

# YOU'VE HEARD IT SAID



LifeGroups



## Key things you heard

- Boundaries apply to all relationships—not just romantic relationships.
- It's one thing to set boundaries, but it's also important to stick to them.
- Boundaries aren't barriers; they're bridges to healthier relationships.
- You may be one or two difficult conversations away from a breakthrough as a LifeGroup or as an individual.
- Boundaries ultimately help us love our neighbors as ourselves. So, when setting boundaries, be clear and kind.

**Pray:** *God, thank You for showing us how to set healthy boundaries through the person of Jesus. Help us see areas of our lives where we need to set boundaries, and give us the courage to follow through. We trust that You will be with us in these conversations. In Jesus' name, amen.*



## Tweetable Moments



Jesus never kept score, but He did set boundaries. And He loved people better as a result.



Boundaries help you stop loving people out of compulsion and start loving them with real compassion, like Jesus.



## Say What? Questions for conversation

**Icebreaker:** What's your most irrational fear?

- What stood out to you from the episode?
- Does setting boundaries come easily for you, or is it more difficult?
- What are some fears that prevent you from setting boundaries in relationships?
- How does Jesus' example of setting boundaries impact the way you think or feel about boundaries?
- Read **2 Timothy 1:7**. How can this truth influence the way you approach boundary conversations?
- Share about an area in your life where you're loving people out of compulsion instead of compassion. What is one healthy boundary you can set?



## Now Go Do It Resources and next steps

**Challenge:** Make a list of areas in your life where you might need to set a boundary. Take the first step of setting a boundary, even if it involves a hard conversation.

- If you're not yet in a LifeGroup, find or start one here: [www.life.church/lifegroups](http://www.life.church/lifegroups)
- Start the *You've Heard It Said* Season 5 Bible Plan: [www.go2.lc/relationshipadvice](http://www.go2.lc/relationshipadvice)
- Read more about boundaries and how they can bring freedom: [www.go2.lc/boundaries](http://www.go2.lc/boundaries)
- Want to talk about boundaries for your LifeGroup? Find great resources at: [www.leaders.life.church/lifegroups](http://www.leaders.life.church/lifegroups)