

# HEALTHY BOUNDARIES

*“A helpful way to understand setting limits is that our lives are a gift from God.”  
— Dr. Henry Cloud & Dr. John Townsend*

Why is it important to establish boundaries in your life? *(Boundaries might be with friends, family, yourself, boyfriend/girlfriend, your boss, money, time, etc.)*

What are some obstacles that you face when setting boundaries?

How would you apply each of the following principles to your own life?

- **Personal Prayer Time:** “But when you pray, go into your room, close the door and pray to your Father, who is unseen” (Matthew 6:6).
- **Be Honest and Direct-Don’t Pressure People:** “Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one” (Matthew 5:37).
- **Set Priorities:** “No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other” (Luke 16:13).
- **Please God, Not People:** “How can you believe if you accept praise from one another, yet make no effort to obtain the praise that comes from the only God?” (John 5:44).
- **Obey God:** “What do you think? There was a man who had two sons. He went to the first and said, ‘Son, go and work today in the vineyard.’ ‘I will not,’ he answered, but later he changed his mind and went. Then the father went to the other son and said the same thing. He answered, ‘I will, sir,’ but he did not go. Which of the two did what his father wanted?” “‘The first,’ they answered” (Matthew 21:28-31).

**ACTIVITY:** Read Galatians 6:2-5. A burden is something too heavy to carry on your own, but a load is not. We help carry one another’s burdens, but we each have the responsibility to carry our own load.

Who has a burden that you can help carry? Share with the group. How can you carry your own load by setting a boundary?

**APPLY:** “This week, I will \_\_\_\_\_.”

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