



BOUNDARIES

STUDY GUIDE

Hope's 10 for 10, which launched Nov. 2, 2019, details 10 goals for Hope in the next 10 years! With a fresh, updated vision for the next decade of ministry, we are ready to see the amazing ways God is going to move! This study is focused on goal #10, Care Providers.



LOVE

and support the hearts of those who are broken, broke, tired, scared, sick, imprisoned, lost or wandering.

Create a Christian counseling center at Hope that will care for those who are struggling with a relationship, family matter, anxiety, depression, addiction, habit, hang-up, hurt, suicidal thoughts, mental health issues or spiritual concern. Widen the reach of our recovery ministries to multiple campuses and double the number of support groups currently offered at all Hope campuses.

Luke 10:27 | 1 Corinthians 13:4-8 | Galatians 6:2

BOUNDARIES

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Session 1:

What Are Boundaries?

PRE-READING: Chapters 1-3

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

BIBLE READING:

Read aloud: Galatians 6:1-5

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.

Carry each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. For we are each responsible for our own conduct.

DISCUSSION QUESTIONS:

1. Where do you see yourself in the story of Sherrie's actions and thoughts from the first chapter?
2. What about boundaries are confusing or challenging for you? Why do you think Christians may find it especially difficult or confusing to have boundaries? (You can look at the questions listed on page 27 to get started.)
3. When you think about all the areas that lie within our boundaries (Feelings, Attitudes & Beliefs, Behaviors, Choices, Values, Limits, Resources & Gifts, Thoughts, Desires, and Love), in which of these areas are you doing a fairly good job of taking responsibility for them? In what area do you want to start taking more responsibility, and how will you do that?
4. Which quadrant of the Summary of Boundary Problems table on page 61 connects to you the most? In which quadrants would you categorize the people you are struggling with?
5. We are responsible to others and *for* ourselves. When serving our neighbors, why is it important to still be responsible *for* ourselves?

PRAYER JOURNALING

Journaling is a wonderful way to talk to God. We invite you to use the following pages during your prayer time as you read through Boundaries with your group.

Date: _____

Today I read _____ **chapter(s)**

Takeaways as I read...

_____ *How I can apply this to my life...* _____



Dear God,

Teach me...

You are...

I confess...

I'm thankful for...

Specific Prayer Requests:

Amen.

Session 2:

Laws and Myths of Boundaries

PRE-READING: Chapters 4-6

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

BIBLE READING:

Read aloud: Ephesians 4:20-28

But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.

DISCUSSION QUESTIONS:

1. In thinking about how boundaries are developed from Chapter 4, what attitude toward boundaries was modeled in the home in which you grew up?
2. Which of the 10 laws of boundaries had the most to say to you, and how has your understanding of boundaries changed because of these 10 laws?
3. What boundaries are you more willing to set now that you know they do not have to be permanent?
4. When caring for others, how can it be helpful to know how your own boundaries were developed from your childhood years?
5. What relationship(s) is God calling you to set boundaries in, despite what that person has given you?

CLOSING PRAYER

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Specific Prayer Requests:

Amen.

SERMON NOTES

It is important to make weekly worship a priority. It is also a great thing to do with your group. Use the following notes section to write down key points that stick out to you from each weekend’s sermon. Notes are great to refer back to throughout the week so you can keep things fresh in your mind!

Session 3:

Boundaries with Family and Friends

PRE-READING: Chapters 7-10

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

BIBLE READING:

Read aloud: Matthew 18:15-20

"If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector.

"I tell you the truth, whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven.

"I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them."

DISCUSSION QUESTIONS:

1. When have you been motivated more by guilt than love in a family relationship, and how could setting boundaries help you gain the freedom to love more fully?
2. Whether or not you have conflicts with particular friends, what is keeping you connected to them – their performance, their lovability, your guilt, your sense of obligation, something else?
3. If you have a spouse or child(ren), what from those two chapters stood out to you or grabbed your attention?
4. In thinking about boundaries with your family – parents, siblings, spouse, child(ren), etc. – how have these chapters helped you identify ways to set boundaries with them that can show love, realizing we cannot change our family but we can change our responses?
5. When someone, including family and friends, does something that angers you, why do you think Matthew 18 reminds us to go to them directly first?

