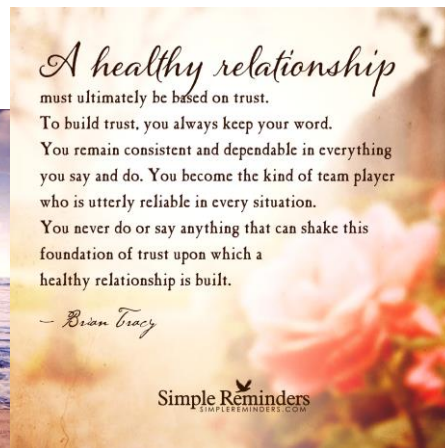
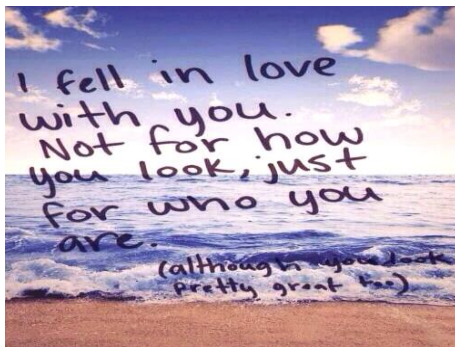
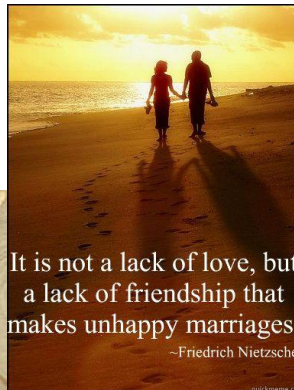


The Art of Waiting & the Opposite Sex



Love is patient, love is kind.

It does not envy,
it does not boast,
it is not proud.
It does not dishonor others,
it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.
Love does not delight in evil
but rejoices with the truth.

It always protects,
always trusts, always hopes,
always perseveres.
Love never fails.

1 Corinthians 13:4-8

BibleVerseImages.com



If he makes you lose your family, lose your friends, lose your confidence, lose your self-esteem, or lose your happiness, then you need to lose him.

Abusive and Toxic Relationships
www.getoutoff.com

So you might be wondering what I mean by "the art of waiting" well let me tell you. I am referring to staying pure until you engage in marital or wedded bliss after falling in love. I know it seems farfetched and outdated and something you really don't want to wait for but believe it or not many people do, especially Christians which includes youth. There are plenty of youth ministries and youth groups where the youth pastor talks about being chaste and pure and waiting for sex until marriage. Some teenagers wait and others do not. Pastors of churches tell their congregation of adults the same thing: wait for marriage before you have sex and some do and some do not. From my observations and from conversations with others throughout my life, and from the close and strong bonded relationship I have with God I have come to find that waiting is the way to go. Not to mention recent conversations I have had with friends and acquaintances. I always hear the same thing. How the heck do you wait for marriage to have sex? What if I don't want to get married? I will answer those questions in a minute.

Ok, so you are frowning at me, I get it. Sex is such an amazing experience that most people think they can't wait and if you say that to yourself then you are right. Words are powerful and so is discipline. I know you have heard the phrase "as a man or woman thinketh" and that is a powerful phrase alone. Here comes the art part because when it comes to anything, especially sex there is an art to waiting. If you do not develop that art then you won't wait and you miss out on the benefits of waiting. Let's say you are waiting for a raise at a company that you really like working for. You have been there for about

5 years and you are up for a promotion. However, the next time your boss calls you in for a review you are either turned down for the promotion and raise or he or she never mentions it and you are too afraid to ask. So you walk away with your head down wondering how much longer you have to work there until you get promoted or you get your raise. Well, let's use the art of waiting concept. If you choose to think about your situation differently then you will act accordingly. Many people leave the company if they don't get the raise or promotion they were waiting for and the boss could have been watching you and deciding to give you what you want six months later before your next review even comes up, and not only that it could have been above what you were expecting and wanting. All you had to do was wait. If you leave you just missed out on that. Working at a company you love is not an easy task. Many people hate their jobs and hate going to work on Monday morning but if you love going to work on Monday morning then I say your promotion is worth waiting for. Will you ever find a job like that in the future if you leave? Will you ever feel as fulfilled as you did at that company you walked away from all because you didn't want to wait anymore? Probably not.

