



RELATIONSHIPS: Life on the Other Side of you - Boundaries



BIG IDEA

Boundaries without consequences are merely suggestions.



ICE BREAKER

If you could create an invisible force field around yourself that would keep out one specific thing or type of behavior from others, what would it be and why?



MAIN POINTS

- Boundaries are essential in relationships
- Jesus modeled healthy boundaries throughout his ministry
- Boundaries empower others to treat us well or enable them to treat us poorly
- Signs you need boundaries: difficulty saying no, people-pleasing, overcommitting, avoiding confrontation
- You're only responsible for changing yourself
- You have to establish and enforce boundaries



DISCUSS

1. What most stood out to you from the message this weekend? Why?
2. Share an experience where you wished you had set better boundaries. What was the outcome?
3. How does Jesus' example of setting boundaries challenge or encourage you in your own relationships?
4. Which of the signs indicating a need for boundaries resonates most with you? Why?
5. Discuss the statement: "There's a difference between hurt and harm." How might this perspective change the way you approach setting boundaries?
6. What are some potential consequences you could implement to enforce your boundaries in a specific relationship?
7. How might setting healthy boundaries actually improve your relationships and overall well-being?



NEXT STEP

This week, identify one relationship or situation in your life where you need to establish or reinforce a boundary. Write down:

- The specific boundary you want to set
- Why this boundary is important for your well-being
- What consequence you will implement if the boundary is crossed
- A plan for communicating this boundary clearly and respectfully



SCRIPTURE

Luke 5:15-16 - Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

Proverbs 22:3: "The prudent see danger and take refuge".



NEXT WEEK SNEAK PEAK

Join us next week as we start a brand new series called The Battle Within: Pursuing Emotional Health. You're not going to want to miss this one! Come join us and bring a friend!

Questions or Feedback? Email Groups@CentralAZ.com