

DO NOT CROSS

BF-GF Relationships – Keep Calm And Do Not Cross Limits!



I got a call one evening. The young guy over the phone said, “I have just had sex with my girlfriend in a park.” **I could make out from his voice that he was frantic and needed urgent help.** So, I quizzed him further, “Ok, go ahead tell me. Why are you crying?”

The caller was an engineering student, waiting to complete his final year of the course. He continued, “After we had sex, this girl looks at me and says that she is HIV positive. I am blown out. I am the only child in my family.” And he kept on rambling. Then he went on to say, “When I questioned her about why she did not reveal this to me before, she said, **‘If you love me deep enough, you would also share this disease with me.’**” This guy was now so desperate that he was contemplating suicide. I had to speak with him for about 20 minutes, before he was pacified and level headed enough to even start listening to how he could tackle the situation.

Let me ask a few questions here:

- **Was the guy really in love with this girl?**

- **Or was he simply playing around?**
- **If he had known about the girl's condition, would he have continued this affair?**
- **If the girl genuinely loved this guy, wouldn't she have dissuaded him from physical intimacy?**
- **Or maybe even revealed everything to him and waited for his reaction?**

Now, from a more objective angle I cannot help but ask:

- **How did the girl become HIV positive, in the first place?**
- **Had she been playing around before?**
- **Or was there any other reason behind it?**

Now for another phone call that woke me up in the middle of the night last year. This was a younger teenager. He was shivering over the phone. "Sir.... sir.... I am scared. I have just had sex with the servant girl at my home. I feel disgusted. Oh! I know I should have not done it." And he couldn't stop using the word 'Shi!' over and over again as if he could not express his disgust enough. Again, I had to calm him down first so as to lead him practically.

Here too, let me pause and ask a few more questions:

- **Did this happen all of a sudden or had he been toying with the idea for a while?**
- **Had he thought of all the consequences of playing around with this young maid?**
- **Did he realise what he was getting involved in?**

AN IMPORTANT PRINCIPLE

Always understand,

IT IS NEVER A SUDDEN FALL BUT ALWAYS A GRADUAL SLIP.

Just as one cannot grow overnight, one also cannot fall overnight.

It is a process. Any relationship with the opposite sex with a view to just have fun or play around will hurt you and hurt others, although it may not seem so initially and may look harmless in the long run. Remember, just because you don't see it, doesn't mean that it will not hurt in the longer run.

Never get into a 'BF' or a 'GF' relationship just for fun, for time pass, for the Facebook 'status', for the 'cool' factor, under peer pressure, to be accepted by friends, just because of the beauty, to



earn a reputation, to compete with a friend, juggling many partners at the same time, for selfish, mutual or social benefits and so on.

DON'T PLAY AROUND. It is bound to hurt you and the other person and in many cases even family and other friends.

AN IMPORTANT ALERT – WARNING! **Set appropriate physical limits.**

Let me put it plainly! When these overwhelming feelings of being in love start flooding, you will also find that the feelings are no longer just emotional but also physical. You become more affectionate physically also.

- Simple handshakes now become side hugs.
- Side hugs turn into bear hugs.
- Bear hugs turn into prolonged tight hugs.
- Prolonged tight hugs turn into necking.
- Necking then moves into kissing.
- Kissing leads to touching private places or heavy 'petting'.

Whoa! Whoa!

It is like a strain of gunpowder set on fire, which cannot be doused. It is like a freight train running downhill. You may put on the brakes, but it cannot stop where you intended. It will always over shoot.



Don't allow your hand to roam and keep your clothes on.

Girls, Sex won't make him love you more and baby won't make him stay.

Guys, she does not mean 'sex' when she says 'love' and she does not mean 'baby' when she says 'life'.

But when they do, the guilt is pretty strong and the worst part is, they are confused. Everything feels so right even when it is wrong.

Let me try to draw out for you the state of mind of the two people involved in the relationship. Remember at this time, whenever they are together, each of them comes across to the other as the most confident, the most reliable and the only right partner in the world.

