



# Dating

## EP. 2 BOUNDARIES

### Episode 2 summary:

When it comes to long-term and healthy relationship, we should consider two things: **friendship and boundaries**.

Friendship might seem antithetical to dating, but the qualities that make for a good friend also make for a good partner in a relationship.

Both emotional and physical boundaries should be set up in a relationship in order to keep both people safe. They can also help us identify healthy relationships and avoid unhealthy ones.

### Discussion questions

01

What do you like about your friends?  
Do you think you'd like those qualities in the person you're dating?

02

What do you think about the idea that boundaries make you feel more free?  
Do you agree with that idea?  
Why or why not?

03

What are some green flags you look for in a relationship?  
Do you have any red flags you look for?

### Diving Deeper

**Read 1 John 3:16-18.** There's a lot about love in the entire book of 1 John, so if you have time, read the whole thing! But we see, for the most part, the goal of the book in these three verses. John concludes that, as Christians, the source of our love actually comes from what Jesus did for us on the cross. Spend some time resting in and thanking Jesus for loving us so much that, as Romans 5 says, "while we were still sinners, Christ died for us."