



WEEK 2 MAIN POINT	MAIN BIBLE VERSE(S)
Boundaries in dating are about valuing one another as children of God	Proverbs 4:23

ABOUT THIS WEEK
Students will understand that boundaries are wise, intentional decisions made ahead of time to honor God and protect themselves and others emotionally, physically, spiritually, and digitally—and that boundaries are an expression of love, not a lack of it.

HOOK (2–3 Minutes): Why Boundaries Get a Bad Reputation

- Boundaries are often seen as restrictive or joy-killing
- Especially in dating, boundaries can feel unnecessary or outdated
- Introduce the idea: boundaries aren't about fear—they're about value

SCRIPTURE (4–5 Minutes): Guard Your Heart

- Read Proverbs 4:23
- Biblical understanding of the “heart” (desires, decisions, direction)
- God's call to guard the heart is about protection, not control
- What we allow close to our hearts shapes who we become

TRANSITION: Boundaries Are About Value

- Boundaries reflect how much we value:
 - our relationship with God
 - ourselves
 - the other person
- Boundaries communicate that relationships matter too much to be careless

TENSION (4–5 Minutes): What Happens Without Boundaries

- Most people don't plan to cross lines—they fail to decide ahead of time
- Feelings often become the authority in dating relationships
- Without boundaries:
 - relationships move faster than wisdom
 - confusion and hurt increase
 - faith is slowly compromised
- Truth: boundaries don't ruin relationships—lack of boundaries does

APPLICATION (5–6 Minutes): What Healthy Boundaries Are

- Definition: boundaries are decisions made ahead of time that honor God and protect people
- Boundaries apply to:

