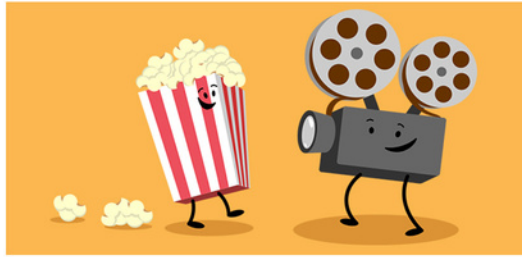


TALK ABOUT IT

**YOU
+ ME**



September 19, 2021

To watch the message, visit
cypresschurch.tv/teaching.

TEACHING OVERVIEW

This weekend, Pastor Ken sat down with counselor and friend, Jim Cress, as they talked through the 'victim triangle' and what it looks like to break out of the negative cycle of victim, rescuer, and perpetrator. Jim also shared about boundaries-- what the purpose of boundaries truly are and how to create healthy boundaries that will help us love others better by ultimately loving ourselves better.

Encouragement

Jim stated, "boundaries are created to keep me safe, not to consequence the other person." Do you currently, or have you recently, put boundaries in place for the protection of yourself? How have you seen growth and benefit come from that boundary? Are there any areas of your life or any relationships that you feel you need to put a new boundary in place? Talk with your Group about how, even though it can be tough, the boundaries ultimately lead to greater benefit over all.

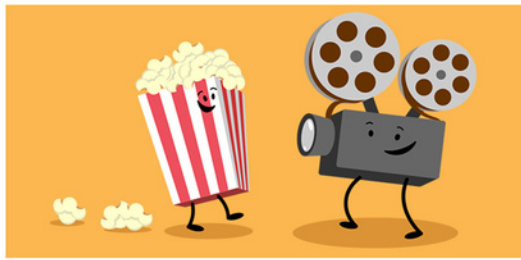
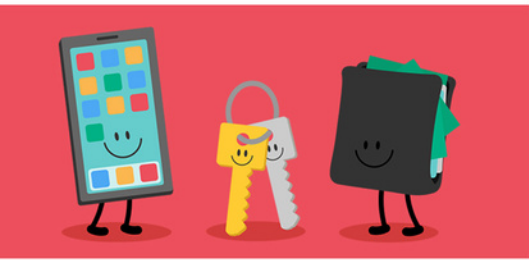
Scripture & Discussion

Read: [Mark 12:30-31](#)

Discuss

1. Mark 12:31 says that we must 'love our neighbors as ourselves'. Jim talked about how when we are able to love and respect ourselves in a healthy way, it allows us to love others well. How does putting boundaries in place help us to love and respect ourselves?

2. Jim mentioned, "what I tolerate will persist," in terms of relationships and boundaries. He was sharing that how we live and what we tolerate in life and relationships, sets the stage for how people will interact in relationships with us. How does making a change in what we tolerate change the way we show respect for ourselves? Talk with your Group about areas where you may need to change how much you tolerate, and how to navigate the challenges that come with that.



Scripture & Discussion

Read: [Matthew 5:37](#)

Discuss

1. Jim shared this verse from Matthew which essentially says, let your yes be yes and your no be no. Are there areas of your life where this may be true in your life, but other areas and relationships that this may be a struggle for you? Talk with you Group how you can begin taking steps to make this true in every area of your life.

2. "Children explain, adults inform." Jim made this statement and means that as adults, we don't have to explain why, but we can just cling to the verse in Matthew and let our yes be yes and no be no. As adults we don't have to explain every single decision we make, but we have the authority to say yes or no, and have confidence in it. Talk with your Group about how each of you can work in this area. How can you encourage and support one another in this as well?

Prayer

Talk with your Group about any new boundaries that you may need to place in your life. Putting new boundaries in place can be hard. Take time to pray with each other about how to best implement those boundaries and how to go about those conversations with grace and love.

At the end of the message, Jim said, "when you know better, you do better." Pray as a Group that God would help open the eyes of each member as He continues to move in you and desire for you to grow.

Next Steps

Take time this week processing through the 'victim triangle' and asking God where you may fall in that in any relationship, and how you can begin to move from the red triangle that Jim talked about to the green triangle.

Boundaries are an important part of life and we all need them in certain areas of life. Take time this week looking at where you are now and what areas or relationships you need to put new boundaries in place. Be intentional this week to begin thinking through how to have conversations about putting those new boundaries in place with love.