



LESSON 6 // HONOR BOUNDARIES

Big Idea: To be a good friend, have good friends and develop healthy relationships, you need to know how to set boundaries properly and to honor the boundaries of others. It's important to set boundaries on your relationship behaviors and personal emotions, how you define your personal worth, what you say and the opinions and "advice" you share.

Luke 6:31 (TLB) *Treat others as you want them to treat you.*

James 3:2 (TPT) *We all fail in many areas, but especially with our words. Yet if we're able to bridle the words we say we are powerful enough to control ourselves in every way, and that means our character is mature and fully developed.*

Start Talking:

Why is it so valuable to set good boundaries if you want to develop healthy relationships? What can happen if you don't set and maintain these boundaries?

Start Thinking:

Read Luke 6:31. How can healthy relationship boundaries help you "treat others as you want them to treat you"?

Read Ephesians 4:26, 27. What are some practical ways you can process your anger so it doesn't lead you into sin in your relationships?

Read Proverbs 4:23 and Matthew 7:1-5. How can you guard your heart against prejudice and judgment toward others? What difference should this make in how you treat them?

Read James 1:19, 20; 3:2, 6. What do you learn from these verses about your responsibility to set and maintain boundaries on your words? What happens in your relationships if you fail to do this?

Start Praying:

Pray that God will give you the wisdom, grace and self-control to set and maintain healthy boundaries in your relationships.

Start Doing:

Write down at least one healthy boundary you need to establish (or reinforce) and practice using it this week as you interact with others. Try this with other boundaries as you make them a consistent part of your relationships.