So the art here is making sure you don't jump the gun before you get your blessing. This is the same with marriage or sex. If you end up hooking up with this person and that person because you think you just can't wait then you are in a world of trouble. Could it be possible you already met your soulmate or future spouse and you may not be ready to be with them or you may not be equally yoked but you are on the way there? If so, you could mess up something so rare and beautiful and then you spend the rest of your life "hooking up" or ending up in a dead end relationship that you never wanted. All because you thought you couldn't wait. But if you use the art of waiting and tell yourself that you are capable of waiting, that you have the will power and the strength to hold off then you can do it. You have to train your brain and then you have to keep yourself busy or you will not wait and you will not get what was meant for you later. If you are out and about hooking up or sleeping around and your soulmate on the other side of town is waiting and preparing himself or herself for marriage, then your soulmate will probably end up with someone else appointed for them because they are doing the work to get to your meeting place and you are not; and that meeting place could have someone else show up instead of you. If you are one of those people who don't want to get married then you can ignore this whole message but I hope you don't because you may change your mind one day. I did.

One day you might get sick of hopping in bed with so many easy people and ending up in relationships going nowhere. You may say that you had sex right away and you thought you were in love and realized it was lust. People come on, you don't find love or true love if you start a relationship that way. That is a physical act that anyone can participate in and if your mind and heart are not ready for that it could blow up in your face. If you engage in sexual activity prior to marriage then this is what you will base your relationship on....that physical connection. You bonded physically but what about mentally, spiritually? Where is the meeting of the minds and heart? You need that for a complete and whole bond. Then if you choose to propose to this person or marry this person your honeymoon will pretty much be just like the relationship. Nothing exciting about that. Nothing special to wait for. Nothing to say "we finally sealed the deal and all I see is you even if Shelly comes around dressed in short shorts and looks at me in a way that says "come hither and get me" or Bob comes around and tells me how beautiful I am all the time. "I only want you because I waited for you and we shared something sacred

that wasn't easy to wait for." When you take the time to really get to know a person and peel away their layers slowly there is depth there and it's meaningful and amazing and true because you are sharing a part of each other without touching each other and that is rare and sacred. Sex just fulfills a physical desire not a desire to bond fully and meaningfully. Touch is powerful and you can touch in a way that doesn't lead to sex but you have to practice the art of waiting and give that touching a meaning that isn't associated with sex.

Don't give your goods away because you feel like you may never find anyone else. That's a dumb thing to say because if everyone else is doing that then if you end up breaking up with the person you are with you will surely find someone else who will do the same thing. Borrrrrriiiiing. You jumped the gun for nothing. I want something different and seriously amazing and true and I can't find that if I hop into bed with him before he carries me over the threshold. Did I answer your questions above? I hope so. It's really not that hard unless you make it hard or think it is hard. It's all in the thinking and training. Here is how to destroy the art. If you spend all of your time online looking at sexy photos of the opposite sex or on a bunch of dating sites where people send each other pics of their genitals (what the hell is that about, I don't get it, protect your golden goods and don't share them with the world because your body is a temple), then chances are you will become hot and bothered and not wait. You are immersing yourself in temptation and it's easy to give in to that if you keep that going. If you watch porn or watch a lot of rated R movies with sex in them then chances are you will get hot and bothered eventually and give in to someone. If you read playboy (no one really reads it though right, lol) or look at photos of women or men masturbating or doing sexual things or looking sexy all the time then chances are you are training your brain to want sex right now and so you will act accordingly. Females this one is for you. If you leave your house dressed like you are about to hang out on the corner and pick someone up for an easy lay then chances are you will be seen that way. Men are visual creatures and if they see you looking sexy then they will see themselves having sex with you. I am not saying you are easy or you are asking for it. I am saying be careful with the message you are sending to the world. You don't want to get attention from any guy if you are dressed like a hoochie momma because chances are they are approaching you because you look like a hoochie momma that will say yes right away. They are not thinking about marrying you or getting to know you better outside of the bedroom. They will be thinking that she is not going to say no to me because she is putting it all out there. Even if that is not your intentions you are giving off signals that it is. So be careful what you put on before you walk out of your house. Have some self-respect and check you threads before you leave.

