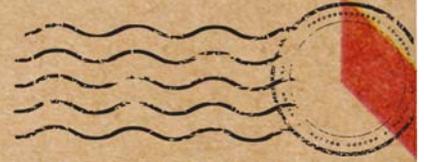


Wish you were **HERE**

May 14 & 15

Boundaries

Chip Uhrmacher, Family Ministry Pastor



Introduction

In the third sermon of our *Wish You Were Here* series, Pastor Chip discussed creating healthy relationships by setting healthy boundaries. Healthy boundaries define our responsibilities, who we are and who we are *not*. Without healthy boundaries, our relationships will suffer. Setting healthy boundaries starts with realizing our identity is in God, identifying what boundaries need to change and having the courage and perseverance to have the tough conversations necessary to change them.

Discussion

1. **Read Galatians 6:2-5.** What does “if anyone thinks he is something when his is nothing” mean? Yet, later in these verses, it says to “take pride in himself, without comparing himself to somebody else.” Discuss how this kind of attitude or perception of ourselves affects our relationships with each other and with God.
2. Which of the four personalities Pastor Chip explained do you struggle with most in your life: Compliant Connie, Nonresponsive Norman, Controlling Kathy or Avoidance Arthur? If you aren't sure, ask your small group or someone else close to you. Which of these personalities are the hardest for you to confront in an unhealthy relationship?
3. Of the four steps to healthy boundaries [identity, awareness, courage, perseverance], which do you struggle with the most? Why?

Think About It

We use relationships as a way to label who we are: parent, supervisor, basketball player, student, etc. But when these labels begin to define our worth, they become unhealthy and ultimately lead to poor life choices and brokenness. There is only one label, one relationship, that can fulfill all our needs and truly define our worth - follower of Jesus. Through Jesus, we are “loved with an everlasting love” [Jeremiah 31:3], a “love that surpasses knowledge” [Ephesians 3:19] and chosen to bear fruit for the kingdom [John 15:16].

Do Something

1. Identify one unhealthy relationship in your life. Pray for courage, grace and compassion. Then, set up a time to meet.
2. If you struggle with unhealthy boundaries, read *Boundaries* by Cloud & Townsend this summer. Or, check out this video, which features Henry Cloud teaching on the subject.

