



UPPER ROOM

SUMMER READING

BOUNDARIES

(Galatians 6:2-5) Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

My Responsibilities

1. Feelings
2. Attitude
3. Choices
4. Values
5. Talents
6. Limits
7. Thoughts
8. Love

CONTINUED ON BACK



UPPER ROOM

Q: WHAT ARE SOME HEALTHY BOUNDARIES YOU CURRENTLY HAVE ?

Q: WHERE DO YOU NEED TO SAY NO?

Q: WHO ARE SOME PEOPLE THAT CAN HELP YOU SET HEALTHY BOUNDARIES?