Group Therapy Week 2

Small Group Questions - Boundaries: A Proven Path to Better Relationships and Less Stress

Read

Genesis 3:1-7, Revelation 3:20, Proverbs 16:32, Proverbs 25:28, John 8:31-32 (NLT)

Reflect

Pastor Chip Judd shows us the importance of boundaries from Genesis to Revelation. Each of us operates within our own circle of personal property lines that define our identity and the scope of our responsibility. God wants us to learn how to define and defend our personal space.

1. **WHAT ARE BOUNDARIES?**

   a. What is inside your circle? How do you distinguish "where I stop and others start?"

   b. How does it change your perspective to think of God in your circle with you, with the ability to meet virtually all your needs?

   c. Reflect on how God entered your circle by reading Revelation 3:20. How does God respect your boundaries? Where do you still need to invite him in your circle?

   d. What can we learn about self-control from Proverbs 16:32 and 25:28? How does a lack of self-control make us defenseless? How does responsibility lead to self-control?

2. **THE SECRET TO GOD-HONORING BOUNDARIES.**

   a. In what ways, did the message give you a new perspective on responsibility, authority and power?

   b. Unhealthy boundaries stem from a warped sense of responsibility. How is another person stepping on your boundaries? How are you stepping on theirs?

   c. What new insights do you gain by applying the concepts of responsibility (followed by power and authority) to yourself and to the other person?

   d. Have you ever tried to control another person in order to meet your needs? How could you have turned to God as your source instead?

3. **HOW DO I DEVELOP HEALTHIER BOUNDARIES?**

   a. How can we apply "God first and most" to our relationships?

   b. Reflect on "when taking Communion, remember you are not alone in your circle."

   c. What other practical suggestions were given to help us get healthier?

Respond Where is God leading you? How can your small group support you?