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Specific Prayer Requests:

Amen.

Session 4:

Other Boundary Conflicts

PRE-READING: Chapter 11-14

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

BIBLE READING:

Read aloud: Exodus 18:14-27

When Moses' father-in-law saw all that Moses was doing for the people, he asked, "What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?"

Moses replied, "Because the people come to me to get a ruling from God. When a dispute arises, they come to me, and I am the one who settles the case between the quarreling parties. I inform the people of God's decrees and give them his instructions."

"This is not good!" Moses' father-in-law exclaimed. "You're going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself. Now listen to me, and let me give you a word of advice, and may God be with you. You should continue to be the people's representative before God, bringing their disputes to him. Teach them God's decrees, and give them his instructions. Show them how to conduct their lives. But select from all the people some capable, honest men who fear God and hate bribes. Appoint them as leaders over groups of one thousand, one hundred, fifty, and ten. They should always be available to solve the people's common disputes, but have them bring the major cases to you. Let the leaders decide the smaller matters themselves. They will help you carry the load, making the task easier for you. If you follow this advice, and if God commands you to do so, then you will be able to endure the pressures, and all these people will go home in peace."

Moses listened to his father-in-law's advice and followed his suggestions. He chose capable men from all over Israel and appointed them as leaders over the people. He put them in charge of groups of one thousand, one hundred, fifty, and ten. These men were always available to solve the people's common disputes. They brought the major cases to Moses, but they took care of the smaller matters themselves.

Soon after this, Moses said good-bye to his father-in-law, who returned to his own land.

DISCUSSION QUESTIONS:

1. As it says on page 196, “All of us – not only ministry professionals – have gifts and talents we contribute to humanity.” How could doing your work with the intention that you are doing it for the Lord impact your work?
2. Which of the problems in the workplace from Chapter 11 stood out to you the most, and why did it stand out to you?
3. When has the technology of the digital age helped you to feel *more* connected to the important people in your life? When has it left you feeling *less* connected to them? How are you utilizing the digital age to invest in a “full life” as described on page 235? “A full life is one in which you are investing your time and energy in relationships and activities that are meaningful, enjoyable, and worth engaging in.”
4. What are your big takeaways from the “Boundaries and Yourself” chapter?
5. As the author discusses on page 265, boundaries between us and God are important to the oneness or unity we have with him. Why is knowing the distinct identity of God and of yourself important to a real relationship with God?
6. As you develop your talents and skills, how can you do this in partnership between you and God to continue showing loving and support for those around you?

CLOSING PRAYER

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Specific Prayer Requests:

Amen.

Session 5:

Developing Healthy Boundaries

PRE-READING: Chapters 15-17

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.

BIBLE READING:

Read aloud: 2 Corinthians 9:6-11

Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully." And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. As the Scriptures say,

*"They share freely and give generously to the poor.
Their good deeds will be remembered forever."*

For God is the one who provides seed for the farmer and then bread to eat. In the same way, he will provide and increase your resources and then produce a great harvest of generosity in you.

Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God.

DISCUSSION QUESTIONS:

1. Where are you when it comes to boundaries? Do you have a driving force of desire to set and maintain boundaries?
2. From page 287, "Setting boundaries and being more independent is scary because it is a step into the unknown." What about setting boundaries is scary or fear inducing for you? What from the list of helpful ideas (pages 288 – 290) have you tried in your life when facing a scary situation?
3. What are the main sources of pressure, both internal and external, you are coming across as you work on your boundaries?
4. What step are you on in developing your own boundaries from Chapter 16? What are the next steps for you to continue growing in your boundaries?
5. Even as you mature and set wise boundaries, you will still face resistance to your boundaries and goals. What will you do to stand strong against this resistance?

6. How will having wise boundaries better help you love and support those who are struggling, broke, tired, scared, sick, imprisoned, lost or wandering?

CLOSING PRAYER

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