

Men & Masculinity: Chapter 8 (The Date)

Questions for discussion

1. What would make the best you? Have you prepared yourself for life?

Isn't it important to prepare for the things we do? When we go shopping we bring bags, money, and sometimes a list before we go. On a trip we pack, plan ahead, and pick the right place to go. We always plan our lives until it comes to ourselves. We tend to recklessly plow into our lives without a care of the damage we might cause. Think about it. A divorce will hurt us, money, family, friends, careers, and a future. For some of us we will never really fully recover from the lost we experience in a divorce. How much trouble might be avoided if we took just a little time to plan ahead?

2. What is the best way to know who you are?

A healthy "me" is made by sharing myself with myself and with others. It's when we deny ourselves of who we are when trouble begins. It's when we shrink back from being able to share ourselves with others that we get in trouble. If you are in a relationship that is not interested in you, it's time for a rethinking of that relationship. It does not necessarily mean breaking up but a re-jigging of the thought pattern. I have often wondered if my first marriage could have survived if we tried to make ourselves and each other more important than we did.

3. We need to date ourselves to discover ourselves.

If you chose to date yourself I hope you discover a love for yourself. Maybe the fact you hate bowling or love painting is erotic to you. That word erotic might seem weird but is it? When you meet that special someone all you were just vanished as they sweep into your life. A fantasy about them is forged within your heart and soul. Why not experience that with yourself. Why not be raptured by "you."

4. We need to share ourselves.

I then began to venture out to concerts, events, and even life groups with married couples. I began to share the new person in my life: me. Dating yourself can be bold and liberating. Once you like dating you all bets are off. What I liked mattered. I began creating events for others to attend. People became interesting because I was interesting. That saying "you can't love others till you love yourself" is so true. I went to several churches to gain perspective. I grew like never before. Yes I love being married but my single days are precious memories. In a small way I miss my time alone with myself.



5. Maybe loving yourself first is a good thing?

Falling in love comes through the date. In history it began with courtship. Someone escorted you as the relationship grew. We have experienced that through parents and friends. They all played a role in getting you to where you are today. I believe God was there as well. He was guiding you through the good times and bad. He knew the end result before we do. We need to let God be the guide to a better self. As date is just the next step in the process. It's time alone without escorts and influences. Just the three of us me, myself, and I. I am sharing myself with you because I learned to appreciate me and my life experiences. They are not all great experiences but they are building blocks to a better life. Have fun on your first date with you!