

RELATIONSHIP GOALS

EQUITY

Parent Discussion Guide Week 3: 4/21

Lesson Overview

We're looking at 3 foundations of a healthy relationship: Respect, Equity, and Communication. This week, we're focusing in on equity. This is tonight's basic idea: in healthy relationships, both partners should treat each other as equals. If one partner tries to control what the other does or says, that is an unhealthy relationship.

In Paul's letters in the Bible, he says many times that people who love each other should try to serve each other, even putting each other's needs above their own. For example, in Philippians 2:3-4, he says, "Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others." And in 1 Corinthians 13:5, he says, "love doesn't seek its own advantage".

In simple terms, in healthy, loving relationships, people don't ask "What can you do for me?" Instead, they ask, "What can I do for you?" When *both people* in a dating relationship have this attitude, they will create an equal partnership where both partners want to care for each other and build each other up.

However, if one partner in a relationship is selfish and doesn't want to care for the other person, the relationship will become very unhealthy very fast. If one partner begins trying to control the other's actions or words, the relationship may even become abusive. We will talk more specifically about signs of an abusive relationship in our final lesson.

When both people in a relationship are equal partners who work together to make decisions and solve problems, you're on track to have a great relationship!

Discussion Questions

- What does mean to you for a relationship to have equity between partners? Why is this important?
- Can you think of any couples you know who are good examples of being equal partners? How do they show that?
- How could dating couples your age act as equal partners in a relationship?

- What would be some signs that people your age in a dating relationship are not equal partners?
- For people your age, what are some ways that partners in an unhealthy relationship could try to control each other?
- Why is it so bad for relationship partners to try controlling each other?
- In Philippians 2:3-4, Paul says, "Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others." How can relationship partners live this out in a healthy way?
- What questions do you have about the idea of equity in dating relationships?