Give a guy a chance to look into your eyes and not your girls pouring out of your skimpy tank top. I know it's the norm to put on tight jeans and show off your booty with tight leggings but remember you won't get the attention that you really want from a guy if you dress that way. Men are not stupid. They can smell a female desperate for attention a mile away. It shows in the heavy make-up she wears, it shows in her desperate smile, it shows in how she dresses. It's obvious and they won't tell you that they will just act accordingly expecting to get what they want and usually they do because you are screaming how insecure you are. Have some mystery and hide the goods so they can wonder. Too much too soon usually ends in too much too soon. I don't have much to say about men because men are easy. Men have emotions to deal with and usually that means find someone to have sex with so if they look you up

and down and avoid your eyes or yell at you out the window while they are driving by or are too desperate and call you and text you all the time then chances are they just want to control you. You don't want that and you are not waiting for that because when you get that you will want to run from it. If a guy gives you a ton of attention and then refuses or doesn't make an effort to take you out on a date you can rest assured he is after your goods. Men will make the effort if they respect you but don't mistaken an invitation to get wined and dined for the right man that has come your way. If he has a bank account that he isn't afraid to use on you he could be trying to buy your affection and he will not wait for that purchase. You will know if you are being wined and dined for sex later, he will make it known. If you say no and he suddenly stops calling or you don't hear from him or he calls you in the middle of the night then you know it's not going to lead you down the aisle with your amazing and true. Make the dudes wait and you will know if he is in it to steal your heart away instead of your body. Also, if a guy says he needs to "seal the deal" with you or "test out the merchandise or give you a test drive" before he marries you I would say no. If he needs to test you that way then you haven't given it enough time to participate in the art of waiting and he doesn't deserve you. Once you are sure that you have met your soulmate then you don't need to worry about testing anything but his heart. And he does not need to know you that way until he has proven himself by waiting for what you have to give. When you fall in love or if you are in love the love will take care of the physical desires. It will automatically be there and you will want no one else, experienced or not. You can wait.

You can have a ton of fun waiting for bedroom activity. There is lots to do and we have conformed and created a society of boredom in relationships because everyone just goes with the flow. Let's have drinks and go back to my place. Let's go dancing and meet me at this room. Let me drive you home and we can have an night cap. Let's make out for a while and see what happens (your clothes will probably fall off). Let's do some sexting and I'll show you mine and you can show me yours. It's boring. Everyone does the same thing. Where is the creativity? God created us with amazing and powerful creative minds and we don't know how to use them because we follow the crowd or are too lazy to plan something fun or different. It's not a lot of pressure, it's different, it's something worth waiting for so you don't have to call your girlfriends or buddies and say "well we went for drinks and the sex was amazing". Come on how was it amazing if you just did that with the last girl or guy you went out with? I am pretty sure they just had an "amazing" experience too because it feels amazing. So what. Show me something different. Be my friend first and let's just hang out in public. If a person can't be your friend or treat you like a friend before he treats you like a girlfriend or boyfriend then he or she is probably not worth it. Build a solid foundation of friendship first so you have something to fall back on later if you both are too tired for footsies in the bedroom.

Give me a reason to go out with you if you ask me in the first place and that doesn't mean you have to come up with an amazing date that is out of this world, it just means use your brain a little bit and let's do something different that won't make you so hot and bothered that you have to come into my home and chat with me afterwards. Let's talk about that for a minute. Ladies please don't let guys in your home if you are not married to them. I know this sounds outdated too and everybody does that but this is the easiest way to get sexually offended or raped. You are not asking for it if you do but if a guy enters your home his mind is not on playing chess with you. He will most likely be thinking about how to get

your clothes off because you are behind closed doors and getting touchy and feely usually leads to sex. It's easy that way. And sometimes when you say no they will take advantage of being in your home or you being in theirs and you may get sexually assaulted. My motto: don't let him in unless you are married to him. If he protests tell him why and leave it at that. If he gets mad then he is not worth your time.

