



## “ME, MY (TRUE) SELF, AND GOD”

### Lesson 7: Boundaries

#### CONNECT:

Share with your group a story where either you, or someone that you know were caught trespassing without permission. What was the outcome?

#### CONNECT:

Have you ever had an awkward experience with asking the question: “How are you doing?” Share your experience with the group.

Have you ever been caught off guard by someone asking you, “How are you doing?” How did you respond in this situation?

#### LEARN:

A boundary is defined by being a property line that separates what you own, who you are, or what you are responsible for. When there are no established boundaries the major problem is trespassing.

What personal boundaries have you set up in your life? Why did you need to set these boundaries?

What boundaries would you say are the most difficult to set and to keep? Why do you think these are so difficult to stay committed to?

#### LEARN:

Healthy boundaries are not intended to be selfish in nature. What are some boundaries that you can think of that could turn selfish? Why do you think they ultimately turn this way? How can you keep from setting selfish boundaries?

#### LEARN:

Why do you think walls are built around certain people? Have you ever set up walls to keep people out that were underserving of this due to previous hurt?

#### LEARN:

There were 3 points in Sunday’s message that help with establishing healthy boundaries.

1. Abide / remain in Jesus.
2. Establish ownership.
3. Communicate your boundaries.

How are these 3 points beneficial in having personal self-control? How can establishing these boundaries change your relationship with others?

**LIFE — IS  
BETTER  
TOGETHER**



**APPLY:**

**Take time and look at your “true” self this week. What are some things that are preventing you from being a fully formed follower of Jesus? Identify areas that you need to establish self-control in your life. Take time to recall people who negatively affect your decision making process and set healthy boundaries of protection.**



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