



MAIN POINT

Healthy relationships have healthy boundaries.

MAIN VERSE

Proverbs 4:23

TEACHING GOAL

Students will understand that boundaries are wise decisions made ahead of time to honor God and protect people emotionally, spiritually, and physically—and that boundaries help relationships stay healthy rather than ruining them.

HOOK (2 Minutes): WHY DO WE HAVE BOUNDARIES?

- Boundaries exist everywhere (guardrails, fences, rules)
- Boundaries are not meant to ruin things, but to protect what matters
- Big idea: Boundaries don't limit freedom—they provide safety

SCRIPTURE (2 Minutes): GUARD YOUR HEART

- Read Proverbs 4:23
- The heart represents thoughts, desires, and decisions
- What we allow into our hearts shapes everything else
- Boundaries help us guard what matters most

TENSION (4–5 Minutes): WHY DON'T WE ALWAYS LIKE BOUNDARIES

- We avoid boundaries to prevent awkwardness, rejection, or discomfort
- We often react in the moment instead of deciding ahead of time
- Feelings make boundaries harder, especially with crushes or dating
- Truth: Boundaries aren't unloving—they're wise

NOTE ON DATING/CRUSHES

- Emotions can make decision-making difficult
- Boundaries need to be established before feelings take over
- Healthy boundaries protect both people in the relationship
- God's way leads to healthier relationships

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APPLICATION (4 Minutes): WHAT ARE BOUNDARIES REALLY?

- Definition: Boundaries are decisions made ahead of time that honor God and protect people
- Boundaries apply to conversations, actions, and situations
- Boundaries help us live out Jesus' way consistently
- Boundaries are about wisdom, not fear

LAND THE POINT (1 Minute)

- God cares deeply about our hearts
 - Healthy relationships don't happen by accident
 - **Healthy relationships require healthy boundaries**
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