# Setting Boundaries in Dating and Friendships



Discover why boundaries matter for teens in relationships and learn practical ways to protect your heart and honor God.





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#### Introduction

As a teenager, relationships—both friendships and dating—can feel exciting, challenging, and sometimes confusing. **Setting boundaries** is a key way to keep your emotional and spiritual health intact while navigating these important connections.

Boundaries are not walls to keep people out but are loving limits that protect your heart and help you honor God in your interactions. When you learn to set wise boundaries, you safeguard your values, avoid unnecessary pain, and create space for healthy growth. This Bible study will walk you through why boundaries matter and how to practically apply them in your life.

Why is this especially important for teens? You are at a stage where your feelings are intense and your identity is forming. Making decisions that honor God now shapes your future friendships, dating experiences, and even your character. The Bible offers wisdom about self-control, purity, respect, and holiness—foundations for setting boundaries that truly work.

Over the next three days, you'll explore Scripture passages, reflect on personal boundaries, and discover how God's grace empowers you to say yes or no with courage. Ready to protect your heart and honor God in your relationships? Let's dive in!















#### Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- Psalm 119:9 "How can a young person stay on the path of purity? By living according to your word."
- 1 Corinthians 10:13 "No temptation has overtaken you except what is common to mankind... God is faithful; he will not let you be tempted beyond what you can bear."







### Devotional: Guard Your Heart with Purpose and Care

**Guarding your heart** means being aware of what you allow in emotionally and spiritually. Proverbs 4:23 emphasizes how important it is to *protect* your heart because that is where your actions and decisions start. Without boundaries, your feelings and choices can become vulnerable to harm or confusion.

For teens, friendships and dating often stir strong emotions, and it's easy to get swept up without stopping to think about limits. Boundaries create a safe space for you to honor God by living in purity and truth. Psalm 119:9 reminds us to follow God's Word to stay on the right path.

Remember that boundaries aren't about building walls to stop connection but about self-protection and respect. When temptation comes, as 1 Corinthians 10:13 reassures, God will help you resist if you rely on Him. Setting boundaries is a way of trusting God to keep your heart safe and your life full of His peace.

Today, consider what boundaries you've already set and where you might need to be more intentional. Guard your heart with purpose; this is a vital first step to healthy relationships that honor God.







# Reflect and Apply

1.	What does it mean to you personally to "guard your heart"?
2.	In what areas of your friendships or dating life do you feel clear about boundaries? Where do you feel uncertain?
3.	How does knowing God helps you resist temptation encourage you to set stronger boundaries?







### **Journaling Prompts**

1.	Write about a time when not having a boundary led to hurt or confusion.
	List three ways you can start guarding your heart better in your current relationships.
	Describe how you want your relationships to honor God in the next month.







#### Prayer for Today

**Dear God,** thank You for the reminder to guard my heart. Help me to set healthy boundaries in my friendships and dating life that protect me emotionally and spiritually. Give me wisdom to know where to say yes and where to say no so I can honor You with my choices. Strengthen me when temptation comes and remind me You are always faithful to help me through. Guide my steps and keep my heart safe in Your loving hands. *In Jesus' name, Amen.* 

















#### Your Verse

1 Thessalonians 4:3-5 - "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable."

#### **Supporting Scriptures**

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful..."
- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."







# Devotional: Setting Boundaries With Heart and Honesty

Boundaries need to be practical and clear to be effective. 1 Thessalonians 4:3-5 teaches us that God wants us to live in holiness, especially regarding our physical bodies and purity. This helps us understand that boundaries are essential to protecting our hearts and bodies from situations that can lead to emotional or spiritual harm.

In dating and friendships, this could mean deciding together about physical limits or choosing friends who respect your values. It also involves being honest with yourself and others about what makes you comfortable and where you need space.

Ephesians 4:29 encourages wholesome speech, which ties into boundaries because communication sets expectations. If you don't express your limits, others might unintentionally cross them. The fruit of the Spirit in Galatians 5:22–23 includes self–control and kindness, showing how boundaries are both an internal discipline and a loving way to treat others.

Practical boundaries might include how often you hang out, what activities you engage in, and what topics you discuss. They act as guardrails to help your relationships become a source of joy and peace, not stress or compromise.







Today, think about specific boundaries you can set to protect your heart and honor God in your closest relationships.







# Reflect and Apply

What practical boundaries have you found helpful in your friendships or dating life?
How do you feel about communicating your boundaries to others? What makes it easy or hard?
Which fruit of the Spirit do you want God to grow in you to help maintain healthy boundaries?







### **Journaling Prompts**

	Write down three practical boundaries you want to implement this week and why.
	Reflect on a situation where clear communication of a boundary improved a relationship.
	Describe how practicing self-control can influence your emotional and spiritual health.







### Prayer for Today

**Lord,** thank You for guiding me with Your Word about holiness and control. Help me to set practical boundaries in my relationships that honor You and protect my heart. Give me courage to communicate openly and the humility to respect others' boundaries too. Grow in me the fruit of the Spirit, especially self-control and kindness, so my connections with others bring joy and peace. I trust You to empower me every step of the way. *In Jesus' name, Amen.* 

















#### Your Verse

Song of Solomon 4:7 – "You are altogether beautiful, my darling; there is no flaw in you."

#### **Supporting Scriptures**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."
- Matthew 5:8 "Blessed are the pure in heart, for they will see God."







#### Devotional: Embracing Your Worth and Staying Pure

The Bible celebrates your worth as a beloved child of God. Song of Solomon 4:7 affirms that you are beautiful and without flaw in God's eyes. This truth is powerful because it reminds you not to settle for anything less than respect and purity in your relationships.

Often, cultural pressures push teenagers to lower their standards and boundaries. Romans 12:2 encourages you not to conform but to be transformed by renewing your mind through God's Word. This transformation strengthens your resolve to protect your heart and honor God no matter the pressure around you.

Jesus' promise in Matthew 5:8 shows the blessing of a pure heart. Purity isn't just about actions but about the condition of your inner life—thoughts, motives, and feelings. Setting and keeping boundaries guards this purity, enabling you to see God's work clearly in your life.

Today, embrace your value and remember that boundaries reflect your love for yourself and God. Your worth is rooted in Him, and as you protect your heart, you honor that incredible truth.







# Reflect and Apply

How does knowing you are beautiful and flawless in God's eyes affect your view of yourself and your boundaries?
In what ways might societal pressures tempt you to compromise your boundaries? How can you respond?
What does it mean to have a pure heart, and how do boundaries help maintain that purity?







# Journaling Prompts

1.	Write a declaration of your worth based on God's view of you.
2.	Identify common pressures you face that challenge your boundaries and how you can stand firm.
3.	Reflect on how renewing your mind with Scripture has or could transform your relationships.







#### Prayer for Today

Heavenly Father, thank You for loving me just as I am—beautiful and without flaw in Your eyes. Help me to embrace this truth deeply and to protect my heart from the pressures of this world. Renew my mind daily with Your Word so I can set and keep boundaries that honor You. Strengthen me to remain pure in heart and steadfast in my faith, trusting Your promises and love all the days of my life. *In Jesus' name, Amen.* 









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