

## Boundaries Small Group Study – 8 Sessions

### Boundaries Session 1: What Is a Boundary?

Boundaries will take you on a unique journey – of spiritual growth, of challenge to change, of problem solving, of recovery, and of hope. It offers practical help and encouragement to all who seek to live the healthy, balanced life God intended, and provides insight and wisdom to those who struggle with their inability to say no.

This series is based on the book Boundaries – When to Say Yes, How to Say No, to Take Control of Your Life by Dr. Henry Cloud and Dr. John Townsend. These sessions highlight the importance of developing healthy boundaries in order to maintain healthy relationships.

Boundaries are a “property line”; their purpose is to define what we are responsible for, and what we are not responsible for. Healthy boundaries allow us to live our lives as God intended - free to make choices and to become all we were created to be. The needs and demands of others can get in the way, and it isn't easy to determine the most loving way to handle this. As we have seen, our lives don't work better when we try harder, act nicer, or take responsibility for others. The functions of a boundary are: to keep the good in and the bad out, to act as an alarm system, and to help us protect our freedom. Join Dr. Cloud as he takes you into a deeper understanding of healthy boundaries.

#### Small group discussion questions:

- 1) As you understand the definition of boundaries, can you identify times when you have experienced boundary crossings?
  
  
  
  
  
  
  
  
  
  
- 2) Where did you learn that you were responsible for other people, or that it wasn't okay to have limits or say no?
  
  
  
  
  
  
  
  
  
  
- 3) As you work to build your boundaries, who will be your support system?