Your home is your sanctuary and no one should enter it with the intention to harm or pressure you into something you are not ready for. So if you ever wonder how the heck do you get him to not ask for sex or try to have sex with you, this is how. Don't be alone with him and don't allow him to get too close to your door because he may force his way in. It's dangerous and females allow this too much and they never intended to have sex. If you are waiting for marriage keep your door closed and make sure he stays on the other side of it. Don't stay in a parked car in a secluded area alone for long periods of time. Don't let him touch you too soon or in a way that makes you feel uncomfortable. You are allowed to say no and he doesn't have the right to ignore that. So protect yourself. If you want to cook for him do it outside on a grill or at the park. If you want to show him something take it outside and show him. If you want to watch movies together not at the theater, again, grab a blanket, go to the park and take your laptop or DVD player or cell phone. Who doesn't have Netflix or Youtube where you can watch anything for free? And now there is Peacock TV Pluto TV. No excuses. If you want to keep yourself safe keep him or her out of your home until you are married and you buy a home together.

Even if you are not quite ready to be married or even in a relationship because your life is not on the right track or you just need to tie up a few more loose ends you can still wait. You don't keep messing around when you know you want to settle down with the right person. So many people get married thinking they are with mr. right or mrs. right and they refuse to ask God because God forbid they are with the wrong person. I mean you are in love right, you had sex already and it was great so you have sealed the deal and this is the right person, it works. Wrong. It's not safe to do it that way, it's not wise to do it that way and it is very painful to do it that way. If you are happy fine, be happy but if you want more and you want it to be amazing and real and true you need to wait for that. I can't even tell you how many times I have heard a female tell me that she was crying after she did the do with a guy she really like and he doesn't even give her the time of day anymore. If you wait you won't have that problem. Amazing and true does not come knocking on your door telling you to meet them at a hotel or motel room. Amazing and true does not call you in the middle of the night asking you for phone sex. Amazing and true does not send you videos of them touching themselves or photos of their genitals so you can get turned on and be ready to hook up with them. You can do this within the confines of a marriage and keep the fire or flame burning. Amazing and true takes time. Amazing and true requires waiting. Amazing and true requires strong discipline and self-control. Amazing and true means you need to get it together so you don't fall apart wishing you had what you wanted while you are with "come and get it right now".

Even if you have met someone and you just know deep inside that this person could be the one person you have been waiting for but you feel like he or she is too good for you or not good enough because of how they live and how it contrasts with how you live, still take the time to cultivate the art of waiting so you will be ready at the right time to bond with that person. Men seem to think it's a crime to wait for

sex and that's because of untamed emotions. I just wrote about this in my last M2MK message and if you didn't get it then I feel for you, read it again. Emotions have a lot to do with waiting and feeling ready to do what you really want to do in anything in life. If your emotions are not catered to and controlled and identified and dealt with then you will not be able to bond with the person you are meant to bond with. This part is huge so pay attention. If you have made some mistakes, if you happen to be a bad boy or bad girl, if you think it's better to just do what someone wants you to do instead of standing your ground and saying no and because of all of that you think you don't deserve the amazing and true then think again. Sometimes we make mistakes in life. Sometimes we choose wrong in the beginning. Sometimes we make a decision that changes the rest of our lives and then you feel unworthy because you did that. Well what about taking some time to prepare now that you did what you did and make sure this time around you make the wise choice and hold back and say no to yourself and to someone else before you end up doing the same thing over again. In a nutshell, that means you still deserve to be happy if you are inherently good and decent. You still deserve to be loved and cherished if you feel like you deserve it. And if you don't you have some work to do on yourself so you can love you before you express love to someone else. Otherwise, it won't work out for you if you hate yourself or are too lazy to change your ways.

