

## **ONE FOR LIFE – SUMMARY**

### **YOUNG ADULTS IN COURTING**

#### **Chapter 3**

##### **Exiting memory Lane**

- Dealing with soul ties, emotional and physical wounds from past relationships
- Sexual and emotional purity
- Setting specific boundaries – keep those boundaries, have a married couple to hold you accountable, don't be alone, seek the reward of delayed gratification, review and measure what's in the mind
- Guidelines create safety and trust
- The friendship factor – what is your reputation as a friend?
- The river vs lake type of friends and relationships
- Honor true, authentic relationships.
- Your spouse to be MUST be your number ONE confidante however making ADJUSTMENTS to your friendships does not mean you giving up ALL your friends.
- Forgive and release the past
- How you leave the past will affect how you live the future.
- Honor God with your body – 1 Cor 3:16, 1 Cor 6:19
- Forgiveness breeds freedom from bondage – forgive and release your fiancé/e.
- Forgive yourself – release yourself – confess – receive forgiveness – walk in healing and freedom
- Have you talked with each other about your past sexual relationships
- Soul ties – formed when the mind, will and powerful emotions are entrenched in relationships – SOUL ties are formed
- It can be triggered by a place, object, smell, song or memory.
- Godly vs ungodly soul ties
- Forgive and let go
- Are you ready to sign the Purity Pact

#### **Chapter 4**

##### **Whole in One**

Looking at the whole aspect of the covenant relationship historically vs today

- 2 types - Covenant in scripture between God and man, and man to man
- 8 covenants that reflect that God is a covenant keeping God even though man at times will not remain faithful
- David and Johnathan – man to man covenant

- Marriage – the 3 cord covenant. God is not only part of the covenant but also a witness
- Be careful of the covenants that you make cos God is highly principled
- The leaving and cleaving is that man and woman becoming ONE is spirit, soul and body.
- Leaving first and then cleaving second
- Continue to honor your parents but you must leave areas of your single life in context of biological family
- 2 = 1 is the multiplying of each other's strength in this bond of being one.
- Leaving requires that we resolve unfinished issues
- Covenant includes assessing the strengths and weaknesses
- Do we carry the scars of our covenant with God so that the enemy will flee
- A contract has limited liability but a contract unlimited liability
- Covenant means death to independent living
- Wedding rings are also the sign of the covenant
- Covenant brings security in the marriage.
- The word of God cannot be compromised in the establishment of covenant in marriage for it is founded on faithfulness
- Look at the importance of your vows.