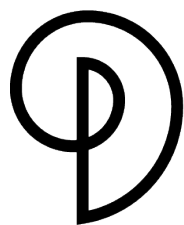


# SMALL GROUP STUDY GUIDE



PRINCE  
OF PEACE  
Called to Connect



## Healthy Boundaries

*May 13 & 14, 2023*

Many of us are driven by a desire to please others. We fear disappointing people and so we do more than we should or stay in relationships that aren't healthy for us. Learning to build and maintain healthy boundaries is a faithful practice that can restore our sanity.

### SCRIPTURE TEXT: MARK 1:35-39

Read the scripture text together as a group.

### BACKGROUND INFO

Jesus had some things to say about boundaries. But even more than just talking about boundaries, Jesus modeled them for his followers. In our "Just Breathe" series, we want to pay attention to what Jesus did to maintain a healthy life on every level. This isn't just pop psychology. This is deeply healthy and important work we do as Christ's followers. The wisdom of this week's Scripture is helping us learn how to create some breathing room in our lives.

### DISCUSSION QUESTIONS

- On a scale of 1-10, how much of a "people pleaser" are you? Give an example that illustrates your answer.
- What "healthy-boundary words of wisdom" were you taught as a child? (For example, "don't touch a hot stove" or "get enough sleep.") Which ones are you still struggling to learn as an adult?
- Share an example of an emotional, psychological, physical, material, or time boundary you have set in your personal life. How has it helped keep you healthy and/or safe.
- **Jesus' boundaries included taking time for himself.** Re-read Mark 1:35. What are some ways you take time for yourself? How do these practices help you recharge and replenish? What are you able to do better after you've taken time for yourself?
- **Jesus' boundaries helped him know the difference between what others believed to be urgent and what he knew to be necessary.** Re-read Mark 1:37-38. What are some values that you consider when determining what you are willing to do and what you cannot do? What do you "know to be necessary" in your life?

**CHALLENGE:** This week, spend some still and quiet time dwelling in Mark 1:35-39. Then, set some healthy boundaries that will help you create some breathing room in your life to attend to the things you know to be necessary for your health and well-being.