I mean the greatest love of all comes from God and that means in God's eyes we are worthy of something amazing and true and all we have to do is....believe it. If you don't believe that because of something you did in your past or just recently then that means you won't get what you want. People turn their lives around all the time. Think about people in prison or jail who take it upon themselves to pick up a Bible and read it through and get close to God so when they get released they will be a different person or live a different way of life. These people go on to become big name Pastors or Ministers or they just travel around preaching and witnessing making sure they are spreading the good news of Christ because they immersed themselves in the word of God and turned their lives around. Sometimes you hear stories that they were gangsters or they messed around a lot and had sex before marriage or got involved with someone and ended up a parent before they wanted to. Now ten, twenty years later they met the perfect person for them who waited for them, and they found each other at that meeting place and they waited for marriage before they engaged in sexual activity, and now they live happily ever after; not perfect but just happy and fulfilled because they were ready for each other because they both made the effort to wait. It's pretty powerful. You don't have to do what everyone else is doing. I refuse to do what everyone else is doing because I cherish my temple and my body parts are private and confidential. That means not just anyone will get the chance to look at them or touch them.

Let's talk about what happens when you engage in premarital sex. First, let me say that when you have sex with someone you are giving them your essence and you are bonding with them. It's a spiritual bond because of what happens in the brain when you engage in sexual activity. Your essence is golden and when you give it away you can't get it back. That person now has a part of you and you can't go back and say "let's pretend that never happened". It's too late. However, that doesn't mean you can't save up your essence again for someone that is saving up their essence. Essence isn't just your genitals. It's all of you. It's your physical body, your mental state, your heart, your spirit, your mind and everything you put

into being you. You give a part of that away when you engage in sexual activity and if you remember that before you say yes to someone then you will stop yourself and make a sound and wise decision and ask yourself "is this a person I want to bond with and give my essence to?" I know it sounds kind of corny but it's serious. God designed sex for marriage and it's pretty obvious because of how we behave after we did it with someone we are not married to. That doesn't mean the person you marry is the right person for you for life because you can marry the wrong person for you. It just means that you have no reason to feel guilty or ashamed if you have sex within the confines of your marriage. This is what happens after you have premarital sex and if you say I'm wrong then you are wrong. You will feel ashamed and guilty in some way after you have sex with someone who is not your spouse. It may feel great and that person may make you feel amazing in the sack but once it's over you now have to deal with the repercussions of your actions. "What if my wife or husband finds out?" "What if I end up pregnant or what if I get her pregnant?" "What if the condom didn't work?" "What if I end up with an STD, I didn't ask her and she didn't ask me." "What if I don't want to see this person again?" Pretty sad questions to ask and yes, I know if you are married you may still ask these questions and wonder but you will also realize that spiritually you have made a commitment to have and to hold and through thick and through thin, and that means if any of these things do happen you have vowed to deal with it or handle it or walk away from each other.

You don't make that vow or commitment with anyone else and when you ask God to bring you the person that you are meant to be with then that means you won't even have to worry about those questions above because it will be right, it will be on time, it will be super special, it will be worth waiting for and it will please you. So, when it comes to the opposite sex males remember this: females are not objects to throw or lay down and have your way with and then get up and leave them there, that's why prostitution is illegal and I know you know prostitutes get treated this way all the time. It's selfish. We are supposed to meet each other half way and give our all to the other person and that means caring about what they are feeling and making sure they are being pleased not just you. Get over yourself. The true Don Juans are the ones who take their time making sure you are happy with what they are doing not making sure they are happy with what they feel from you or what you are doing. If you see a beautiful or attractive or just a female somewhere and the first thing that pops into your mind is how good she will be in bed then you are not ready to bond with her or anyone else. She is more than a body and she has a lot more to offer than what she gives you in the bedroom or behind closed doors. Males need to view women differently and remember they are here to be helpmates not bedmates first. If you see females as capable of communicating intelligently and offering you something amazing without physical contact then you will seek that and find it. Females: if you see men as objects to make you feel desired and give you attention first then you are not ready to bond with him. Men need attention too, men are capable of offering more than what's in his bank account or in his pants.

