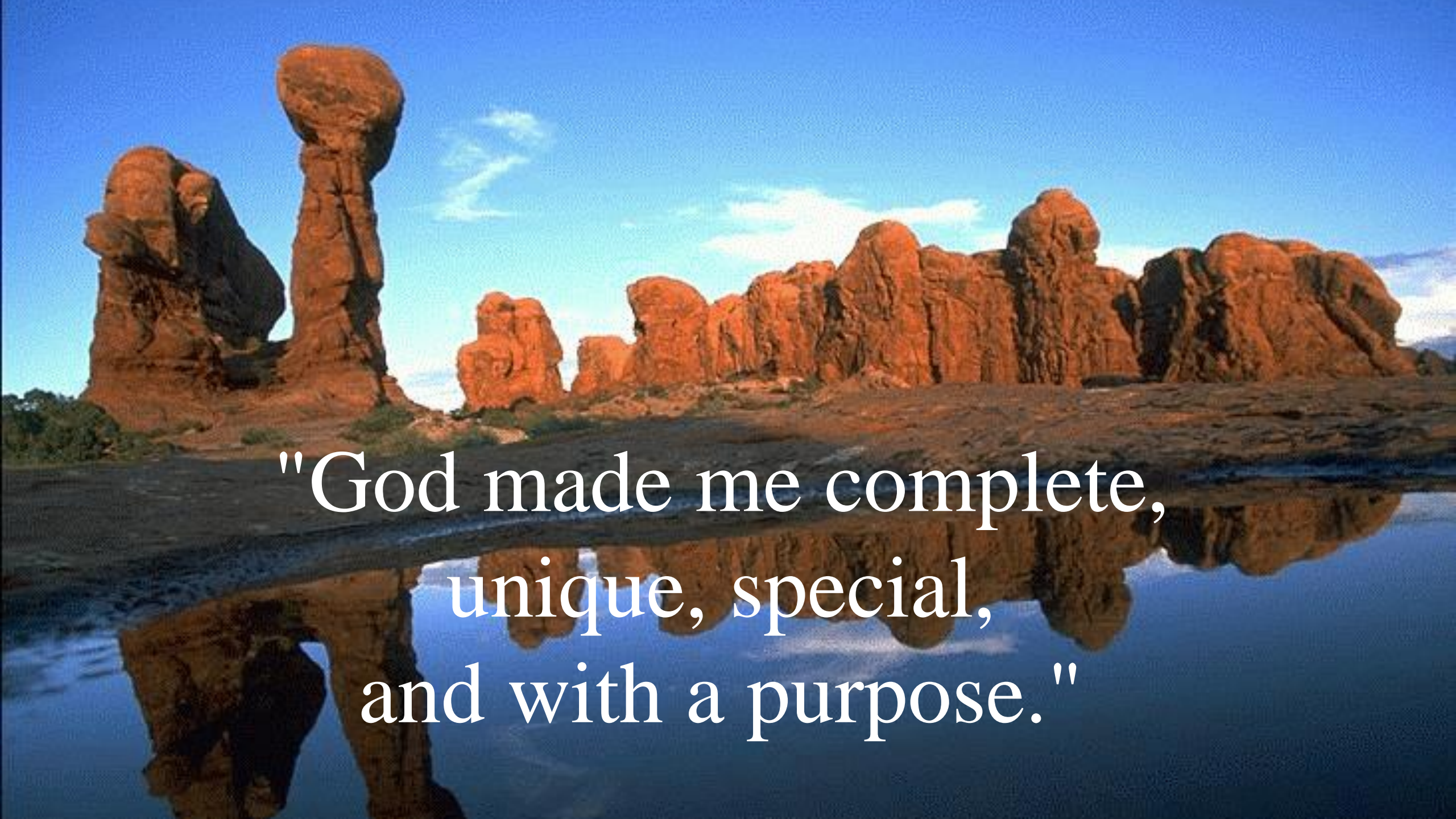
*Just
being me.*



I Am

*Single,
Sanctified,
& Steadfast*





"God made me complete,
unique, special,
and with a purpose."



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