



Akala mo papuntang romantic love story na ang samahan.

Toy story lang pala. Pinaglaruan at nilalandi ka lang pala. Gusto lang pala niya ng companion sa kaniyang pag-iisa.

Araw-araw tine-text ka niya. Nangungumusta at nagse-send ng kilig quotes. Tinatanong kung ayos ka lang ba.

Akala mo sa iyo lang pinapadala. GM (group message) pala.

Nang magbreak kayo ng dati mong partner, ito ang sinabi niya sa iyo: "Huwag ka nang umiyak, nandito lang naman ako."

Noong siya naman ang nagpaiyak sa iyo, iba na ang linya niya: "Tahan, na. Makaka-move on ka rin. Makakalimutan mo ring naging tayo."



Bakit ang hirap mag-move on?

GENERAL EXHAUSTION leading to formal break-up (physical, intellectual, emotional and spiritual)

DWELLING IN THE PAST (has yet to let go of memories, accept you're not meant to be)

SOUL-CLEAVING (physical intimacies, premarital sex)

When is the right time to let go of the relationship?

Everything is
REVERSIBLE
before marriage.
Correcting
mistakes is
necessary.

WHEN YOU STILL DESIRE TO REVIVE THE PAST (your ex- is still more important than present partner)

MORE PAIN, INSTEAD OF MORE JOY (too much frustration can result in more serious problems)

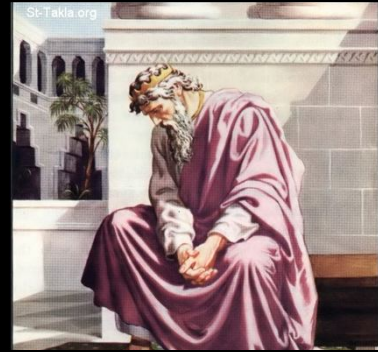
IF HE/SHE DOES NOT CHANGE HIS/HER WAYS (sincerity can be seen in true repentance)

WHEN THERE IS ALREADY ABUSE IN RELATIONSHIP (mental, physical and emotional)

WHEN YOU HAVE OPPOSITE BELIEFS AND VALUES (i.e. 6:14 rule)

IF THE FEELING IS MUTUAL TO BREAKUP (amicable separation)

How can I MOVE ON?



2 Samuel 12:15-25

2 Samuel 12:15-25 After Nathan had gone home, the LORD struck the child that Uriah's wife had borne to David, and he became ill. David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. On the seventh day the child died.

David's servants were afraid to tell him that the child was dead, for they thought, "While the child was still living, we spoke to David but he would not listen to us. How can we tell him the child is dead? He may do something desperate." David noticed that his servants were whispering among themselves and he realized the child was dead. "Is the child dead?" he asked. "Yes," they replied, "he is dead." Then David got up from the ground.

After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate. His servants asked him, "Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!" He answered, "While the child was still alive, I fasted and wept. I thought, 'Who knows? The LORD may be gracious to me and let the child live.'"

But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me." Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon. The LORD loved him; and because the LORD loved him, he sent word through Nathan the prophet to name him Jedidiah.

FEEL THE PAIN (befriend the heartbreak)

FORGET AND FORSAKE (get rid of things which remind you of him/her)

FINISH WHAT NEEDS TO BE FINISHED (provide definite closure)

FELLOWSHIP WITH FAMILY AND FRIENDS (support system)

FORGIVE YOURSELF AND EX-GF/BF (get rid of anger and bitterness)

FALL IN LOVE AGAIN AT THE RIGHT TIME (let the emotional wounds heal first, practice singlehood)

FOCUS ON GOD'S LOVE FOR YOU (find satisfaction in Him)

Psalm 34:18-20
The LORD is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the LORD delivers him from them all; he protects all his bones, not one of them will be broken.

1 Corinthians 10:13
No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

John 15:4
Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

You can never be satisfied in this life until you are fully satisfied with God

