

# Establishing Healthy Boundaries in a Dating Relationship

*A Guided Conversation for Couples Pursuing Purity*

God designed relationships to reflect **holiness, honor, and self-control**. Boundaries are not meant to restrict love but to **protect it**.

*“Treat younger women as sisters, with absolute purity.”* 1 Timothy 5:2

This worksheet helps couples **define boundaries intentionally rather than reacting to temptation**. Begin with prayer.

## Part 1 - Understanding the Purpose of Boundaries

Discuss together:

1. Why do you believe God calls dating relationships to sexual purity?
2. How does modern dating culture differ from biblical teaching on relationships?
3. Why are boundaries necessary rather than simply relying on good intentions?
4. What dangers arise when couples avoid discussing boundaries?

Write a short summary of why **you personally believe boundaries matter**.



# Part 3 - Discussing Physical Boundaries

Now discuss together. These conversations may feel uncomfortable, but honesty protects both people.

1. What types of physical affection feel appropriate for our relationship?
2. What physical behaviors do we believe cross the line into sexual intimacy?
3. What situations increase temptation for us?
4. Are there environments we should avoid?

Examples may include:

- Being alone overnight
- Bedrooms behind closed doors
- Late-night isolation

Write the boundaries you agree to.

# Part 4 - Emotional Boundaries

Physical boundaries are important, but emotional boundaries matter as well.

Discuss:

1. Are we sharing emotional intimacy responsibly?
2. Are we depending on each other in ways that should belong to God?
3. Are we building a relationship based on **truth and wisdom**, or primarily on emotional intensity?
4. Are we moving faster emotionally than our commitment level supports?

Write any emotional boundaries you believe are wise.

# Part 5 - Accountability

Boundaries are difficult to maintain without accountability.

Discuss:

1. Who knows about our relationship and our boundaries?
2. Do we have mentors, pastors, or trusted friends who can ask us honest questions?
3. How often will we check in about how we are honoring these commitments?

Write the names of people who will help provide accountability.

# Part 6 - Commitment

Write a short commitment statement together, listing the physical and emotional boundaries you are both willing to commit to. As an act of commitment and accountability, sign and date your commitment. Boundaries protect both you and your future spouse.

**Our Physical Boundaries:**

**Our Emotional Boundaries:**

**We commit to honor God, each other, and our future by committing to these standards.**

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**Date:**

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**Date:**