

“The success of a relationship comes not in finding the “perfect” person, but in the ability of learning to accept and adjust to a "perfectly imperfect” person.” Tray and Melody Lovvorn

Real Relationships 101: Let's Get Real

Discover and understand the power of meaningful and lasting relationships. This 6 week crash course will help you gain new insights, build real connection, and unlock the keys that will help you create successful, fulfilling and lasting relationships with those you love. This course is full of wisdom, taught by relationships experts, Tray and Melody Lovvorn from years of walking individuals and couples through proven relationship tools and practical tips on building healthy relationships, real connection and intimacy that lasts a lifetime.

INTRODUCTION: “LET'S GET REAL”

Session 1: A Guide to a Lasting Relationship

- A. *Culture's Formula for Lasting Relationships (Enmeshment/Codependence)*
- B. *Counter Culture: God's Formula for Lasting Relationships (Differentiation/Interdependence)*
- C. *Realistic vs. unrealistic expectations*
Practical evaluation, self-analysis & application

Session 2: Love vs. Infatuation

- A. *Three kinds of Love (Eros, Phileo, Agape)*
- B. *“If you really loved me”... dealing with disillusionment*
- C. *Testing love vs. Infatuation*
Practical evaluation, self-analysis & application

III. Session 3: Sex vs. Sexual Intimacy

When we fail to understand the difference between love and sex, we are doomed to failure in both our relationships and our sexuality.

- A. *Culture's Formula for Sex and Marriage*
- B. *Counter Culture - God's formula for sex and marriage*
- C. *Yada*
Practical evaluation, self-analysis & application

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IV. Session 4: Pornography vs. Intimacy

Modeling purity doesn't stop once we are married; sexual purity requires a game plan both outside and inside of marriage

- A. *Porn - diminishes us as a person; it impacts productivity, affects the brain, and kills relationships; Porn is the counterfeit to real relationships*
- B. *Intimacy - “in to me see” - our divine design to be loved and known by another*
- C. *Living the Larger Story*
Practical evaluation, self-analysis & application

V. Session 5: Perfectly Imperfect

The person and their personality that we are attracted to before marriage can be a place of tension and agitation after marriage; it is helpful to be a good student of yourself and others

- A. *What personality type are you?*
- B. *Taking off the masks*
- C. *God's purpose for us regarding relationships*
Practical evaluation, self-analysis & application

V. Session 6: Conflict and Resolution: Fight or Flight

Discussing family dynamics and family backgrounds will help you understand your family history and give you new insights moving into meaningful relationships

- A. *How is conflict resolved in my family? The 4 Horsemen*
- B. *Realistic vs. unrealistic expectations*
- C. *Leaning in with curiosity*
- D. *Out-repenting vs. Out-performing one another*
Practical evaluation, self-analysis & application