

Worth Dying For

A Bible Study on Dating & Relationships

Session 1: The Search

Introduction

How do you determine whether something is valuable or not?

Romans 5:8

1 John 3:1

Colossians 3:12

Finding Value

What about us? What are some ways that we determine our value?

Isaiah 44:5

Why does Satan want to attack our value?

What are some ways that he tries to attack our value?

You are created, loved, and chosen by the God of the Universe. Not because you are lovable, but because God chooses to love you—it is a pure gift. He doesn't just tell you about His love—He shows it, ultimately at the cross. Jesus died for YOU. Why? Because He says that you are worth dying for! You have infinite value in Him—you can't earn it, take away from it, or change it. The promises of the cross and empty tomb are forgiveness, life, salvation, and value. These promises are yours in Baptism—you are His loved, redeemed, forgiven, and valuable child! This is who you are!

The Truth

Satan will continue to attack your value, try to get you to do something (namely sin) in order to try to earn the value back (which never lasts), and then start the cycle all over again. He accuses you with this question: "Who will want you now?"

How does Jesus respond to that question?

What do each of these verses say about your value?

Genesis 1:27

Matthew 6:25-26

Why is it so important that you have not and cannot earn your value in Christ? What's so amazing about this undeserved gift?

Truth that Matters

It's awesome to hear that you're worth dying for. But you can hear something and then still choose to ignore it or reject it. The purpose of this study is for you to not just hear these truths, but to anchor your life in them, knowing that these promises are true for YOU today, tomorrow, and always. This is crucial, because there are going to be many times in your life where your value will come under attack. God says you're worth dying for, but other voices in your life may try to convince you that you're not worth much



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of anything at all. The big question is whose voice are you going to believe?

Read 2 Corinthians 10:5.

What does it look like to "take every thought captive and make it obedient to Christ"?

Why is this important?

Even when you don't feel like it, you're still worth dying for. You still have infinite value because of Christ. No matter how loud or how frequently other people tell you, show you, or treat you like you're not worth it, that doesn't make it true. They cannot cancel out or overpower what Christ has done for you on the cross. You are worth dying for!

But Wait...Isn't This a Bible Study on Dating?

Yes, this is still a study on relationships, but starting the study by jumping straight into who to date or not to date would overlook the fundamental problem with most relationships: people date for value.

What are your reactions to that idea? What does it mean to date for value?

What are some problems with dating to get value?

The search for value is the root cause of all sorts of harmful things, not just in relationships. For each of these examples, talk about how the search for value is impacting the scenario (where are they finding their value):

-A college student choosing to start drinking alcohol at parties

-A parent who puts tremendous pressure on their kid to be perfect (get all A's, be the top at everything they do, never get into trouble, etc.)

-A star athlete is absolutely crushed after a season-ending injury

-A girl continues dating a guy even though all her friends say he's bad news

How could knowing that they're worth dying for, that their value is in Christ, change how they respond to the situation?

Conclusion

Your value in Christ doesn't only change your relationships, it is meant to impact every area of your life. Knowing that you don't need to search for value anymore frees you in so many ways. In terms of relationships, it frees you from dating for value and brings a better model—dating from value. When you know your value in Christ, a relationship becomes one way to reflect that value to the world. It's based on forgiveness rather than your own perfection, it's about reminding of value rather than earning it, and it's centered in the unchanging Gospel rather than your ever-changing emotions. Simply put, it's about Christ, not you—and that's a very good thing. We'll look at that more in the next lesson.

Taking it Home

Write out a few of the verses from this lesson and place them somewhere where you will see them regularly. Do the same thing with the phrase "Worth Dying For." Place it on your mirror or somewhere you'll be reminded every day of your value in Christ.

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Session 2: The One

Introduction

What are some key ideas that you remember from the previous lesson?

Take a few minutes and write down your own answers to these questions:

How do you know who you should you date?

When should you start dating?

How long should you date?

What's the purpose of dating?

Where does this information come from? Media, parents, peers, mentors, etc.?

The One?

Many people go into dating with the idea of finding "the One." They believe that there is one perfect person out there for them and their job is to go find them. They'll know that they've found "the One" because they'll have all sorts of qualities in common, their relationship will be so easy because they are "perfect for each other," and no one has ever made them feel the way they feel with this other person.

What examples have you seen of this concept of "the One"?

What are some issues with this mentality?

The idea of finding "the One" is so engrained in our society that we can end up believing that this is the purpose of life. My goal in life apparently is to find that one person out there who will give me meaning, identity, value, and purpose. They will complete me, and the relationship will be easy because we're so perfect for each other. So if things aren't good or we hit a rough patch, it must be because they're not "the One," so I need to move on and continue to search because it should be easier than this. Or I will ignore all kinds of red flags and focus on the one quality that I want "the One" to have simply because I don't want to be alone. Either way, this search ends up with a lot of broken relationships and dissatisfied people.

We need a new foundation for relationships, and we can find it in the very first four words of the Bible.

A New Foundation

Genesis 1:1- In the beginning _____

What's not in that blank?

How do most people deal with rejection?

How does having a foundation on "In the beginning, God" change that?

