

NOW WORD Covenant Church
Overcoming Breakups ~ (Dating and Divorce)
Sunday, February 16, 2020

Introduction – We want to discuss how to overcome dating relationships that end before marriage. Most people will not marry the first person they date exclusively or cordially; they will go through a breakup. You will need to know how to process the end of a dating relationship, so you will become a *better person* and *better dater* when you begin a new dating relationship.

Psalms 73:26 (ESV)

My **flesh** and my **heart** may **fail**, but God is the **strength** of my **heart** and my portion forever.

Protocol for Coupling

1. Three Stages of Dating:

- Attraction (Lust)
- Affection (Like)
- Attachment (Love)

2. Dating Rules (exclusivity, love and sex for marriage only)

3. Proposal (pastoral, parental, private, and public)

4. Courtship (no longer than a year)

1. A breakup causes: **Pain** and **Change**

a) Breakups cause **pain** because it's like a loss or a death.

- Personal - rejection or denial
- Emotional – anger and bitterness
- Mental - without closure

b) Breakups cause **change** because the person is no longer a part of your **daily routine** and **social circle**.

“You went into your first dating relationship *whole* and you come out of it being *broken*.”

2. A breakup is difficult to **Overcome**

- a) It's difficult to accept (still in love)
- b) It's difficult to let it go (memories and assumptions)
- c) It's difficult to untie the soul ties attachments

Interests-Investment-Importance = Intimacy

3. A breakup is overcome in **Three Stages**

Stage I. Recovery - You take **time off** from dating (at least one year) to recover from the pain and change.

Psalms 147:3. He **heals** the **brokenhearted** and **binds up** their wounds.
(ESV)

Characteristics of Singleness:

- a) **Uniqueness** – You're confident in your identity and who you are as a unique individual in Christ. "You're not ready to date if you're willing to become somebody you're not, so you can become somebody the person you're dating wants."
- b) **Wholeness** – You're complete and looking for someone who can complement you, not fix you. "You're not ready to date if you need someone to fix something broken or missing in your heart because of a past relationship."
- c) **Purposefulness** – You have organized your life around a purpose driven life in Christ and it has made you **content**. "You're not ready to date if you're discontent and looking for a person to reorganize your life around to bring you contentment."

Stage II. Rewrite – You **forgive** and **forget** and move **forward** by writing God's **compelling future** for you in your **mind**.

Reference: Philippians 3:13

- a) **Forgive** – You **pardon** the person of their offense and free them from the **prison** of your soul.
- b) **Forget** – You no longer view your life from your past nor do you need closure.
- c) **Forward** – You've reorganized your life around God's plan for you in Christ and move ahead without them. References: Jeremiah 29:11, Deuteronomy 31:8 (ESV)

Stage III. Restore - You're healed and ready to start dating again.

References: Proverbs 4:23, Matthew 16:22-23

"You're able to treat a new person and dating relationship on its own merit and uniqueness, without comparing it to any previous relationship(s)."

Life Group Discussion

1. Discuss the pain and change from a breakup
2. Discuss why it is difficult to overcome a breakup
3. Discuss the three stages of healing for a breakup