We can see each other differently and appreciate the differences we have and respect each others bodies as sacred and pure so we can approach each other that way. Immediate self-gratification is just not worth it if you cry yourself to sleep afterwards wishing you didn't do it. If you want God to bless you with someone amazing and true then you have to be amazing and true yourself. That means being ready for your amazing and true person to come into your life so you can create a lasting bond with them

without feeling guilty or ashamed. You have to be equally yoked. And that doesn't mean you have to be perfect because he or she seems perfect. It just means be ready to let go of what the world says is good and right and be ready, get your life right so you can meet up with what's amazing and true. I certainly think that is so much better than settling for what everyone else settles for. Never settle. I want something special, something so rare and different that I know I won't want anyone else except for that one person I waited for. That's perfect for me and because I have a close relationship with God I know my God will make sure we meet at the right time. If we have already met and we are not together then it could be because he or I are not quite ready for what's amazing and true because one of us or both of us have some messes to clean up.

If you jump the gun because you know you have met your amazing and true before you have cleaned up your messes then you will make another mess even if you are meant to be. I went to a wedding once years ago and I knew the bride and groom and on there wedding day the bride cried just before she walked down the aisle. When I saw that I felt so bad for her because she was not ready for her amazing and true. She jumped the gun probably because he rushed her before they were both ready. You don't want to do that because even if you are meant to be it won't be right. One of you will not be all in it because you weren't ready and you still had some things to work on so you would be ready. So bottom line, don't mess up your amazing and true because you see something that gets you hot and bothered or because you are emotional and you have a black book full of names (no faces) that you can call at any time to get you off so you feel better. You won't feel better and if you do it won't last. Think about the great conversations you can have with your amazing and true at the right time because you waited and used the art of waiting to get there, about taking care of each others physical and spiritual needs. You feel safe, you feel joy, you feel wanted and needed, you feel protected and cherished, you feel respected and honored, you feel and you know he or she won't stray because if they waited for you and said no to this person and that person then they will keep that going when you do bond once you are married. If you are married and you are estranged from your wife or husband please wait before you engage in sexual relationships. Too many people think its no big deal to have sex with someone else while you are separated from your spouse or getting a divorce. Just wait. Don't taint your vows like that because vows are sacred. Get out of the marriage first and do the right thing and then please wait this time so you won't have to worry about divorce. Adultery is not the way to go and that too will cause shame, embarrassment and guilt. Let the person you vowed to commit to forever go and then you are safe and healthy in mind, body and spirit enough to engage in a new relationship. If you show that you have respect for your vows now then you will most likely impress the person you want to really be married to later. She will know that you are decent enough to wait to divorce and wait to marry her. Do the right thing and the right thing will be done unto you. Don't commit adultery, no matter how miserable you are. It's just not worth it and you won't get what you want because you didn't wait.

If you have some work to do to get to that place of readiness, then take some time to clean up your messes. Don't be lazy about waiting and preparing for what is meant to be. Don't give in to a stray person that can get you off because you feel emotional or sad or depressed. Wait and ask for help if you think you can't wait. Again, you don't want to bond with stray people that don't mean much to you because that's a bond that you can't take back even if you don't stay in that relationship or create a

