

“Boundaries” book study course

Lesson #4

This lesson will teach you about common myths that say boundaries are wrong, selfish, etc. and explain why those myths are wrong. Boundaries are actually very loving behavior, for yourself and others.

(chapter 6) Common Boundaries Myths

1. Why is it not selfish to set boundaries?
2. How can not saying NO be disobedience to God?
3. Setting boundaries will make people react, especially if you have always had unclear boundaries. List some things to say to acknowledge the feelings of others in your life, yet not bend your boundaries.
4. As we previously read, there is a difference between hurting and harming people. Will your new boundaries hurt anyone in your life? Explain.
5. Since you have started setting boundaries, have you felt more anger than before? Explain.
6. How is it a good thing when others set boundaries on you?
7. What do we owe those who have given to us?

8. How do you plan to decide which boundaries can be flexible?

