

Keeping Your Cool - Your Best Yes - God's Plan for Healthy Boundaries -

Key verse: Galatians 6:2-5 - "Carry each other's burdens; carry your own load".

We have the healthiest life and relationships when we:

1. **Understand** God has boundaries. John 1:5 - "God is light; in Him there is no darkness." *1 John 1:5-7; Psalm 45:7*

2. **Establish** healthy boundaries in my life. Galatians 6:2-5 - "I am responsible to others and for myself." *Galatians 6:2-5*

3. **Prioritize** God's boundaries above all. Mark 12:29-31 - "Love God, love People." *Mark 12:29-31; 1 John 4:16b-21*

3 of God's boundary priorities for us:

• **Savior-Yes to Savior/ No to Sin.** Titus 2:11-14 - "Grace teaches me to say no to sin." *Titus 2:11-14; Romans 6:1-4*

• **Eternity- Yes to Eternity/ No to World.** 2 Peter 3:13-14 - "Looking forward to heaven motivates me to live rightly." *2 Peter 3:13-14; 1 John 2:15-17; Hebrews 12:1-3; Philippians 3:20-2*

• **Sacrifice- Yes to Sacrifice/ No to Self.** 1 John 3:16 - "Jesus gave up His life for me, so I'll give up my life for others." *Matthew 16:24-27; 1 John 3:16-18*

Next Week's Reading Guide:

Ephesians 5:15-17
Ecclesiastes 3:1-8
James 4:13-16
Proverbs 6:6-11
Psalm 39:4-5
Exodus 18:13-27
Romans 12:1-2

Discussion Questions:

1. Share about God's boundaries. Share about why God's boundary for darkness is important to us. Discuss Jesus being the gate.
2. Describe a relationship or situation in your life where you've put a boundary in place. Has it eventually brought about healthier relationship? Discuss with group.
3. Discuss each of God's 3 boundary priorities for us. How are you doing in each?
4. Can you think of other boundaries God commands us to have? What are they?