

# Week 7

## Activation 1

How have I not guarded my heart well in the past?

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Have I been caught up with fantasies and what affect has that had on my heart?

What do I usually fantasize about?

How can I stay present in the reality of the current situation?

What are the things that get me too invested too quickly i.e. things he says, girlfriends getting too excited too early?

Ask God:

What do fantasies do to my heart?

Why is it important to you that I guard my heart?

## Activation 2

Write out your pacing plan with the Holy Spirit (review the pacing lesson if you need some help knowing what to put into this plan)

### Activation 3

Have you ever dated someone for their potential before and overlooked significant character flaws or shortcomings?  
How did that work out for you?

Ask God:

What are the main character flaws that I should be on the lookout for in my future relationships?

What does unconditional love look like in marriage?

How can I begin practicing that in my close relationships now?

Who in my life could I be loving better right now?

### Activation 4

What have my boundaries been in the past? How did they work well/not well for me?

Have I allowed my boundaries to be pushed in the past by family, friends, boyfriends etc.? If so, in what way?

How have I not respected my own boundaries in the past?

Ask God:

Lord, what boundaries do you want me to have in dating (physical, emotions, spiritual, intellectual, financial etc.)?

Why are these boundaries important for me?

### Activation 5

Have you even been ghosted? How did that make you feel?

Have you ever ghosted anyone? Why did you do this?

Have you ever said things to say 'no' to a guy that you didn't mean or intend i.e. let's be friends? What was the motivation behind this? How do you think it made him feel?

When something has hurt you in past relationships, how have you communicated it to the guy you were dating?

Ask God:

Lord, how can I communicate my heart/intentions better in future dating relationships?

Lord, how do you want me to communicate when I am hurt in a relationship?