1 John 5:12

Key idea: Jesus is enough!

Why is Jesus enough (more than enough actually)?

In Jesus you have meaning, hope, purpose, identity, value, forgiveness, and life itself! That makes Him **the One**.



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Why is it important that Jesus is your One?

What Now?

If Jesus is your "One", that changes what you're looking for. You're not looking for the One anymore because He's already found you. He finds you through His Word, Baptism, and Communion. And this is good news for any other relationship, because Jesus is your Savior—so they don't have to be. He is the source of your meaning and value, so they don't have to be. He is your One and He is enough!

So now you can tell someone flat out, "You're not the One." Then after you pick their jaw up off the floor, you can continue, "But you might be the Two." You might be the Two, as in someone who will come alongside me and run the race of faith together, as we point each other and those around us to Christ.

Why is having Jesus as your One and the other person as the Two actually a really good thing for a relationship?

We'll look more in depth in lesson 4 about what to look for in the Two, but here's the main thing to know: the Two has to have the same foundation you do.

Why is it important that they have a foundation on Christ too?

Key idea: You can't be the source of meaning, identity, and value for someone else. Why not?

You can't be the source of these things for someone else, but what you can do is point to where their meaning, identity, and value can be found: in Christ alone. In fact, that's what we're called to do in all of our relationships, whether dating or not.

What do you think about the idea of being "truth sharers" (you remind each other of God's truths) in a relationship?

Conclusion

If you're in a dating relationship, but don't have Christ, you don't have true life. If you have Christ (or more aptly, Christ has you) but you're not dating anyone, you still have life and everything you need. He is life, now and eternally!

Taking it Home

- Talk with a peer or mentor about the purpose of a dating relationship. How is the concept of the One/Two impacting your idea of the purpose of relationships?
- Daily take the opportunity to communicate with your One, Jesus. Read His very words in the Bible, talk to Him through prayer, and receive His gifts in worship this week.

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Session 3: The Model

Introduction

What are some key concepts that you remember from the study so far?

As you look at the world around you, what does the world say relationships are all about? How well is that model working out?

A Different Model

Ephesians 5:21-23

What stands out in that passage? Why?

We don't like that word "submit." It tends to bring to mind all sorts of negative ideas—that if the husband is "in charge," he must be free to do whatever he wants. We're worried that he's free to be a tyrant. But that's not the model here.

Guys, if you're reading this passage and thinking, "This is great! I get to do whatever I want," hear this loud and clear: **No dates for you!** If you think a relationship is about whatever you can get out of it (physically, socially, emotionally, etc.), you're being a boy not a man. And boys don't get to date daughters of the King.

Why shouldn't daughters of the King of Kings date self-centered boys?

This section may sound harsh, but we have too many boys running around in our world, not just in high school but in college, in their 20's, 30's, 40's, etc. These boys think that life is all about them, and they leave broken relationships, fractured families, and disaster in their wake.

How does Adam exemplify "being a boy" in Genesis 3? What are some other examples you have seen of this?

From your experience as well as from culture, what does it mean to be a man?

Biblical Love and Leadership

If we keep reading in Ephesians 5, we are given a different definition of what true love is, as well as what it means to be a man.

Ephesians 5:24-25

Husbands are to love their wives. How does our culture define love? In our world, what does it mean to love someone?

How does Ephesians 5 define love? How is this better than just an emotional feeling? Who's the example/model for what love looks like?

The leadership, responsibility, and headship that men are tasked with is a call not to do whatever they want, but to lead like Jesus. How does Jesus lead and love His bride, the Church? What does it look like, then, for a husband to model this type of leadership with his wife?

Living as a boy is all about selfishness. Being a man is about sacrifice and giving for the sake of others. And the problem here is that it can leave men thinking that all of this is on their shoulders, and seeing Jesus just as their Example, rather than their Savior.



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Why is it important that men also know they are worth dying for and have infinite value in Christ?

Why should a man of God not settle for anything less than a woman of God?

If you look at the Biblical model of relationships being about running the race of faith together, shining His light to the world, living out the roles that He has created you for, and serving each other like Christ, the model isn't the issue. In fact, the model is great—it was set up in God's perfect creation before the fall into sin. The issues come when we fail to actually live it out, when guys "lead" like self-centered boys, forgetting that the women they are mistreating are worth dying for or that they themselves are worth dying for. Or ladies similarly lose sight of Christ and focus on outward appearance rather than inner character, forgetting that their value is in Christ not in appearance. When we lose sight of our value in Christ is when we fail to live this out.

This Biblical model all hinges on Christ. This whole passage is centered "out of reverence to Christ" (v.21). Without Him at the center, things begin to fall apart.

Why do we need Christ's forgiveness, grace, and truth as the center of our lives and our relationships?

Baggage Claim

Maybe you've been going through this study and are now thinking, "I have totally messed this up!" Or you're carrying the weight of the times where you haven't treated a boyfriend or girlfriend like they are worth dying for as well as the baggage from the times you've been treated likewise. God's Word for you today is that you don't need to carry that sin, that baggage, that brokenness with you anymore.

