SERMON NOTES · STUDENT EDITION

RELATIONSHIPS WITHOUT REGRET

RED FLAGS & BOUNDARIES

Dating · Friends · Parents · Siblings · Family

> "RED FLAGS DON'T TURN GREEN BECAUSE YOU LIKE SOMEONE."
>
> Proverbs 14:15 — Pause. Look closer. Don't believe every explanation. Weigh your feelings *and* the facts.

01 START WITH WHO YOU ARE

YOU'RE ALREADY WHOLE.

Valued and chosen by God **before** anyone's attention, approval, affection or apology.

COMPLEMENT, NOT COMPLETE.

A relationship should add to your life, never become your identity, worth, security or only emotional source.

02 8 RED FLAGS TO WATCH

BROKEN PROMISES
Commitments made and broken — again and again.

CONTROL
Trying to limit your independence, friends or choices.

HUMILIATION & THREATS
Insults, threats or embarrassing you on purpose.

PRESSURE FOR ACCESS
Pushing for passwords, accounts, private info, your time or emotions.

IGNORING "NO"
Disrespecting your boundaries or refusing to accept no.

MANIPULATION
Guilt-trips, intimidation, or punishment after you disagree.

SAME PATTERN, NEW SORRY
Harm keeps repeating after apology after apology.

INTENSITY ≠ COMMITMENT
Mistaking strong feelings, attention or physical closeness for real commitment.

NOT EVERY HARD TALK IS TOXIC. Healthy accountability can feel uncomfortable. Ask: is it **respectful and aimed at growth** — or used to control, degrade, frighten or manipulate?

03 TRUST IS BUILT BY PATTERNS

APOLOGY = A START
It can begin repair. It doesn't rebuild trust by itself.

CHANGED BEHAVIOR = THE PROOF
Consistent actions over time show if "sorry" was real.

FORGIVENESS ≠ ACCESS
You can forgive and still keep healthy boundaries.

PROTECT ACCESS TO YOUR…

- Private info
- Passwords & accounts
- Time
- Physical space
- Emotions
- Decisions

Open the door **gradually**. Let consistent behavior earn more closeness.

04 THE RELATIONSHIP CHECK

RUN IT EVERY TIME:

- [ ] Can I be myself and tell the truth?
- [ ] Is my "no" respected — no punishment, threats, pressure or humiliation?
- [ ] Do their actions consistently match their promises?

GO DEEPER:

→ What would I tell a friend treated this way?

→ Am I seeing a pattern, or only the good moments?

→ Real change — or just apologies?

→ Wisdom and facts, or loneliness, fear and attachment?

→ Would more access protect me or expose me?

05 IN CONFLICT: KEEP CONTROL

Avoiding it doesn't fix it. Both people speak, both are heard.

STEP 1
PAUSE
Don't let anger make the decision.

STEP 2
LISTEN
Hear them out carefully.

STEP 3
STAY CALM
Respond, don't react.

STEP 4
OWN YOUR PART
What did I contribute?

STEP 5
APOLOGIZE + CHANGE
Then let your actions prove it.

FEELS UNSAFE OR CONFUSING? DON'T GO IT ALONE.

Talk to a trusted parent, guardian, church leader or counselor. Asking for help is **wisdom, not weakness**.

Threats, intimidation or coercion? **Your safety comes first** — before anyone's access or disappointment.

SAME CHEMISTRY DIFFERENT CHOICES

THE MOST IMPORTANT RELATIONSHIP

JESUS.

REAL SONGS. REAL CONVERSATIONS. REAL GROWTH.

I KNOW MY IDENTITY IN CHRIST

SERIES PLAYLIST

SCAN TO LISTEN