

# "Let's Talk About Boundaries"



## THE TALK.

### A NOTE TO LEADERS

Please remember, we want you to be able to be honest and vulnerable about where God has brought victory personally in your life, **but please share in a way that is age appropriate for your audience. Be cautious** in what you share, speaking generally and avoiding specifics or graphic comments. If you even question sharing something personal could cause a student to struggle, then especially for this series, hold off sharing.

**The old "HOW FAR IS TOO FAR?" question.** Evidently when talking about boundaries, some students are going to ask this question. Now, it's hard to talk about specific boundaries because the Bible doesn't list them out for us specifically, but the Bible does tell us to RUN from temptation and ACT WISELY. **So if your students ask you this, refer back to the guardrails analogy.** The Bible clearly says sex outside a marriage is sin, so that would equal falling off the cliff. So considering if they are dating now, on average they won't be married for at least another 10 years and temptation can be a slippery slope, **what are some healthy places they can put guardrails they are far away from the edge of the cliff?** One I always suggest to students, reminding them it's not Scripture but how I tried to live it out, was not watching movies alone with my boyfriend on the same couch. Invite some friends, or yes, still on different seats. This way you aren't even placing yourself in an unwise and tempting scenario. I also remind students to try to respect, even when they don't understand or seem fair, the rules their parents place on them for dating. Your mom and dad love you and probably have a good reason for their dating rules, to protect you! And if you talk with your parents through your boundaries, not also can they help encourage you but you might gain some of their respect. Encourage your students to think through boundaries in multiple different areas: home, school, dates, phones, snapchat, anywhere and everywhere they go.

**To sum it up, a list of exact boundaries should be made personally through prayer and thinking through how to live the Biblical principles of RUNNING from temptation and ACT WISELY.**

# MAIN POINT: Guardrails and accountability protect you.

## OPENER:

Pick one or two of the questions below and have each of your students give an answer to get them all talking:

- 1.** What is something you'd have to wait in line for this week? (Ex: Lunch line, buying clothes, etc.)
- 2.** What is one thing that you think would be worth waiting in line a really long time for?

## READ:

### 1 Corinthians 6: 18-20

*"<sup>18</sup>Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. <sup>19</sup>Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, <sup>20</sup>for God bought you with a high price. So you must honor God with your body."*

## ASK:

- 1.** What are some of the biggest temptations you think the average middle schooler faces?
- 2.** Do you agree that sexual sin is different from other kinds of sin? Why or why not?
- 3.** Why do you think the apostle Paul tells us to "run" from sexual sin? What's the urgency?
- 4.** What are some practical things we can do (or not do) to honor God with our bodies?

# UNPACK:

Accountability is a BIG word that was dropped in the video. **By accountability we mean putting people or boundaries in your life to help you act responsibly and live as God has designed.** We are going to read some Bible verses that express the importance of having godly people in our lives we can talk about struggles, pray with, and hear godly advice. **God doesn't just want us to talk about surface level stuff with other believers, He wants us to be real.**

# READ:

*James 5:16*

*"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results"*

*Ecclesiastes 4:9*

*"Two people are better off than one, for they can help each other succeed. <sup>10</sup>If one person falls, the other can reach out and help. But someone who falls alone is in real trouble."*

*Galatians 6:1-2*

*"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. <sup>2</sup>Share each other's burdens, and in this way obey the law of Christ."*

# ASK:

- 1.** What are some of the ways believers can support each other through struggles mentioned in these verses?
- 2.** Who is one godly person you can reach out to when you need accountability in these areas?
- 3.** Whether you're already dating or not, what are some boundary lines you'd like to set for your future relationships?
- 4.** When someone tells us about a personal struggle, they are being vulnerable. We shouldn't gossip or look down on them. We should humbly help them. What's one way you can offer help?

**NEXT STEP:** This week sit down by yourself and write down some good boundaries to help you protect yourself from sexual sin. Keep this list somewhere you can remind yourself of it time to time and pray and ask God for His help to follow it. It would be great if you share it with your parents so they can love and support your goals.  
*Close your time together in prayer.*