



Sermon-based reflections connect the week to the weekend!

Dig deeper into the talk each week, in a small group or independently. Challenge yourself to see how the message actually makes sense and applies to your everyday life.

Message Info: People Problems - Boundaries, Part 1, 8/27/23 - Setting boundaries can be really challenging. Sometimes we don't even realize we lack them. Other times, we worry about confrontation. But boundaries are an important part of God's plan for relationships, and he provides the perfect way to establish them. (*Passages: Exodus 19, Proverbs 19:19, Ephesians 4:15, Proverbs 4:23*)

Discussion Questions: Take your time and dig into these questions.

What different kinds of personalities chronically cross boundaries? Subtle? Manipulative? Nosey? Gossipy? Guilt-tripper? How far does their impact reach? Can anything be done to keep boundary breakers in the right place?

Read Exodus 19. What stands out to you in this passage? Why?

Before laying the rules down in stone, God reminded his people of his love and purpose for them. Then, he instructed Moses to place a boundary around the mountain with a consequence if crossed. This is a great example of how to handle setting healthy boundaries, which are a chosen set of what you deem appropriate in relationships and in relation to your personal space. When we don't explain or respect them, anxiety and relational stress (people problems) prevail. How and when should boundaries be set with others? What does taking the time to set them do for a relationship?

Beginning without clarification allows boundary breakers to erode our security and identities. Why do we feel guilty or tense over setting healthy boundaries? They are designed by God for ideal relationships and personal health. Let what God says about relationship trump what the boundary breakers have to say. Here are some ways to get better at boundaries:

1. Find healthy boundaries - not rigid and not porous.
2. Love without rescuing. Read Proverbs 19:19 and Ephesians 4:15
3. Care enough to confront.
4. Protect your heart. Proverbs 4:23
5. Communicate clearly, calmly, and explain consequences.
6. Tighten your circle.

Weekly Challenge: Invite a friend to church.