

5 Ways Single Black Christian Women Can Simplify Dating & Sex

1 Voice the Cry

Pay attention to the dating and sexual restlessness inside of you. Trust these honest and authentic feelings. Honor them with your consideration. This restlessness is your cry that longs to be heard. Say it out loud.

2 Identify the Problem

Name the other voices that you hear which rival your own. These rivaling voices cause your restlessness. Name the opposing voices. Who told you that you were naked?

3 Distinguish & Own Our Desires

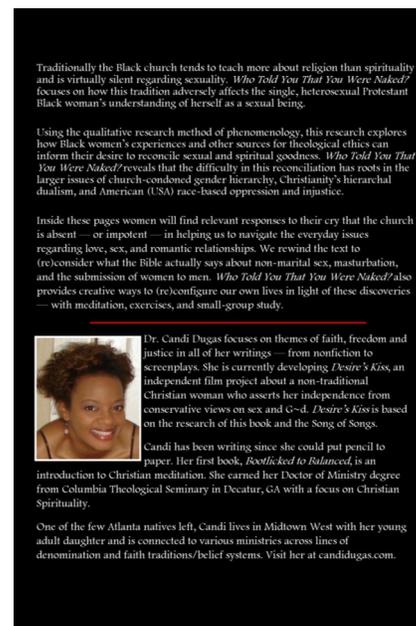
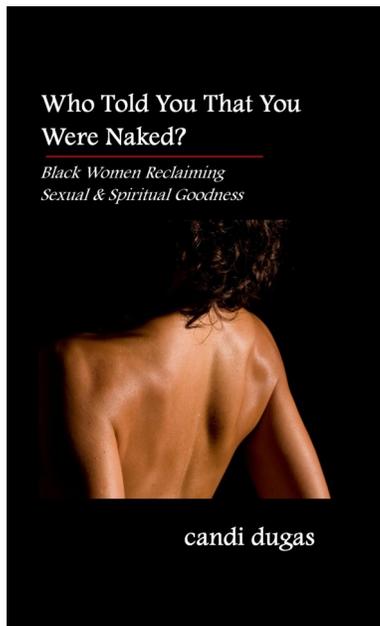
Get still for at least 15-30 minutes to listen to the quiet voice within you. Answer the question of what will make you most happy, no matter who objects. This is your unique desire—take ownership of it.

4 Explore Solutions

Read well-researched, trusted sources of other perspectives on dating and sex in singleness. Spend time meditating on these alternatives. Consider all of the ways these differences could be a part of your life.

5 Live into Our Solutions

Take 7 opportunities to meditate on important scriptures related to love, sex, and dating. Complete 7 exercises that connect you with your deepest self. Participate in 7 small-group conversations with people you trust.



Black Christian women reclaim their sexual and spiritual goodness by identifying who told them that they were naked.

Typically Black churches preach an ultra conservative theology that does not address the everyday needs of single Black Christian women regarding love, sex, and dating. Women who desire this kind of relevant and vital teaching will have to create their own safe spaces for these conversations. *Who Told You That You Were Naked?* provides solid, practical resources and solutions that empower women to simplify their dating and sex lives.



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Order *Who Told You That You Were Naked?* TODAY

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