

Outline

Beyond Boundaries: Knowing When You're Ready

God created us for relationship with Him as well as with other people; we need God and we need people. When we have been hurt by relationship, we may avoid it, detaching from others in an effort to protect ourselves. This isn't the answer; you can protect yourself without giving up on relationships. Dr. Townsend will help you learn how to examine your past and learn valuable lessons from those painful relationships. He will show you how having healthy boundaries will protect you and enrich your life, and give you four steps to consider as you begin learning to trust again.

Small group discussion questions:

1) How has a difficult relationship affected your ability to take risks?

2) Which step is a challenge for you?

3) What can you do this week to move past it?