

"Boundaries" Book Study Course

Lesson #8

This lesson deals with setting self-boundaries, and having boundaries in your relationship with God.

(chapter 12) Boundaries and Self

1. What internal boundary problem(s) do you face? Overeating? Overspending? Time? Your tongue? Sexuality? Substance abuse? Something else? Ask God to show you areas where you are out of control.

2. What are the root causes of these boundary problems? If you don't know, ask God to reveal them to you.

3. Do you have healthy relationships with people who can help you? List some people who you can ask to help you through this.

4. Are your internal boundary problems a result of victimization? If so, remember- what happened to you was NOT your fault. But, what do you about it is your responsibility. Have you considered seeking counseling?

(chapter 13) Boundaries and God

1. Do you see how God respects our boundaries, either in your own life or in the Bible? List a few examples below.

2. Do you respect God's boundaries? How do you (or don't you) respect His boundaries?

3. God wants us to be in unity with Him, yet maintain our own identity. Does this describe your relationship with God? Explain.

