



TODAY'S MAIN POINT

Healthy relationships are Christ-centered and respectful

TODAY'S BIBLE VERSE(S)

Philippians 2:1-5

TEACHING GOAL

Students will understand that healthy relationships – especially friendships, crushes, and dating – should reflect the way Jesus treats people, and they will be challenged to practice respect, humility, and kindness in how they interact with others.

Let's Break the Ice:

- What's a habit or hobby you've picked up from a friend without realizing it? (A phrase, hobby, habit, etc.)
- Why do you think we imitate the people we spend the most time with?

Transition:

Just like we pick things up from friends, the Bible tells us that following Jesus shapes how we treat people, too.

Bible Study:

- Read Together: As a group, read Philippians 2:1-5 (NIV)
 - *Telos Bible Page Numbers: pg. 1161*

Discussion Questions:

- What words or ideas stand out to you in this passage?
- How does Paul describe the way Jesus treats people?
- Why do you think humility and respect matter so much in relationships?
- What would change if people treated each other this way at school?

Make it Real:

Leader Note: Help students focus on **character and everyday interactions**, not behavior management or dating pressure.

- Are there relationships where it's harder to live like Jesus? Why?
- What does it look like to show respect to someone even when you're annoyed with them?
- How can remembering Jesus' example help you before you react or speak?

(GROW DEEPER - OPTIONAL) Discipleship Moment:

Christ-Centered Relationships Challenge:

Ask students to choose one relationship this week (friend, sibling, teammate) and intentionally practice one of the following:

- Speak kindly instead of reacting
- Show patience when it's hard
- Put someone else first in a small way

Encourage them to come back next week ready to share what they noticed.

Prayer

- **Share Requests:**

Invite students to share prayer requests or praises.

- **Group Prayer:**

Pray together that God would help each student follow Jesus not just in what they believe, but in how they treat others this week.