

“Boundaries” Book Study Course

Welcome to the online book study of "Boundaries" by Dr.'s Henry Cloud & John Townsend. There is such freedom in boundaries, as odd as that probably sounds, because boundaries clearly define what you are or are not responsible for, and that you are NOT responsible for other people, only for yourself. That means freedom for people pleasers!

Each lesson is available for free download at www.CynthiaBaileyRug.com, in Adobe reader or PDF, format. If you don't have this free software program, you can download it at www.adobe.com. Now, let's get started!

To begin this course you need the following supplies:

1. A copy of the book "Boundaries: When To Say Yes, When To Say No To Take Control Of Your Life" by Drs. Henry Cloud and John Townsend
2. Something to record your notes and responses, either a journal and pen/pencil you like, your computer, or even these lessons printed out and a pen/pencil.
3. A Bible.

You may decide to save and print these lessons for your own use, or for use in a small group study. You are welcome to do so, however if used in a group or church setting, please give credit to Cynthia Bailey-Rug.

Lesson #1 -Introduction to Boundaries
(chapter 1) A Day In A Boundary-less Life

1. Do you see similarities between yourself and Sherrie? Explain.

2. List 3 things that you believe you own (are responsible for), and 3 more that you don't own (or are not responsible for). [See pg. 25]

Things I am responsible for:

1.

2.

3.

Things I am NOT responsible for:

1.

2.

3.

(chapter 2) What Does A Boundary Look Like?

1. Define the difference in being responsible TO and responsible FOR. Are you out of balance in this area? How?

2. What do you tend to do with your feelings (especially anger)- ignore them or let them be in charge? Why do you think you respond this way?

3. Which attitudes & beliefs do you hold that are causing you to make poor choices or experience pain? What can you do to get those beliefs in line with God's truth?

4. Paul says, "a man reaps what he sows" (Gal. 6:7). When has someone interrupted the law of sowing & reaping in your life & protected you from consequences that could have been good teachers? Tell the story.

5. If you are pushed into doing something you don't wish to do, do you blame the other person for making you do this? Or do you not allow yourself to be put in this situation?

6. Do you value the opinions of others more than the opinion of God? If so, what have you learned from doing this?

7. Where in your life today would you do well to limit your exposure to someone? What is keeping you from doing so?

8. What destructive desires do you need to learn to say no to? What good desires do you need to learn to say yes to?

9. What talents, gifts and abilities are you currently exercising? What talent, gift or ability are you currently afraid to exercise? What step will you take to overcome that fear?

10. Do you own your own thoughts? Do you accept the thoughts of others as your own?

11. Are you learning more about God (Bible study, prayer, reading books are all great ways to learn about God.) Are you misjudging (or have you every misjudged) someone in your life because of a past experience?

12. How good are you at communicating your thoughts to others?

13. Your desires should be of a pure motive, for example wanting more money to be able to help more people, not so you can hoard money in a large bank account. How pure are your desires? Ask God to keep your motives pure, to create a new heart in you.

14. How well is love flowing in your life? List several people who love you, and with whom you have a healthy, Godly relationship. Do you often show your love for them as well?

Notes:
