Dating, Pure and Simple
Top Tips for Developing a Pure, Truly Intimate Relationship

Dating can seem like a minefield of problems to avoid…but it can be pursued with boldness, intentionality, and joy! Purity is one of the best-kept secrets to a truly intimate dating relationship and a sturdy foundation for marriage. Why? Because purity is about reverencing the goodness of the other person and taking joy in the other person as a man or woman.

Don’t go it alone!
Invite accountability from outside—it can even be a 2 minute phone call every week! While it sounds hard to share about your growth as a couple, asking a friend to check in and to support the relationship in prayer is a wonderful safety net for ANY dating relationship. Even if you don’t foresee the need for accountability, it’s helpful to have someone around who knows the in’s and out’s of your relationship and wants a great marriage for you.

Do you know someone you could ask to hold you accountable to developing a pure, healthy, intentional relationship? What is holding you back from asking for accountability and support?

Use your words and touch to communicate trust, safety, and respect.
Before the forever commitment is made, affection is still important. It needs to communicate, “I respect and admire you…I love who you are.” Touch and words should reflect the commitment of dating, that you share a uniquely important place in each-other’s lives, but sexual intimacy communicates the wedding vows, which is true communication only when those vows
have been made. Unselfish touch that communicates respect and friendship sets up an intimacy that is not physically oriented, but rather activates an atmosphere of trust and security. When this is established, both individuals feel more free to be affectionate, and there is a sense of joy in the relationship. Joy, tenderness, and respect lead to long-term romance, even in marriage! What are you communicating by your various expressions of affection? Has that been shown to be the truth?

Plan dates strategically!
Romance requires intentionality and boundaries to grow. This means having a plan as to how time will be spent, where, and when. This doesn’t have to take the fun out of dating…but it does mean practicing communicating intentionally, “Hey, can I take you on a surprise adventure on Saturday? Be ready with sneakers at noon!” Your future spouse deserves to be pursued and respected in this way. What kind of activities can you plan as a couple to build your friendship stronger?

From purity springs that singular beauty that permeates every sphere of reciprocal common life between human beings and allows them to express in it the simplicity and depth, the cordiality and unrepeatable authenticity of personal trust.

-- St. John Paul II