

The Blessing of Boundaries

Sunday Recap Guide

Big Idea: Boundaries are not unloving or unbiblical. Healthy boundaries help us guard what God has entrusted to us, love others well, and stop carrying what God never asked us to carry.

Key Scripture:

“Guard your heart above all else, for it determines the course of your life.”
— Proverbs 4:23 (NLT)

Encouragement

Check In: Highs & Lows

Start by creating space for everyone to share.

High: What is one good thing happening in your life right now that you can thank God for?

Low: What is one thing that has been difficult, stressful, or heavy for you lately?

Encourage one another:

After everyone shares, ask:

- Where have you seen God working in your life recently?
- Is there something someone shared that you can encourage them in?
- What is one thing you can celebrate with someone in the group?

Conversation Starter

When you hear the word “boundaries,” what comes to mind?

Do you tend to view boundaries as healthy protection, rejection, selfishness, or something else?

Scripture

Deep Dive: Boundaries Are Biblical

Read **Proverbs 4:23** together.

“Guard your heart above all else, for it determines the course of your life.”

1. What Does It Mean to Guard Your Heart?

A guard controls **what gets in and what stays out**.

Ask:

- What are some things that can negatively influence our hearts, minds, relationships, or spiritual lives?
- Why do you think Scripture tells us to guard our hearts “above all else”?
- What happens when we don't have healthy boundaries?
- Where might there currently be too much chaos in your life?

Key Thought:

Where there is an abundance of chaos, there is usually a lack of good boundaries.

Read Genesis 2:15–17

God gave Adam and Eve incredible freedom in the Garden, but He also gave them a boundary.

“Of every tree of the garden you may freely eat...”

Then God established one boundary: they were not to eat from the tree of the knowledge of good and evil.

Discuss:

- What do you notice about the relationship between **freedom and boundaries** in this passage?
- Why do you think God gave them such a clear boundary?
- How does this challenge the idea that boundaries are restrictive or unloving?
- How can boundaries actually protect freedom?

Key Thought

The boundary wasn't given to restrict their freedom; the boundary was given to protect it.

Read Galatians 6:2, 5

“Bear one another’s burdens...”

“For each one shall bear his own load.”

These verses seem like a contradiction at first—but they aren’t.

God calls us to help carry one another's **burdens**, while still recognizing that each person has responsibilities that belong to them.

Discuss:

- What is the difference between **helping someone** and **taking responsibility for them**?
- Have you ever carried something for someone that God never asked you to carry?
- Why can rescuing someone actually prevent them from growing?
- What might it look like to support someone without taking ownership of their choices?

Key Thought:

We can love people deeply without taking responsibility for fixing the consequences of their choices.

Read Matthew 18:21–22

Jesus calls us to forgive—again and again.

But forgiveness doesn’t mean someone automatically receives unlimited access to your life.

Discuss:

- Why do we sometimes confuse forgiveness with allowing someone to continue hurting us?
- What does it look like to forgive someone while still establishing a healthy boundary?
- How can you forgive someone without returning to an unhealthy pattern?
- Who might you need to forgive while also changing the level of access they have to your life?

Remember:

Forgiveness doesn’t mean continued access.

Prayer

Begin by reminding the group:

Boundaries aren't about building walls around ourselves. They're about becoming healthy enough to love others well.

Take some quiet time and ask everyone to consider these questions personally.

Prayer Prompts

1. My heart:

"God, show me what I need to guard in my heart, mind, relationships, and life."

2. My boundaries:

"God, reveal any area where I need a healthier boundary."

3. My relationships:

"God, show me where I am enabling, rescuing, or taking responsibility for something that belongs to someone else."

4. My courage:

"God, give me courage to say yes when I should say yes and no when I should say no."

5. My healing:

"God, bring healing to marriages, families, friendships, and relationships that have been damaged by unhealthy patterns."

6. My wisdom:

"God, help me know the difference between something that is difficult and something that is destructive."

Pray Over the Needs in the Group

Invite people to share any specific needs they would like the group to pray over.

As you pray, remember:

- Marriage and family relationships
- Children and parenting
- Freedom from unhealthy patterns
- Wisdom to establish healthy boundaries
- Healing from relational wounds
- Courage to stop enabling or rescuing
- Strength for those experiencing difficult or destructive relationships

- Salvation and spiritual renewal
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Next Steps

Boundaries become meaningful when we put them into practice.

Personal Next Steps

1. Identify one area of chaos.

Ask yourself:

“Where is there an abundance of chaos in my life?”

What boundary might be missing?

2. Identify one boundary you need to establish.

It could involve:

- Your time
- Your availability
- Your finances
- Your family
- Your friendships
- Your work
- Your emotional energy
- Your communication
- Your physical or relational safety

Write down one specific boundary you need to establish.

3. Stop rescuing.

Ask:

“Am I helping this person, or am I preventing them from experiencing the consequences of their choices?”

Choose one situation where you can support someone without taking responsibility for fixing their problem.

4. Stop enabling.

Ask:

“Is something I repeatedly do actually making it easier for a destructive pattern to continue?”

Remember:

Every time you enable a person, you delay their progress.

5. Guard your heart.

This week, return to Proverbs 4:23 every day.

Ask:

“What am I allowing into my heart that shouldn't be there?”

“What am I allowing to remain in my life that God is asking me to address?”

6. Take a relational next step.

If there is someone you need to establish a healthier boundary with, prayerfully consider what a loving, clear conversation could look like.

Remember:

It is not unchristian to require people to treat you in a healthy way.

Group Challenge

Before leaving, have everyone complete this sentence:

“One boundary God may be asking me to establish is _____.”

Then ask everyone to commit to praying about that boundary throughout the week.

Takeaway

Boundaries are not barriers. Boundaries are gates.

They don't prevent us from loving people.

They help us love people without losing ourselves.

And it starts here:

“Guard your heart above all else, for it determines the course of your life.”

— Proverbs 4:23 (NLT)