



STUDY GUIDE

February 20, 2022

**Message Series:**  
**Message Title:**  
**Teaching Pastor:**

**The Big 4**  
Set Boundaries  
Brian Hughes

### **Warm-up/Icebreaker:**

- What's one unique role you had in the family you were brought up in (i.e. oldest, youngest, organizer, peacemaker, black sheep, clown, etc.)?

### **Pray**

Heavenly Father, we thank You for the gift of relationships. We ask that You open our hearts to hear from You about how to have healthy relationships. Show us any areas of our life where we may have become unhealthy and help us look to examples in Your Word as well as the example of Your Son as He lived here on this earth. In Jesus' name we pray. Amen.

### **Get Started:**

#### **Read Galatians 1:10 and Proverbs 29:25.**

- Do you think you are more concerned with pleasing people or pleasing God? How do you think people-pleasing might be related to boundaries?

"Self-Differentiation: acknowledgement of absolute responsibility for my life and my life alone. Its motto is: "You can choose to live your life however you want. And I get to choose to live my life however I want." - Pastor Brian Hughes

#### **Read Galatians 5:13 and 1 Corinthians 7:23.**

- What does it mean "not to become slaves of human beings?" What might that look like in your everyday life and relationships?

### **Watch and Discuss Video (running time 15 minutes):**

"Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom. Taking responsibility for my life opens up many different options. Setting boundaries inevitably involves taking responsibility for your choices. You are the one who makes them. You are the one who must live with their consequences. And you are the one who may be keeping yourself from making the choices you could be happy with. We must own our own thoughts and clarify distorted thinking." - Dr. Henry Cloud

- With honest self-reflection, how would you evaluate yourself in terms of releasing other people to live their lives and claiming control of living your own life? If you are not where you'd like to be, what are some steps you could take to make progress in this area?

**Read Joshua 24:14-16.**

- How does this verse model what Pastor Brian was speaking of? What is important to take away from these verses for application in our own life?

**Read John 8:36.**

- What responsibility does taking stewardship of your own life carry? What are the risks that we have to embrace to self-differentiate?

**Reflect and Commit:**

“It’s important that we remember that God created us to live in families and relationships. This freedom is rooted in deep connection. It’s not uncaring or unloving. Of course, we take care of each other when the need is there. So self-differentiation is not disconnection. But it is a clear understanding of where I am responsible and where you are. Namely, my freedom is to choose how to live my life. Your freedom is to choose how to live yours.” - Pastor Brian Hughes

**Read John 21:21-22.**

- How would you describe Jesus’ response to Peter? What was he telling him to do (or not do) in relation to self-differentiation or boundaries?
- Share a time where either someone crossed your boundaries or you crossed theirs. What would you do differently in light of Jesus’ teaching?

“Self-differentiation is the key to healthy boundaries and healthy boundaries is the key to healthy relationships. It’s not easy, but it’s a skill we all can learn and the result will be less anxiety in our families and in our lives.” - Pastor Brian Hughes

**Pray:**

Lord, thank you for all that You are teaching us about healthy relationships. As we go through the week, we ask the Holy Spirit to shine the light of truth deeply into our hearts and show us how we can become more Christ-like in this area. Thank You that when we pray for Your help, it is a prayer that You desire to answer because You love us and You want what is good for us and brings You glory. In Jesus’ name we pray. Amen.

**Further Study:**

*Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No To Take Control of Your Life* by Henry Cloud and John Townsend

*Codependent No More & Beyond Codependency* by Melody Beattie

