



# Catholic Central Activity Guide

## Episode 30: Catholic Dating

### Diving Deeper

- ▶ What does dating mean to you? What is a date? What is the purpose of dating?
- ▶ What are your deal-breakers when it comes to seeking a relationship? How did you arrive at them?
- ▶ Do you invite God into your dating decisions, desires, emotions? If so, what does that look like for you and how does it affect your dating/romantic life?
- ▶ Christian author CS Lewis says, "To love at all is to be vulnerable." What makes vulnerability difficult? What makes it worth it?

### Go Forth

- ▶ Come up with three lists: a brief list of qualities that you absolutely need in a person you'd want to have a relationship with, a list of "nice to have" qualities, and a list of qualities you absolutely cannot tolerate in a relationship. Write a prayer asking God for patience, strength, and wisdom to discern where God is leading you in relationship, and how God is calling you to love. When you struggle with a crush, in a relationship, or with loneliness, take a look at your lists and your prayer. Sit with God in the midst of your feelings and read it over again. Notice what comes up in your heart and imagination, and if God is leading you to change anything about them.
- ▶ When you meet a person you're attracted to, try praying by seeing them through Christ's eyes. How does Jesus look at this person? What are the things that Jesus pays most attention to? How might Christ love them? Then, ask God how you might love that person with Christ's own heart. Ask how God might be drawing you to Himself through that person.



### Resources

- ▶ ["The Dating Project" documentary](#)
- ▶ [The Fishers of Men podcast on Catholic/Christian dating](#)
- ▶ [The Power of Vulnerability by Brené Brown](#)
- ▶ ["Maturity in Relationships and Prayer" by Fr. Ron Rolheiser](#)
- ▶ ["Waiting 'Til Marriage - A Rant" by Steve the Missionary](#)

