



Title: Relationship Rescue - *dating dilemmas (hope)*
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Love. Volatile.

The Heart

***The heart is the seat or centre of our relationships.**

We don't fall out of love, we fall out of repentance.

When you lose your hope, then you lose your way.

***When you lose your hope, then you lose your way. When you lose your hope, you will go astray.**

Hope is an anchor to our souls.

Proverbs 13:12 (ESV) ¹² *Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.*

Proverbs 13:12 (The Message) ¹² *Unrelenting disappointment leaves you heartsick, but a sudden good break can turn life around.*

Proverbs 13:14 (The Message) ¹⁴ *The teaching of the wise is a fountain of life, so, no more drinking from death-tainted wells!*

- Before the desire is fulfilled, the Words of God, is a fountain of life....

Hope is an overall optimistic attitude because of the goodness of God. Hope is more general, faith is more specific. Hope people believe that there is a whole lot of options.

Losing your way

Matthew 24:12 (NKJV) ¹² *And because lawlessness will abound, the love of many will grow cold.*

God's eternal laws:

- Physical laws
- Relational laws

New study reveals - Casual sex can lead to depression:

In colleges and universities, one-night-stands are quite common.

Events and shows organised at compounds of these institutions of higher learning can never miss a morning décor of condoms and sanitary pads littered at every crevice in the corridors.

Well, a new [survey](#) – the largest study of its kind involving 3,900 heterosexual students – 11 per cent who said they had engaged in casual sex in the past month – **suggests that premarital sex offers momentary satisfaction and afterwards has the potential of sinking a young person into a mental abyss.**

The experts involved found that young people who have casual sex are more likely to suffer from depression and anxiety.

Higher levels of anxiety and depression among students who had recently had sex with someone they knew for less than a week were exhibited strongly by subjects.

Lead author of the study, Dr Melina Bersamin, from California State University, [told](#) Daily Mail that for both men and women in this group, **stress, anxiety and depression were experienced as a result of their sexual encounters.**

<http://www.standardmedia.co.ke/entertainment/pulse/106/local-news/938/can-sex-cause-depression>

- Spiritual law

Sick hearts?

1. **Blaming others (Bitterness)** - ***Remedy:** Take responsibility.
2. **Blaming self (Shame)** - ***Remedy:** Confront the lies
3. **Giving up** - no longer follow God's plan. **Remedy:** Know that God has a good plan for your life.

Psalm 27:13–14 (NKJV) ¹³ *I would have lost heart, **unless I had believed** That I would see the goodness of the LORD In the land of the living. ¹⁴ Wait on the LORD; Be of good courage, And He shall strengthen your heart; **Wait, I say, on the LORD!***

- Wait is to "wait in faith", to "wait expectantly"

Faith is the deliberate confidence in the character of God whose ways you may not understand at the time. Oswald Chambers. Os

When you lose your hope, you lose your way. Without hope, you will go astray.

Proverbs 3:5–6 (The Message) ⁵ *Trust GOD from the bottom of your heart; don't try to figure out everything on your own. ⁶ *Listen for GOD's voice in everything you do, everywhere you go; **he's the one who will keep you on track.****