



TODAY'S MAIN POINT

Healthy boundaries are an expression of love, wisdom, and value.

TODAY'S BIBLE VERSE(S)

Philippians 4:23

TEACHING GOAL

Last week, students talked about how dating is an application of following Jesus and how Christ-centered dating seeks to honor God and value the other person. This week builds on that foundation by helping students understand **why boundaries matter**. Boundaries are not about fear or restriction—they are about valuing relationships, guarding our hearts, and choosing wisdom before emotions take over.

Let's Break the Ice

- What's a boundary you have in your life that actually helps you?
- Why do you think boundaries sometimes get a bad reputation?

Transition:

Just like guardrails on a road, boundaries are meant to protect what matters—not ruin the journey.

Bible Study

Read Together: As a group, read **Philippians 4:23 (NIV)**.

Discussion Questions:

- What do you think the Bible means by “heart” in this verse?
- Why do you think God tells us to guard our hearts “above all else”?
- How can what we allow into our hearts shape our decisions and relationships?

Make it Real

Leader Note: Keep this about **intentionality and wisdom**, not drawing lines or enforcing rules.

- Why do you think people often wait until the moment to decide boundaries?
- How do emotions and attraction make boundaries harder to keep?
- What are some areas where boundaries matter in dating besides physical ones? (emotional, digital, spiritual, time, expectations)
- How can boundaries actually help relationships stay healthy and honest?

Discipleship Moment

Wise Boundaries Reflection:

Invite students to quietly reflect on:

- One area where they need to decide boundaries ahead of time
- One relationship where clearer boundaries might bring health, not distance

Encourage this prayer:

"God, help me value You, myself, and others enough to choose wise boundaries."

Share Requests:

Invite students to share prayer requests or praises.

Group Prayer:

Pray that God would give students wisdom to guard their hearts, courage to set healthy boundaries, and trust in His design for relationships.