

SUNDAY RECAP GUIDE

The Blessing of Boundaries: “Access Is Earned”

Big Idea

Jesus’ love is unlimited, but His access was intentional.

Jesus modeled that we can love people well while also having healthy boundaries. Boundaries are not punishment; they are protection. They help us steward our time, relationships, peace, responsibilities, and calling in a healthy way.

ENCOURAGEMENT

Check In With Everyone

Start by creating space for everyone to be seen and heard.

Go around the group and ask:

- What was one high from your week?
- What was one low from your week?
- How are you really doing—not just “fine”?
- Is there anything you’ve been carrying that you’d like the group to know about?

Transition

After everyone shares, ask:

“As you think about your week, where did you feel the most pressure from people, expectations, or responsibilities?”

Allow people to share without immediately trying to fix or solve what they bring up.

SCRIPTURE

Mark 1:32–38

“In the morning, long before sunrise, Jesus went to a place where he could be alone to pray. Simon and his friends searched for him. When they found him, they told him, ‘Everyone is looking for you.’ Jesus said to them, ‘Let’s go somewhere else, to the small towns that are nearby. I have to spread the Good News in them also. This is why I have come.’”

— Mark 1:35–38

Read the Passage Together

Jesus had spent the previous day ministering to people who were sick and oppressed. The needs around Him were real, yet Jesus still withdrew to pray. When the disciples told Him, “**Everyone is looking for You,**” Jesus did not allow the expectations of everyone around Him to determine His assignment.

He prioritized prayer, listened to the Father, and operated with boundaries.

DISCUSSION

1. Prayer Before Pressure

Jesus went to pray **before sunrise**, even after a demanding day of ministry.

Discuss:

- What stands out to you about Jesus prioritizing prayer before responding to the demands around Him?
 - What tends to happen to your peace when you respond to pressure before spending time with God?
 - The sermon said, “**Prayer is the bridge between the pressure I feel and the peace God promises.**” Where are you currently experiencing pressure that you need to bring to God?
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2. “Every Need Is Not Your Assignment”

The sermon emphasized that Jesus did not allow other people's expectations to determine His assignment.

Discuss:

- Why do you think it can be difficult to say no when someone genuinely needs something?
- Have you ever said “yes” to something that God may not have actually asked you to carry?
- What is the difference between **loving someone** and feeling responsible for **everything someone needs**?
- How can prayer help us determine what God is actually asking us to do?

Key thought:

“Every need is not your assignment.”

3. Jesus Knew When to Step Away

The sermon highlighted how Jesus repeatedly withdrew from crowds, demands, and people in order to spend time with the Father. **“Demands don’t replace devotion.”**

Discuss:

- What are some things that regularly compete for your attention and make it difficult to slow down with God?
 - Do you tend to step away proactively, or only after you become overwhelmed?
 - What would it look like for you to intentionally create more space for God this week?
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4. Access Is Earned

Jesus loved everyone, but He did not give everyone the same level of relational access. The sermon described different levels of access among the crowds, the 70, the 12, the 3, and John.

Discuss:

- What does it mean to you that Jesus loved everyone but did not give everyone equal access to Him?
- Why is it important to distinguish between **loving someone** and giving someone unlimited access to your life?
- Where might you currently be giving someone more access than their level of responsibility can support?
- What does a healthy boundary look like without becoming bitter, cold, or unforgiving?

Important Reminder

A boundary does not necessarily mean ending a relationship.

It may simply mean **changing the level of access** to match the level of responsibility.

PRAYER

Move From Discussion to Prayer

Before praying, invite everyone to identify one area where they need God's help with boundaries.

Prayer Prompts

1. Pray for discernment

- “God, show me what You have actually assigned me to carry.”
- “Help me distinguish between a need I see and an assignment You have given me.”

2. Pray for peace

- “God, I give You the pressure I have been carrying.”
- “Help me trust You instead of feeling like everything depends on me.”

3. Pray for courage

- “Give me courage to say no when no is the right answer.”
- “Help me establish healthy boundaries without guilt.”

4. Pray for wisdom in relationships

- “Show me where I need to adjust someone's level of access to my life.”
- “Help me respond with grace rather than resentment.”

5. Pray for families and healing

Pray specifically over parents, marriages, families, children, broken relationships, and areas where boundaries are needed for protection and healing.

Pray Over One Another

Have each person share **one specific area** they would like prayer for.

Then pray over each person, asking God for:

- Wisdom

- Peace
 - Discernment
 - Courage
 - Healing
 - Healthy relationships
 - Strength to follow through on the boundaries God is leading them toward
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NEXT STEPS

Put the Message Into Practice

Encourage everyone to choose **one** next step rather than trying to change everything at once.

Personal Next Steps

1. Create a secret-place rhythm.

Set aside intentional time this week to pray alone with God.

Ask:

“Where do I need God's direction before I respond to people's demands?”

2. Identify one unnecessary “yes.”

Think about something you have agreed to that may not actually be your assignment.

Ask:

“Is this something God has called me to carry, or something I have taken responsibility for because someone expects me to?”

3. Identify one boundary.

Consider a relationship, commitment, schedule, communication pattern, or responsibility where a healthier boundary may be needed.

Ask:

“Does the level of access I give this person match their level of responsibility?”

4. Practice a prayerful “no.”

Before automatically saying yes this week, pause and pray.

Remember:

“No is a complete sentence.”

5. Send someone back to God.

If someone brings you a problem this week, consider asking:

“Have you talked to God about this?”

We don't have to carry everyone's problems for them. We can love people while directing them back to the Father.

GROUP CHALLENGE

Before leaving, have everyone finish this sentence:

“This week, I believe God is asking me to _____. ”

Then have each person share their answer with the group.

Close by reminding everyone:

Jesus loved people deeply.

Jesus served people faithfully.

Jesus prayed continually.

Jesus knew when to say no.

Jesus knew when to step away.

Jesus knew who to give access to.

A boundary is not punishment—it is protection.

Jesus' love is unlimited, but His access was intentional.