



## Week 1

# GENERAL PART 1

1. How would you describe a boundary?

**Boundaries define us. They define what is me and what is not me. A boundary shows where I end and someone else begins, leading to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom.**

2. What boundaries in the physical world do you deal with everyday?

3. What kind of boundaries do you think need to exist in the emotional/spiritual world?

4. Why are these invisible boundaries as or more important as physical boundaries?

5. Read **Genesis 1:27-29**. What do these verses say about the tasks assigned to man in the Garden of Eden? What are some things that God does NOT specifically make man responsible for by contrast?

**In the beginning God told Adam & Eve about ownership. Made in the image of God, we were created to take responsibility for certain tasks. Part of taking responsibility, or ownership, is knowing what is our job, and what isn't. Workers who continually take on responsibilities, not their own, will eventually burn out. It takes wisdom to know what we should be doing and what we shouldn't.**

6. **Proverbs 4:23** says "Above all else, guard your heart, for everything you do flows from it." How does this represent a boundary?

Read **Galatians 6:2 and 6:5**. The Greek word for *burden* in 6:2 gives the word picture of a heavy boulder or an excessive burden that we need help carrying. The Greek word for *load* in 6:5 is the burden of your daily toil. These loads are like backpacks that, although they can get heavy at times, are possible to carry each day. We are expected to carry our own feelings, attitudes, and behaviors, as well as the responsibilities that God has given us, even though it



# BOUNDARIES

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takes effort. In addition, we are not expected to carry the packs or everyday loads of others.

7. What does Galatians 6:2 teach about our responsibility to others? When are we to help carry another's burdens?
8. When has someone in your life followed Christ's example of sacrificial love and denied himself or herself in order to do for you what you could not do for yourself? When have you been able to sacrifice and do this for someone else?
9. When have you or someone you know acted as if your "boulders" are your daily loads and have refused help? When have you or someone you know acted as if "your daily loads" are boulders that shouldn't have to be carried?
10. Does an understanding of these 2 verses in Galatians help you begin to see how God is setting where your boundary of responsibility is and where someone else's begins?

### NEXT STEPS

This week, ask God to show you where you have been carrying boulders too heavy for you alone. Ask God in prayer to show you the right person to reach out to for help. It may be a member of your small group, your family, a friend, or a pastor. But God called us to do life together...

### DAILY BIBLE READINGS

**Day 1: Genesis 1:26-29**

**Day 2: Proverbs 4:23**

**Day 3: Galatians 6:2**

**Day 4: Galatians 6:5**

**Day 5: Colossians 3:1-4**

**Day 6: Colossians 3:5-11**

**Day 7: Colossians 3:12-17**