



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.

#### OPENING: WHY BOUNDARIES GET A BAD REPUTATION

- Let me start with a question: What would you say is the opposite of the word “boundary”?
  - Maybe you think
    - Freedom?
    - Do or go wherever you want?
    - Unrestricted?
    - Rules?
    - Restrictions?
    - Things that ruin fun?
- If we’re honest, maybe not everybody, but some of you may think this same way when it comes to boundaries in dating.
- Boundaries often get framed as something Christians do because they’re scared or God is boring.
- But what if boundaries aren’t about fear at all? What if they’re about value?

#### SCRIPTURE: PROVERBS 4:23 – GUARD WHAT MATTERS MOST

- **READ PROVERBS 4:23**
- **When the Bible talks about your heart, it’s referring to your...**
  - Emotions
  - Desires
  - Thoughts
  - Decisions
  - Direction
- **So when God says “Guard your heart”, He’s not trying to control you, He’s trying to help protect you.**
  - Because what you allow close to your heart shapes who you become

#### TRANSITION: BOUNDARIES ARE ABOUT VALUE, NOT FEAR

- **Here’s the shift we need to make:**
  - **You don’t set boundaries because ...**
    - You’re scared of messing up
  - **We set boundaries because**
    - God values you

- You are called to value others
  - Relationships are powerful
- Establishing boundaries is our way of saying, “This matters too much to be careless with”.
  - That includes emotional boundaries:
    - Physical
    - Digital
    - Spiritual

#### TENSION: WHAT HAPPENS WITHOUT BOUNDARIES

- Most people don’t plan to cross lines, they just don’t decide to avoid them ahead of time.
  - And when emotions, attraction, and pressure show up, decision-making gets blurry.
- When boundaries aren’t established beforehand, feelings become the authority.
  - And feelings are real, but they are terrible leaders.
- Without boundaries...
  - Relationships move faster than wisdom
  - People feel used or confused
  - Breakups hurt more than they need to
  - Faith slowly gets pushed to the side
- Boundaries don’t ruin relationships; lack of boundaries does.

#### APPLICATION: WHAT HEALTHY BOUNDARIES ACTUALLY ARE:

- Boundaries are decisions we make ahead of time that help us honor God and protect people.
- Healthy boundaries ask meaningful questions:
  - What helps me follow Jesus well?
  - What protects my heart and the other person’s?
  - What keeps this relationship honest and clear?
- This might include:
  - Emotional dependence
  - Physical affection
  - Texting and late-night conversations
- Boundaries are not about:
  - Controlling someone
  - Manipulating outcomes
  - Proving maturity
- They’re about choosing wisdom over impulse.

#### PASTORAL CLARITY: BOUNDARIES ARE AN ACT OF LOVE

- Let me be clear...
  - Boundaries mean
    - You care deeply enough to take action
    - You respect the other person
    - You want what’s best, not just what feels good
- If someone pushes you against your boundaries, that tells you something important about the relationship.
- Healthy love honors boundaries. It doesn’t pressure past them.

#### LAND THE POINT:

- God doesn’t ask us to guard our hearts because He wants to limit us.
- He asks us to guard our hearts because everything flows from it.
- Healthy relationships don’t happen by accident. They’re built through intentional, loving boundaries.

#### LEADER NOTES:

- Be specific without being graphic
- Emphasize value over restriction
- Normalize discomfort—growth often feels awkward
- Avoid “how far is too far” framing

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