Family Matters

WEEK 10: BOUNDARIES FOR HEALTHY FAMILIES LOVE & LIMITS

Open In Prayer:

Open your group time in prayer and gratitude. Review the key points from last week's lesson on healthy family boundaries. Pray for God's wisdom to guide you in your discussion time.

This Week's Theme:

Boundaries for Healthy Families - Love & Limits.

Memory Verse:

Matthew 5:37
"All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."

Personal Reflection:

What is a boundary? What happens if you have poor boundaries?

I. Healthy boundaries differentiate you from others. They empower you to grow and mature and enable you to set limits (say no). They are important for letting good things in and keeping bad thing out.

1. **How might understanding the physical boundaries in your life, help you form good relational boundaries?**

2. **Read Galatians 6:2. How does "carrying each other's burdens" help in your responsibility to one another?**

3. **Why should you take responsibility for yourself? (Read Gal. 6:5)**

4. **Why is Galatians 6:4-5 a good guide to follow for setting healthy family limits?**

5. **Read Ephesians 4:14-15. What else besides responsibility will help you set healthy family limits?**

II. Develop and strengthen your families' boundaries through love and limits.

- **Recognize Healthy Boundaries:**
  1. **How does the Grace of God help us recognize healthy boundaries? (Read Gal. 6:1 & Matt. 18:15)**

  2. **What are some ways you can say "NO" to what is harmful? (Read Matt. 5:37)**

  3. **Why do you need to respect natural consequences? (Read Gal. 6:7-8)**

  4. **What is delayed gratification? What areas in your life are struggling because of instant vs. delayed gratification? (Read Gal. 6:9)**

- **Reinforce Healthy Boundaries: Practice is important with your children. Why? Because as they grow up learning to establish and respect boundaries or limits will be imperative for helping them make healthy choices. Be ready to help them as they grow to understand and discover new boundary situations that arise.**

  1. **Why would evaluating your boundaries be important for teaching your kids about boundaries? (Read Gal. 6:4 & Pr. 4:23)**

  2. **What are some ways you can help your children evaluate their limits and teach them to understand boundaries and how to use them?**

Group Discussion:

Choose one or more of the Personal Reflection questions to discuss with your group this week.

Put Into Practice:

Choose one or two principles from this study to put into practice this week. Discuss with one or more people from your group throughout the week any progress or challenges you discover.