

10 Commandments of Dating

1st Commandment- Thou shalt get a life

INTRO STORY

It's 5:30 and you are settling in from a long day at school. You grab a Twinkie and a Coke and sit down to watch Judge Judy. As you sit down you notice a not in your pocket that you forgot to read. As you rip open the letter, you immediately notice the first words, "I don't think we should see each other anymore." This is a letter bomb, not a love note! Your heart is torn like shrapnel from the bomb. Your heart sinks into your stomach as you realize that this person in whom you've invested so much time, energy, and emotion has just put an end to something you hoped would last forever. You feel hurt, rejected, and all alone.

Several months pass, and for some strange reason things aren't getting any better. In fact, you are still stuck in the same emotional ditch you fell into the day you got your letter. As you continue to work through the pain, you replay the relationship in your head over and over. You ask yourself, "What went wrong? Who's to blame? Why did such a good thing go sour?"

Finally, you realize why this relationship fizzled and why you are still in turmoil: you simply did not have a life. This person was your life. Your entire self-worth was wrapped up in someone else. You now see how you had put your life on hold (your friends, family, interests, and your walk with God). Since the relationship has ended, you have nothing to sustain you. Without your sweetheart, you have no life.

Here's some sobering news: if you don't have a life of your own, you won't be happy even if you date, fall in love, and get married. Why? Because you will have nothing to give to the relationship, and you will drain your dating partner completely dry.

I. Beware of having an UNLIFE

*you must have a life of your OWN

Symptoms:

- A. DESPERATE for a relationship; needs someone to fill an emptiness
- B. DEPENDANT on others for everything
- C. DEPRESSION and loneliness even when things are good
- D. DETACHMENT- withdraw after being rejected

II. How to get a life

A. Get GROUNDED

- 1. have a self-esteem and self-worth
- 2. be confident in yourself

*realize you are created by GOD, in His image

B. Get GROUPEd

- 1. everyone is created to have relationships
- 2. find things to get involved in
-church, sports, school activities, community service
- 3. you need someone to CONFRONT and ENCOURAGE you

C. Get GIVING

- 1. "Ask not what your relationships can do for you, but what you can do for your relationships."
- 2. Remember "The Grinch"

D. Get GROWING

- 1. educate yourself in different areas
- 2. explore and discover new things

III. Benefits of keeping this commandment

- A. Confidence and stability ATTRACTS others
- B. You will have something to OFFER your mate
- C. You will be more STABLE; won't drain the other person