

# Establishing Convictions and Deciding Your Limits

The following are questions you need to ask yourself to help you decide what is an appropriate physical expression of affection in dating relationships.

1. What does the Bible say?  
(*Romans 13:14; Ephesians 5:3, Galatians 5:16; 1 Thessalonians 4:3-6*)
2. Is my chief concern to live a holy life or am I wanting to squeeze as much sexual license as I possibly can from a holy God?  
(*1 Thessalonians 4:7*)
3. How far can I go to bring glory to Jesus Christ in this relationship?  
(*1 Corinthians 10:23,24,31*)
4. How far can I go to help my boyfriend/girlfriend get closer to Jesus Christ?
5. Is my physical relationship helping or hindering my spiritual growth?
6. How far would I go if Jesus Christ were sitting next to me?  
(*Hebrews 4:13*)
7. What would a person I respect think of me?  
(*1 Timothy 4:12*)
8. If we break up, can I look the other person in the eye?  
(*Acts 24:16*)
9. Do I feel guilty?  
(*Psalm 38:4, Psalm 32:1-5*)
10. At what point does the Holy Spirit convict me?
11. Does it turn me on sexually? Does it really make me want to progress further?  
(*1 Peter 2:11*)
12. Would I want my future husband/wife doing this now?  
(*Hebrews 13:4*)
13. Will it scar either one of us emotionally?
14. From what situation, environment, or time of day is it hard for me to “flee youthful lusts?”  
(*Romans 13:13,14*)
15. Do I place myself in situations where I know full well that temptation will gain victory over my weakened will? (*2 Timothy 2:22*)

