



SESSION 8: SETTING BOUNDARIES IN DATING

1—BODY PARTS

What does the Bible have to say about your body? Read 1 Corinthians 6:13.

Put a checkmark in the box if you have ever . . .

- ☐ Used a paper towel to blow you nose
- ☐ Made a straw out of a piece of licorice
- ☐ Used a large garbage bag for a raincoat
- ☐ Used a flattened-out cardboard box for a sled

If you put a check in any of these boxes, you have taken an object that was made for one thing and used it to do something else. In other words, you used it in a way that it was not meant to be used. What does Paul say your body is *not* meant to be used for in 1 Corinthians 6:13?

When you misuse your body, what are you saying to God?

If you use your body for something it was not meant for, what might some of the consequences be?

Today, ask God to help you keep these consequences in mind and to help you set boundaries in your dating relationships.

2—HONOR AND DEVOTION

How are we to honor others again? Refresh your memory by reading Romans 12:10.

Harold and Kim were dating, and while they told everyone they liked each other, all they seemed to do was fight. Hardly a day went by when the two weren't stirring up some sort of drama and accusing the other of not caring about his or her feelings. Harold always thought that Kim should want to do what he wanted to do, and Kim thought the same of Harold. It was a sad situation, and it wasn't long before the couple broke up.

According to Romans 12:10, what two things are important to do in our relationships?

How does this mean we are to treat the person we are dating?

If you are dating, what is one way you could show honor to that person?

Today, ask God to help you see the person you are dating the way He sees him or her. Ask God to help you always treat that person the way God wants you to treat him or her—with respect, honor and kindness!

3—THE MARRIAGE BED

Read Hebrews 13:4 to hear some serious words from God.

What do you think this verse means when it says to keep the “marriage bed” pure?

- ☐ You should change your sheets often.
- ☐ You should only use white linens on your bed.
- ☐ You shouldn’t have sex before marriage.
- ☐ You shouldn’t eat anything messy on your bed.

While some of these responses offer good advice, the correct answer is that keeping the marriage bed pure means not having sex before marriage. According to Hebrews 13:4, what does God say everyone should honor?

What types of behaviors does God say He will judge?

Today, ask God to help you grow in Him and make you strong when you face sexual temptations. Also ask Him to remind you of all the reasons why you should stay sexually pure in your dating relationships!

4—PARTY MAKE OUT

Where is your mind at today? Read Colossians 3:1-2.

Deb was looking forward to the party. Keith was going to be there, and she had heard stuff at school that day that led her to believe he was interested in her. She was definitely interested in him!

She found Keith hanging out when she arrived. The two danced a couple of fast songs . . . then a couple of slow songs. At one point, Keith asked her to go into a quiet room so they could “talk.” Of course, they didn’t have much to talk about, so they just kissed a whole lot . . . and then things got more physical.

Ultimately, Deb left the party feeling flustered, confused and a little bit used. She liked Keith, but she had never expected him to be so aggressive with her. She had been totally caught off guard! What would she do next time? How far would he want to go then? They had hardly even talked. What was their relationship anyway?

What does Paul say in Colossians 3:1-2 about where our minds should be?

On what had Keith set his mind? How did this show disrespect to Deb?

What are you focused on when it comes to your relationships with members of the opposite sex?

Today, ask God to help you change your focus and center your thoughts on Him. As He does, it will affect every aspect of your life—including your dating relationships.