



Week 3: That's Close Enough

GET GOING

What do you do when someone drains you dry? How do you love someone without letting them suck the life out of you? There are people who make deposits and those who make withdrawals—and we have limits. Let's talk having healthy boundaries.

DISCUSS

1. **Did your parents ever accuse you of “crossing the line” when you were growing up? What happened?**
2. **What boundaries have you built into your life? Are there certain places you won't go, things you won't eat or watch, etc.?**
3. **Without saying anything out loud, think about the most draining relationship in your life right now.** (Once everyone has someone in mind, move on to question 4.)
4. **Read Matthew 14:13-24. The passage starts with “When Jesus heard what had happened, he withdrew...” What had just happened?** (Answer: Jesus' cousin and friend was just beheaded.)
5. **What did Jesus do when He heard the news?** (Answer: Jesus withdrew by boat to a solitary place.)
6. **What did Jesus do after meeting with His Father?** (Answer: Jesus met the needs of others after caring for His own needs.)
7. **Reread verse 23. What did Jesus do next?** (Answer: Jesus went to meet with His Father again before going after the disciples to rescue them from the storm). **What do we learn from this pattern of Jesus to fill up and then pouring into others?**
8. **Boundaries are not a bad thing. What type of person are you? Are you the type of person that has a hard time saying no or are you the type of person that has a fence around your heart that keeps most people out?**
9. **Have you ever rescued someone from the consequences of their actions? Is that always a good idea? How do you know when to let them feel the pain their actions bring?**
10. **Boundaries can be physical, emotional, financial or time specific. What creative boundaries have you implemented in your relationships? What boundaries do you need to put in place?**

WRAP IT UP

If you can't breathe, you cannot help anyone else breathe too. Boundaries help you stay healthy. Just like God didn't give up on us, we can't give up on each other. The thing is, you *can* give unconditional love without giving unlimited access. What boundaries do you need to add to your relationships so that you can breathe and be a blessing?