

Loving Boundaries

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Questions to consider, discuss or journal.

1. Have you considered the balance of being in service to others while prioritizing your own well-being? Have you experienced the burn out that can occur when boundaries aren't in place to protect yourself and your well-being? How did you recover?
2. What areas of your life could benefit from creating and maintaining loving boundaries? Is there a specific practical help you could offer? Do you find it easy to say no?
3. Can you identify the Four M's in areas of your own life: manipulating, managing, mothering, and martyrdom? Do you have a tendency to attempt to control those around you? Is there one M in particular that you have a weakness to?
4. Consider the examples of boulders and backpacks in Galatians. Thinking about the people in your life, what burdens or "boulders" could you help with? Have you made the mistake of carrying someone else's backpack?
5. Is there a burden in your life that you could ask for help with? Do you find it easy to ask for help?
6. Can you think of instances when Jesus helped people before being asked?
7. Scripture shares examples of Jesus asking God for help. What do you ask God to help with?
8. How does asking for help change your relationship? With God? Jesus? Your spiritual community?
9. Have you experienced the resentment that comes when boundaries aren't in place? How did you resolve it? What boundary plan could you put into place to avoid living in resentment?
10. How can your spiritual community normalize asking for help with the burdens in your life? How can your spiritual community help reinforce making and respecting boundaries to protect your own well-being?