



Week 5- “Boundaries”

Relationships are an important part of our lives and we all desire to navigate them in healthy ways. In this week’s message we look at an important idea Christianity offers us so that we are not defined by the bad behavior of others and what it practically looks like in our relationships.

1. In what ways do the words, thoughts, or actions of others impact you in a way that speaks into who you are?
2. Boundaries in relationships are important and healthy. Do you find it easy or difficult to create boundaries?
3. What happens when someone crosses your boundaries? Are you able to address it, or do stuff it down and try to ignore the impact it has on you?

Read John 10:1-11

4. Discuss the reality that without boundaries we are the mercy of the words and actions of others.
5. How can healthy boundaries help you not morph into someone you don’t want to be, and keep you from being defined by the bad behavior of others?
6. What do you think it looks like practically to bring the words of others to Christ to determine if they are true or not?
7. Jesus knows the truth of who you are, and boundaries help you see the truth. What do you think it looks like practically to trust Him with your identity?

Exploring and developing healthy relational boundaries is an important part of navigating relationships well. When it comes to the hurt of others we don't have to morph into someone we don't want to be or become defensive, we can think through our emotions, ask questions, and bring it to Jesus and allow Him to define us. You can take a step this week to create a healthy boundary and rest in who Jesus says you are.