

I. Take some time to invite the Holy Spirit in to guide your thoughts and feelings as you go through this Bible study. Ask the Lord to tell you how much He loves you. Ask Him to bring into memory times when you were absolutely sure you were experiencing His love. Just sit in this space for a few minutes as God reveals Himself to you.

II. Answer the following:

- In your own words, what are boundaries?

- A boundary shows us where the property begins, and therefore, ownership of the property. As boundaries relate to people, they show what is me and what is not me. Boundaries are a property line for where I end and someone else begins. We must own the feelings, thoughts, desires, longings, and needs inside of ourselves. (Source: “Boundaries” by Dr. Henry Cloud and Dr. John Townsend)

- When you look at the relationships God lays out (relationship with Him and relationship with others), why do you think boundaries might be important?

- Where in your life do you think you may have boundary conflicts?

III. What does God say about this?

- God created boundaries in the beginning when He set the limits of where the seas end and land begins. Everything God created was put together with boundaries to govern it, keep it safe, and give order.

God also created you. He created you for relationship with Him and relationship with others.

- **Read Ezekiel 18:20, Romans 14:12, 2 Corinthians 5:10, and Genesis 4:7.** Consider what it means to take personal responsibility and bear your own load by answering the following questions:

Who is responsible for the consequences of your actions?

Who are you responsible and accountable to?

What does it mean to bear your own burdens?

How does this relate to reaping what you sow (refer to Galatians 6:7)?

- **Read Galatians 6:2-5, 1 Peter 1:15-16, 1 Timothy 5:8, and Philippians 2:3-4.** Consider what the Bible says about bearing one another's burdens by answering the following:

What does it mean to count others as more significant than yourself?

How can you bear the burdens of others without crossing over to what is their responsibility?

IV. After looking at God's Word, answer the following:

- How do you balance selfless giving and responsible boundaries? What does this practically look like for you in your everyday relationships and circumstances?

- When do boundary conflicts happen?

- What do boundary conflicts have to do with control?



V. Recite, and try to understand the depths of the following prayer:

Serenity Prayer by Reinhold Niebuhr:

*God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

Living one day at a time, enjoying one moment at a time;

accepting hardship as a pathway to peace;

taking, as Jesus did, this sinful world as it is, not as I would have it;

trusting that You will make all things right if I surrender to Your will;

so that I may be reasonably happy in this life

and supremely happy with You forever in the next.

Amen.