

Healthy Boundaries

Discussion Questions Handout

Key Takeaways

- Boundaries are God-given limits that protect what He has entrusted to you.
- Boundaries define where your responsibility ends and someone else's begins.
- Healthy boundaries reflect God's character—He says both YES and NO.
- Boundaries are essential for emotional, spiritual, and relational health.

Discussion Questions

1. Where in your life do you feel the most drained or overextended right now? Why?
2. Which boundaries do you think Jesus modeled most in His ministry?
3. What emotional reactions do you feel when you consider setting a boundary—fear? guilt? anxiety? Why?
4. How can boundaries create healthier relationships rather than harm them?
5. What is one situation this week where you know a boundary needs to be set?
6. Which of the five biblical models (Imitation, Law, Wisdom, Communion, Warfare) best describes your current season?
7. How does guarding your heart (Proverbs 4:23) apply to your daily interactions?

Practical Exercises

Exercise 1 — Boundary Mapping

- Identify an area in your life where you feel overwhelmed or taken advantage of.
- Describe what boundary is missing in that situation.
- Write down how this boundary, if set, could protect your heart and honor God.

Exercise 2 — Scripted Boundary Phrases

- Practice saying short, clear, kind boundary statements:
 - “Right now, is not a good time. Let’s plan a time when this works for both of us.”
 - “I am not going to be able to do that.”
 - “It is important that we respect each other’s boundaries.”
 - “Please understand that I can not continue this conversation when it becomes disrespectful.”
 - “Please know that I care about you, but I need to take a step back.”

Exercise 3 — Relationship Audit

- List three relationships in your life:
 1. One that is healthy
 2. One that needs clearer boundaries
 3. One that may require firm or enforced boundaries
- Pray for God's wisdom for each (James 1:5).

Reflection

- What is God showing you about your emotional, spiritual, and relational health?
- What do you need, to say NO – so that you can say YES to what is best?
- What step will you take this week toward healthier boundaries?

When People continue to break boundaries

Discussion Questions

1. Who repeatedly crosses your boundaries?
2. Have you communicated your boundaries to the person(s)?
4. How do they usually respond when you say “No”?
5. What emotions do you experience when boundaries are broken?
6. What consequences do you need to begin enforcing, and when will you do it?
7. Are there people in your life that can help you with setting healthy boundaries?
7. What scripture will help strengthen your resolve?

Practical Exercises

Exercise 1: Write one clear boundary for a difficult person.

Exercise 2: Identify one consequence you will enforce, and when you will do it.

Exercise 3: Practice saying the boundary calmly and without apology. Remember, you are not an offender.