

# Dating / Courtship Advice Worksheet

St. Philip Orthodox Church - Souderton, PA

Purpose: To become a faithful Orthodox Christian who is prepared to be a faithful Orthodox Christian spouse, and who will create a faithful Orthodox Christian home in which to raise faithful Orthodox Christian children through the grace and mercy of God - Father, Son and Holy Spirit.

1. Pray
  - a. Daily Prayers - Including the hymn "At the Beauty"
  - b. For God's guidance and blessing
  - c. For a faithful Orthodox Christian spouse
  - d. For the blessing of a chaste life
  
2. Read / Study / Learn
  - a. Read the following books:
    - i. The Five Love Languages - Gary Chapman
    - ii. Things I Wish I'd Known Before We Got Married - Gary Chapman
    - iii. Building an Orthodox Marriage - Bishop John Abdalah and Nicholas G. Mamey
    - iv. Marriage as a Path to Holiness - Drs. David and Mary Ford
  - b. Understand the Four Areas of Compatibility
    - i. Spiritual
    - ii. Emotional
    - iii. Intellectual
    - iv. Physical
  
3. Reflect / Discuss / Discern
  - a. Journal Questions
    - i. Why do I want to date?
    - ii. Am I ready for this relationship to progress to marriage?
    - iii. In what areas of my life do I need to repent?
  - b. Discuss
    - i. What strengths and weaknesses to we both bring to this relationship?
    - ii. Meet with a couple of pious and happy young married couples (recommended by your priest) to discuss healthy dating.
  
4. Establish Clear Boundaries and Expectations
  - a. How will we maintain purity of thought and action in our dating relationship?
    - i. Physical expressions
    - ii. Togetherness / Alone as a couple
    - iii. How will other friendships be affected?
  
5. Blessing and Accountability
  - a. Priest's blessing
  - b. Parent's blessing - boy ask the girl's father for his blessing to date his daughter
  
6. Wait Until...(After the next Feast) to start dating.