LJM STARTER KIT (SK5)
How Is Your Relationship With Others? (Safety Environment)

PRAY

Start by utilizing the **PRAY** step of your mentor training.

CONNECT

Check In: Peaks, Pits & Prayer Intentions

Go around the group and ask:
- *What's one **Peak** (high/victory) and one **Pit** (low/struggle) since we last met? (or a similar type question)*
- *What's something you want us to **pray for** today? (Write down intentions to pray for at the end)*

Encourage honesty and vulnerability. After everyone shares, affirm and thank them for sharing.

DISCUSS

Content Reference

- Theology of the Body "Crash Course" with Fr. Mike Schmitz
- **Genesis 1:27 -** "God created mankind in his own image, in the image of God he created them; male and female he created them."
- **TOB -** Every person reflects God's image and therefore deserves to be treated with dignity, never used as a means to an end.
- **1 Corinthians 13:4–5 -** "Love is patient, love is kind. It does not envy, it does not boast, it is not proud… It does not seek its own interests."
- **Matthew 5:8 -** "Blessed are the pure in heart, for they shall see God."
- **TOB -** Purity of heart is not about repression, but about learning to see others as persons to love, not objects to use.

Discussion Questions

Q1: What's one example of a relationship (family, friends, teachers, teammates, boy/girlfriend, etc.) that makes you feel respected, safe, or loved? What makes that relationship good and healthy?
- What's one example of when a relationship has felt confusing, difficult, or even hurtful?
- What are good boundaries that should be set and respected in relationships?
  💡 *Mentor Tip:* Healthy relationships are marked by respect, honesty, freedom, and mutual care. Boundaries protect the dignity of both people—they are not walls to shut people out but fences that help love grow.

Q2: St. John Paul II says, "The opposite of love is not hate, but the objectification of the other." So what would you say are the differences between a relationship that is "Loving" vs. "Objectifying"?
- Love = Respect, freedom, honesty, care for the other's good.
- Objectification = Using someone for personal gain (pleasure, popularity, power), manipulation, pressure, bullying, abuse.)
  💡 *Mentor Tip:* "To love is to will the good for another of another." (St. Thomas Aquinas). Love is not about feelings or taking; it's about seeking what's truly good for the other, even when it costs us something. Love values the whole person. Objectification reduces them to a "thing" or means to an end.

Q3: What are ways you can help yourself or a friend if you or they find themselves in an unhealthy or objectifying relationship?
  💡 *Mentor Tip:* Do not turn a blind eye. Seek help—talk to a trusted adult (parent, mentor, teacher, youth minister). Be a supportive friend without joining in harmful choices. Remember: silence can allow harm to continue; courage and honesty can protect dignity.

Cornerstone Statement

We are created by God in love and for love. This gives us an unshakable dignity. Yet in a broken world, love is often distorted, and people can be used instead of loved. When we recognize this in ourselves or others, we are called to stand up against it and to defend the true meaning of love in all our relationships.

COMMIT

- Pray about your relationships. Ask God to show you how to love more purely and freely. Reflect: "Am I willing the good of the other, or am I using them for my own desires?"

Close in prayer: Lead vocal prayer for each person's intentions one at a time. Model what you would invite them to imitate down the road.