

BOUNDARIES

WHEN TO SAY YES. HOW TO SAY NO.

TENSIONS, FENCES AND BOUNDARIES

THINGS TO DISCUSS:

1. Looking back on your childhood, what kind of boundaries did you grow up with? Which ones did you hate? Which ones did you come to appreciate?
2. When a tension arises, what is your first reaction: ignore it or dive into it?
3. In what situation or season of life are you likely to take on more than you are actually comfortable with?
4. How would you define the word "boundaries"?
5. Read Paul's words in Galatians 6:1-10.
 - What stands out to you in regards to boundaries?
 - Which verse(s) should you commit to memory?
6. When you think of Jesus, do you think of boundaries also?
7. Jeremy taught, "We are responsible to others and for ourselves." What does this mean to you? And how can you live this out in the upcoming week?

NEXT STEPS & PRAYER REQUESTS

- Answer this: Where in your life do you need to set a healthy boundary?
- Find additional Boundaries resources here: crosswindchurch.net/boundaries/