



TODAY'S MAIN POINT

Healthy relationships have healthy boundaries.

TODAY'S BIBLE VERSE(S)

Proverbs 4:23 NIV

TEACHING GOAL

Last week, students learned that the way Jesus calls us to live applies to **every relationship**. This week builds on that foundation by helping students understand why **boundaries matter**. God invites us to guard our hearts—not to limit our lives, but to protect what matters most and help our relationships stay healthy.

Let's Break the Ice:

- What's a rule or boundary you have that actually helps you? (At home, in sports, at school, etc.)
- Why do you think boundaries exist in the first place?

Transition:

Just like rules in games or guardrails on a road help things work better, God gives us wisdom to help protect our hearts and relationships.

Bible Study:

- Read Together: As a group, read Proverbs 4:23 (NIV)
 - Telos Bible Page Numbers: pg. 612

Discussion Questions:

- What does the Bible mean by “heart” in this verse?
- Why do you think God tells us to guard our hearts “above all else?”
- How can what we let into our hearts affect our choices and relationships?

Make it Real:

Leader Note: Keep this focused on **everyday relationships** (friends, group chats, school, sports). Dating can be mentioned generally, but do not push students ahead of their stage.

- Why do you think boundaries can feel awkward or uncomfortable sometimes?
- What happens when people don't decide boundaries ahead of time?
- How can boundaries actually help relationships stay healthy instead of ruining them?

(GROW DEEPER - OPTIONAL) Discipleship Moment:

Healthy Boundaries Challenge:

Invite students to think about one area this week where they could practice a healthy boundary, such as:

- choosing what kind of conversations they join in
- knowing when to say no
- taking a break from something that isn't helping them grow

Encourage them to ask God for wisdom before reacting in the moment.

Prayer

Share Requests:

Ask students if there are any prayer requests or praises they'd like to share.

Group Prayer:

Pray that God would help each student guard their heart, make wise choices, and trust Him to lead their relationships this week.