



# BOUNDARIES

## INTRODUCTION

### **BOUNDARIES:**

What are boundaries? Why do I need them? How do I get others – and myself- to recognize and respect my boundaries? This small group study of Boundaries looks at boundaries, love, and servanthood from a Biblical basis. Being a loving and unselfish Christian does not mean that you cannot say no. This small group study will, hopefully, give you some Biblically based answers to questions that you have about setting your own boundaries and having people, including yourself, honor them.

### **SETTING SOME GUIDELINES FOR THE SMALL GROUP:**

What is said in the group, stays in the group.

No Fixing!!! This is *NOT* meant to be a therapy session.

Everyone should get a chance to share in the conversation. No one person should dominate.

Have grace with each other! Remember all of us are broken in one way or another...

### **AS YOU BEGIN THIS STUDY, WHICH OF THE FOLLOWING QUESTIONS DO YOU ESPECIALLY WANT ANSWERS FOR?**

Can I set limits & still be a loving person?

What are appropriate boundaries?

What if someone is upset or hurt by my boundaries?



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How do I answer someone who wants my time, love, energy, or money?

Why do I feel guilty or afraid when I consider boundaries?

How do I stop taking on burdens that are not my own?

Aren't boundaries selfish?

How hard is it for me to hear no from other people?

If I admit that it's difficult for me to say no to other people, then what do I do about that?

Do I tend to want to control others when I don't get what I want?

Can I still be a loving Christian and say no to other people? Isn't that harsh?

### HOW WE JUSTIFY OUR SHAKY BOUNDARIES:

Often Christians have the mind set that exactly because they ARE Christian that they have to have poor boundaries. Read some of the following & see if they sound familiar to you as statements made by Christ followers to justify their shaky boundaries:

"My reward will be in Heaven!"

"That's the abundant Christian life! Being a living sacrifice!"

"Blessed are the meek, for they shall inherit the Earth."

Are any of these familiar to you? Have you ever said anything that sounds similar? Why do you think that Christians are especially susceptible to confusion about boundaries?



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### GOING DEEPER:

*BOUNDARIES: WHEN TO SAY YES, HOW TO SAY NO TO TAKE CONTROL OF YOUR LIFE*  
book and workbook by Dr. Henry Cloud & Dr. John Townsend

\*\*\*This small group study is adapted & taken directly from this book & workbook.