1 John 1:9

Psalm 103:12

Hear these truths from Christ: You are forgiven. Your sins have been paid for at the cross. Leave your burdens there. But also know that there is a better way to do relationships than the broken mess you've been living in. Reset your definition of relationships, focus on following Christ, root

your value in Him alone, and ask for forgiveness from those you have sinned against in your relationships. Remember, Jesus is your One—He is enough. Don't settle for a relationship that does not reflect that of Christ and His bride, the Church.

Conclusion

The Ephesians 5 passage talks about husbands/wives, but it is important for any relationship stage. Why?

The foundation for a healthy relationship doesn't magically happen at the next stage (ie. engagement or marriage). It is built and cultivated along the way. What you are looking for in someone to marry should be what you are looking for in someone to date. What exactly should you be looking for? That's what lesson four will dig into more specifically.

Taking it Home

-Based on this study and the Biblical model, write out your answer to these questions: What is the purpose of dating relationships/marriage? What is God's role in them?

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Session 4: The Two

Introduction

What stood out to you from the previous lesson about the Biblical model for relationships? What did you learn? What challenged you?

What Am I Looking For in “the Two”?

1. IS JESUS THEIR “ONE”?

Why is this first? What makes this the most important characteristic?

If the Two is meant to be running the race of faith with you, how important is it that you are heading in the same direction? What does this look like in a Christ-centered relationship?

Hebrews 12:1-2

Here's what dating from value looks like: I know I'm worth dying for, my value is in Christ and that a relationship is meant to remind me of that and help me live that value out as a witness of Christ to the world. So for anyone to be dating material, they need to have that same foundation and that same mission. I'm not in a relationship to get value, but to be reminded of my value and to share that message of value in Christ to the world!

2. ARE THEY MATURE IN CHARACTER?

What does it mean to be a person of Christ-like character? Why is this more important than external qualities like appearance or interests?

The Bible is not primarily about our character or behavior—it is about the God who gives us His name in Baptism, calls us His own, and calls us out of death into life. But as His redeemed people, God also cares deeply about how we live as His children. For each of these verses talk about:

-What does this verse have to say about being mature in character?

-Why is this important in a relationship?

Philippians 2:3-8

1 Timothy 4:12

Matthew 20:26-28

Micah 6:8

1 Corinthians 13:11

1 Peter 3:3-4

Psalms 1:1-2

More than anything else, the greatest sign of maturity is that you listen to God's voice above all others. What are some competing messages about relationships, dating, sexuality, marriage, etc. that are contrary to God's voice? Why is it important to listen to God's voice above everything else?

The call to Christ-like character and sacrificial love is a big responsibility that you're looking for in the Two and you want God to develop in your own life. But keep in mind, neither you nor your partner will be perfect at this. The Two will never be perfect, that's why they're the Two and not

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the One. You're not looking for someone that's doing this perfectly, but are they growing in character? Are they heading in the right direction?

How should we respond when we fall short in our character? How can even our failures be a witness to the Gospel of Christ?

3. WHAT DOES YOUR GODLY COUNSEL SAY ABOUT THEM?

Proverbs 12:15

2 Timothy 3:16

Godly counsel are people who speak wisdom and God's truth into your life. Who could this be in your life?

Why do you need wise, Christ-centered mentors and counsel in your life, specifically when it comes to your relationships?

The Need for Community

There are a few overarching themes resounding through this study. One is that your value in Christ lays a strong foundation for your life and your relationships. Another is that in Jesus you have everything you need—He is your One and He is enough. But one more theme is the need for community. All of these keys for what to look for in the Two are best cultivated within community, namely the community of faith. The community that you are created for primarily is not a dating relationship or marriage, but Christ's church. No matter what your relationship status is, you are not alone. You are made to be an active part of God's family, the Church.

Why is it important to still find your community in the Church, regardless of your relationship status?

In the Meantime

As I'm waiting for a relationship, what do I do? What we're all called to do as believers: Run the race of faith! As you're running the race of faith, in obedience to Christ, look around at who's going in the same direction as you... they might be the Two. As you're walking through life with your One, Jesus, know that you already have the greatest relationship. Because the ultimate gift, the great promise in Scripture is not a dating relationship or a spouse, it's Christ. He is your One. He is real, present, God, and He is enough.

How can I have contentment in life even if my relationship status is not where I want it to be? How does my value in Christ keep me anchored no matter what?

Final Words

Your value does not come from your body or your mind. It does not come from how many people notice you or how many don't notice you. It does not come from how many dates you've been on or how many you haven't been on. It doesn't come from the choices you've made or the mistakes you've made. Your value comes from Christ. You are worth dying for! You are forgiven! You are chosen! You are loved!

SUMMARY STATEMENTS FOR REFLECTION:

- God cares more about you walking with Him as a disciple than with you walking down the aisle.
- He cares more about you becoming someone than you finding somebody.
- "I am a child of God" is your identity, not "I am single" or "I am in a relationship."
- The purpose of a relationship is to remind you of your value rather for you to find your value.

CLOSING QUESTION

How does my value in Christ lay a foundation for not only my relationships, but my whole life?