

Boundaries 1

Feb. 17, 2019

Scriptures: Proverbs 4:23; Galatians 6:2-5; Matthew 7:3-6

Bottom Line: Boundaries are essential for healthy relationships

Boundaries are knowing what you are responsible and not responsible for.

Boundary problems happen when we take on too little or too much responsibility in a relationship.

3 Steps to Setting Boundaries

Pre-work: Is this really a boundary issue?

1. Take ownership
2. Confront your fears
3. Address the behaviour and the consequences

Make Jesus the Lord of your life, not fear, guilt, or obligation.

Take Home Questions

1. Where in my relationships have I been infringing on someone else's property?
2. Where in my relationships do I feel "No", but say "Yes"?

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DISCUSSION QUESTIONS

Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Have you ever said "yes," when you knew you shouldn't have, or when you really wanted to say "no?" What happened?

Entree

1. Read **Galatians 6:2-5**
2. How do you find the line between "bearing one another's burdens" and "carrying your own load?"
3. Do you have a "success story" in setting a boundary in a relationship or situation?
4. When are you tempted to infringe on someone else's property?

Dessert

Break into groups of 3-5 and discuss the following questions with each other.

1. Where in your life are you most tempted to say "yes" and not really mean it? Is it a specific relationship, situation, time of year?
2. What boundaries do you need to keep to avoid this temptation?

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