

# WISE RELATIONSHIPS: WEEK 3

## WHO SHOULD I DATE?

### BIG IDEA

Healthy people choose the person they date carefully.

### LESSON OVERVIEW

*This week we'll build on the idea that we should date with purpose and talk about the best kind of person to date. We will through the questions, "Who are you to me?" AND "Who am I to you?" Plus, we'll consider tips on how to break up in a healthy way.*

- Big Idea - Healthy people choose the person they date carefully.
- Bible - 2 Corinthians 6:14-15, Proverbs 1:5, Proverbs 3:1-35, Proverbs 31:10-31, Ephesians 5:21-33
- Building Blocks - Scripture, Video, Drawing, Discussion, Letter Writing, Prayer.

### WHAT?

## VIDEO - Couples



*{This video is 5 minutes. We would recommend previewing it and showing a little each week of this series. The interviews are cute, and the continuity between lessons will be effective and endearing to your students.}*

## ACTIVITY: Draw and Discuss

- Draw
  - What today's culture describes as the ideal girlfriend [*Have both girls and guys draw their ideas.*]
  - What today's culture describes as the ideal boyfriend [*Have both girls and guys draw their ideas.*]
- Discuss
  - What's the differences in how girls and guys drew each?
    - Girls, how do you feel about the "ideal girlfriend"?
    - Guys, how you feel about the "ideal boyfriend"?
  - How reasonable are those expectations?
  - Which of those expectations are rooted in what the Bible says is important?

## VIDEO: "She's your lobster."



*{Show video. Please preview first, there is one line that some may find offensive.}*

- Do you believe every person has a “lobster” (or a “soul mate”) out there?
  - If you do, how do you find them? *[Lead students to acknowledge you have to know what you’re looking for.]*
  - If you don’t, how do you find anyone? *[Again, lead students to acknowledge you have to know what you’re looking for.]*

## DISCUSSION: Decisions, Decisions

- How do you decide who's a good potential date?
  - "I like the way they look."
  - "They make me look good."
  - "They'll let me do what I want."
  - "My friend group likes them."
  - "They're the only person who has said 'yes.'"
- Healthy people choose the person they date carefully.
  - You've got to know what you're looking for!

*SO WHAT?*

## One Big Rule

The Bible gives lots of general guidance about the type of person you should be looking for, but it gives one very specific requirement: Christ-followers should only date other Christ-followers.

- *[Read 2 Corinthians 6:14-15]*
- It's not about judging someone or being better, it's about who's best for you and who you're best for.
- Dating is super difficult when you both share the same values; it's impossible if you don't.
- Some say, "If we're dating, I can help someone become a Christ-follower."
  - Reality: "It's almost impossible."
  - Question: "What happens to their relationship with Jesus if you break up?"
- Let's be big boys and girls ... Why would God say Christ-followers should not date someone who isn't a Christ-follower?
  - *[Most groups can get honest about why this is a good requirement. If your group struggles, share your own thoughts ... connect with their heart: Why would you want to spend your life with someone who*
    - *Wouldn't sit next to you in a church service?*
    - *Wouldn't attend a Bible study with you?*
    - *Wouldn't pray with you?*
    - *Wouldn't want to raise kids in church?]*
  - These answers may sound like they're too heavy, but dating is a big deal.

## SCRIPTURE: Proverbs

- Proverbs are short, wise guidelines for life.

*Let the wise listen to these proverbs and become even wiser. Let those with understanding receive guidance. Proverbs 1:5*

- Major topic is relationships.

## ACTIVITY: Proverbs

- Girls, read Proverbs 3:1-35 and make a list of top ten qualities you should look for in a guy.
- Guys, read Proverbs 31:10-31 and make a list of top ten qualities you should look for in a girl.
- *[Spend some time allowing students to share their responses and debriefing.]*

## NOW WHAT?

### You Need to Be

- True to Jesus
  - Biblical values
  - Kingdom mindset
- True to myself (who Jesus has created me to be)
  - Like we said in week 1 – if you're not healthy without someone, you can't be healthy with someone.

## You Need to Know

- What you're looking for.
  - Dating when you're younger is more about the *kind* of person you like, not the *actual* person you like
  - Set superhigh standards and keep them
    - Don't settle
  - Be honest with yourself about what's important
    - If your list is superficial, work on your own heart
    - Be the kind of person you're looking for. (We'll talk about this in a few minutes.)
- What makes her/him "the one" (your lobster)? *[These are in order of importance to us, feel free to edit the list and the order to be most relevant to your story and your group.]*
  - They help me be a better version of who God designed me to be.
  - I encourage them to grow in their faith. (This one is easy.)
  - They encourage me to grow in my faith. (This one is not so easy.)
  - We don't have to hide what we do from others.
  - We are compatible:
    - Spiritually. We're both seeking the Lord together AND on the same level.
    - Intellectually. We both feel challenged and energized by how the other thinks.
    - Emotionally. We both feel understood and supported; we're able to share our feelings; we're able to hear the other's feelings.
    - Socially. We're not embarrassed by the other in groups.
    - Physically. We set healthy boundaries and appropriately express affection from the heart.
      - **\*\*\* We'll talk more about "physical boundaries" next week.\*\*\***
  - Our relationship reflects the love of Jesus.
  - Our relationship tells the story of Jesus' love to others. (Ephesians 5:21-33)
  - The people who speak truth in our lives approve of the relationship.

- Parents, pastors, leaders, etc.

## You Need to Break Up

- Every dating relationship ends in failure ... except one.
- Break up math: you will break up the number of times you date minus one.
  - You only need one successful dating experience.
- Make sure you don't settle early ... failure is OK.
  
- How to break up:
  - It should be done face-to-face.
    - You need to look the person in the eye.
    - No text, video call, social media message, etc.
  - Speak the truth in love.
    - There's nothing to fear in the truth spoken in love.
  - Keep things private.
    - Private and secret are not the same.
      - Private is when you're trying to honor the people closest to a situation.
      - Secret is when you're trying to keep from getting in trouble.
    - Most people don't need to know details, so keep them private.
  - Be kind, during and after the break-up.
    - Only speak positive things about your ex, even if they're being a fartface.
    - Be careful not to create division in your student ministry.

## RESPONSE: Write a Letter

- Knowing Jesus is our ultimate goal in life. (Philippians 3:8)
- Getting married or being in a romantic relationship is NOT our ultimate goal in life.
- Being single is not a lesser ANYTHING than being in a relationship.
- Instead of writing a letter to your future spouse - which is a fun activity - write a letter to yourself.
  - Challenge yourself to remain faithful to the Biblical truths about character and integrity.
  - Reassure yourself that God gives good gifts, and singleness is as good of a gift as marriage.
  - Encourage yourself to become the kind of person you want to become.
  - Remind yourself that pursuing Jesus is the best pursuit in life.

## PRAYER

[Same as the first two weeks, print copies of <http://www.storylineblog.com/Storyline-Identity-in-Jesus.pdf> (or create your own "identity in Christ" handout) for each student.]

[Close your session in prayer.]

- [Have an adult open in prayer, and invite the Holy Spirit to speak to each person.]
- [Invite students prayerfully to read over the handout, and as one of the identity passages resonates with them, read it aloud.]
- [Close the prayer time and dismiss.]