The GIRL: She begins to wonder why loving him physically was so wrong. Confusion and doubt have now taken over her mind. She feels as though she has drifted away from him, although going by the externals, she may have drawn much closer. Sometimes, she is sure this is wrong,

but she can also see how happy she is making him. She feels not at all like her old self. In fact, she feels guilty and even cheap maybe, for having been so easygoing. She wonders what to do from now on. **SOUNDS FAMILIAR???**

The GUY: He did not expect things to get so serious so soon. Yes, the touching and the petting are nice and it is pretty much how he imagined it all to be. He had been curious for a long time and the experience is now making him feel more confident of himself, feeling like he is finally growing up to be the 'man'. It is an experience and he is sure she is enjoying it as well. But, her fifty calls per day, a hundred texts and messages and constant demand for attention is too overbearing and a burden. She is too needy too soon. Whereas he needs time, he is not ready for any commitments yet. So, he begins to shift gear and drag a little. He is losing his cool and feels bad when she begins to blame. **SOUNDS FAMILIAR???**

Okay let's talk! You are past FOURTEEN, single and have a body that is ready for sex. But please understand, your body is ready, but not your emotions, mental expressions and social interactions. When you keep hearing your body say, "Go for it", what do you do? How far is too far? Why should you wait? Are you missing out on something good and depriving yourself for no reason? Or is there a good reason to have limits on sexual expression? You ask, "What can it hurt, how could it hurt?" whereas somewhere deep down you know something could.

Firstly, please understand that God has created an institution called marriage for the right expression in a right way. Anything before or beyond is bound to hurt. Today I hear stories and see many lives being ruined and run down since they did not agree upon or keep this one simple rule. Who is hurt at the end of the day? It hurts marriages and families. Our children pay the cost. Today, single parent families are on the rise and our children are denied their right to true, genuine love and care. Hey teen, and my dear young dude/babe, please be careful.

Second, God has created this physical intimacy so that 'the two shall become one flesh'. This cannot be shared with anyone and everyone. It cannot be split with many partners. It must not be shared before you are 'absolutely committed' to the one partner and no, no amount of 'feeling certain' or 'mutual agreement' outside marriage will suffice. The standard of 'absolute commitment' is only 'marriage'.

If sex was everything, today the happiest people on planet earth would be the sex workers in the red light zones. Believe me, I have personally talked with these workers in the red light zone. Physical intimacy alone does not bring wholeness. Wholeness requires emotional, social, mental and spiritual commitment in its right frame work.

Third, today I see a new trend. Newly married couples begin to fight. Deep in their heart they begin to compare the marriage and the spouse with their past relationship with their ex BF or GF. They feel disappointed with the present one and become frustrated. In some cases, they openly express this disappointment and it shocks the other partner. This is why I say, wait. Wait for the right time, for the right person in the right frame work. One night stands and one shot mates might be great for its temporal fulfilment. But on a longer run, they will hurt.

Be wise.

Fourth, Sex is set apart for a purpose and has great value. It is a lifelong commitment and needs to be esteemed. Today no one seems to understand this principle. Sex cannot be fully enjoyed in quick shots and stands. No! It is a discovery, an experience of enjoyment drawn from adjustment, give and take over a period of time and within the right frame work of love, care, understanding, emotional fulfilment and of course, freedom.

I heard a couple celebrating their 45th wedding anniversary say this, “We have enjoyed physical intimacy and it has got better and better as we have learnt about each other and understood each other’s personality. It is very unique to us as a couple and it can never be duplicated or replicated”

Did you hear that? We have lost this frame of enjoyment in its fullness as God has initiated and ordained. We have tried to divert, get distracted and dive into wrong twisted pleasure models that are quite short in its fulfilment.

Finally, there is so much need for self-control. Young people say, “I want to be free”, “I want to do whatever I want to do.” Hey listen dude, real freedom only comes within limits and boundaries.

When boundaries and limits and rules are broken, then it is not real freedom, it is a freedom that actually puts you in chains.

Real freedom is not the ability to say yes to everything. It is the ability to say no to the things you would like to say yes to. That is real freedom.

I know that a few things you read come across as being too non-compromising and strict. Please do not assume that I am making unnecessary critical judgements. I am not being insensitive, traditional or even trying to be religious. No!

God has put a deep passion and love in my heart for teens and young people. I feel hurt and sad, when I see young lives getting destroyed and devastated. And believe me when I say

that. I have seen quite a number of them coming to such stages in life. Hence, it is with love and compassion that I write this :)

I am just sharing logical, moral, God-centered, long-living principles that will make your life worth living for. And anything worth living for takes the price of self-control, discipline and effort.

Thats all!!!!

Dear Teenager/ young guy or young girl, at the end of the day it is your choice! It is your life! :)