

embrace Boundaries

"Lord, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance."

Psalm 16:5-6

1. What kinds of boundaries do you have in your life (physical; emotional; spiritual; etc.)?

Go Deeper Option: Read Genesis 2:15-17. Even in the perfect (pre-sin) Garden of Eden God set boundaries for mankind. What boundaries has God placed in your life?

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"But Jesus often withdrew to lonely places and prayed."

Luke 5:16

2. How can boundaries be both good and bad? What are some examples of "good boundaries"?

Go Deeper Option: Have you ever seen God's hand of protection within a "good" boundary?

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"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Philippians 4:8

3. Why do we set boundaries in our lives or for our loved ones (example: our children)?

Go Deeper Option: How can boundaries keep us accountable in our Christian walk? Do you rely on your faith family to help you keep healthy boundaries?

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"For you were once darkness, but now you are light in the Lord. Live as children of light." Ephesians 5:8

4. Have you ever experienced someone invading or ignoring your boundaries? What did you do?

Go Deeper Option: God wants us to live in harmony with others while maintaining healthy boundaries (think of it like marriage). How is this possible? (Romans 12; Ephesians 4 & 5)