relationship at all. It's not "just sex". It's too intimate to be "just sex". Don't use people because you are messed up in the head and heart. Use your common sense and find a healthy and safe outlet for what ails you and keep that going because practice makes perfect. Temptation is full of danger and we all know how to avoid the dark alley when we are walking at night. Don't go down the alley because you might get caught up in something you can't get out of. If you have to start out being someone's friend and build a solid foundation of trust and respect and love then please do that. It's so much better that way. You won't have to go sneaking around looking through their phone or their computer, or through their drawers or stalking them and following them around all the time because you have developed a foundation of trust and if you can't trust them then you need to walk away. Also, make sure your behavior matches your words. If you say you love someone and you mess around and have sex or play sex games with stray people or you never talk to them they won't believe you. They will know that you are easy and easily led astray and you will build a reputation of someone who can't be trusted. Love doesn't cheat, love doesn't rape, love doesn't molest, love doesn't play mind games, love isn't easy, love doesn't stalk, love doesn't give in to easy propositions, love doesn't disrespect your body, love doesn't use you and love doesn't make demands on you or rush you. Read 1 Corinthians 13:4. That is your challenge after you read this message. Read it over and over again. Read it every day until it is ingrained in your head and heart about what love looks like. If that is what you are seeking you won't find it hooking up with someone to soothe your emotions because when the hooking up is over you will feel those emotions again and then you will get addicted to hooking up and end up involved with someone you don't want to see anymore after a while because you just used that person for a quick soothing sensation.

If you don't start you won't get addicted so stop yourself by using the art of waiting. You can do it. Deal with what you are feeling. Get your apologies out of the way. Mend broken fences. Heal your heart in a healthy way. Take care of your mind, body and spirit. Find ways to have fun without "having fun". Engage in healthy behaviors and make them a habit. Make friends with the person you want to be with even if you hurt them before. They may forgive you and you won't know that if you don't communicate that to them. Keep yourself busy with work, business, family, friends, a hobby, volunteering, church or education or cultivating a solid and regular relationship with your creator....God. Don't ever say you don't have anyone to talk to because God always listens even if you can't see her/him. God will not judge your angst, God will not tell you that you are wrong for what you say or what you think about this and that, God will not go spread rumors about you or gossip to his/her co-workers or FB friends later, God will not laugh at your ideas or get in your way when you want to do good in the world. God will be right there, your bestie for life and even if God does not talk back you can rest assured that you can release your emotions in prayer and worship or praise to God knowing that it was healthy, safe and well worth it. You will feel better. No one will get pregnant. No one will get an STD. No one will get Aids. No feelings will get hurt. No one will judge your performance or laugh at you because you are inexperienced. No one will rape you. No one will take advantage of body parts you don't want touched. No one will call you names because you didn't give in to their fantasies or twisted desires. No one will cheat on you. No one will rush you or make demands on you. No one will stalk you or follow you around. No one will watch the hell out of you because they have nothing better to do. No one will tell others about what they feel for you because they can't tell you. No one will make you feel guilty or ashamed or

angry. No one will make you feel dirty or pimp you out. No one will call his or her buddies to mess around with your head so you or they can get what they want without asking.

It's all good with God as your bestie first and when you have that relationship under your belt nice and tight, then you won't feel any trepidation about asking for what you want in the opposite sex and you won't be too afraid to wait for them to show up. Just wait. And you will see. It's much sweeter and worth the wait. Essence is golden, your body is a temple (it was fearfully and wonderfully made in the image of God), your heart matters, your mind is important and what you have to offer is valuable to anyone of the opposite sex. Let those things supersede your desires to touch and feel first because if you do it and they do it then you all will be on a spiral of nonsense in pursuit of love that can never be. It's not love, it's lust. I love watching Lifetime movies or any movie that has a great plot but I hate watching people go on dates and then have sex after the date is over. Wait? What? They don't even know each other and they are engaging in the most intimate act ever. It's disturbing to me because that's a sacred act and once you do it you can't take it back. Get to know people before you get to know their bodies, and really if everyone does the same thing and are easy then you will never find your amazing and true. It's too easy to be easy. So make it challenging and when you find the other person who makes it challenging for you too then....ahhh, you have found your amazing and true. You can wait. It's worth it.

Here are some songs that will get your heart ready and prepared to practice the Art of Waiting....pay attention to the words and I bet you will be ready to say no this time.....

<https://www.youtube.com/watch?v=lZp6pmgbZyU> - God Bless The Broken Road by Rascal Flatts

<https://www.youtube.com/watch?v=HgB6Cs5yVsY> On The Side of Angels by Lee Ann Rimes

https://www.youtube.com/watch?v=hrM-Bkm4c_I - A Thousand Years by Christina Perri