

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's basic outline.

Weekly Discussion Theme: Boundaries

- **Leader shares:** Setting boundaries is essential for maintaining healthy relationships and self-respect. It directly connects to self-advocacy, allowing us to communicate our needs and protect our well-being. By seeking God's guidance and wisdom, we can discern when we are allowing others to take advantage of or manipulate us. This enables us to recognize and take action in improving the boundaries we set for ourselves. This applies to all relationships—friends, children, extended family, spouses, co-workers, or employers. In addition, without clear boundaries, we may unintentionally enable negative behaviors, which over time can erode our self-esteem and confidence. Establishing boundaries, with God's strength, ensures we honor our worth and maintain our mental and emotional health.
- **Group shares:** How has setting boundaries, or the lack thereof, impacted your relationships and your sense of self-esteem and confidence?
- **Acknowledge:** THANK YOU for sharing!

Verse: James 1:5 (NIV) "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

- **Leader Interpretation:** This verse encourages us to seek wisdom from God without hesitation. We can apply this wisdom to establish boundaries that support our well-being and joy. When we ask God for guidance in setting these boundaries, we ensure they align with His will for our lives. As a result, not only do we experience personal growth and happiness, but those around us benefit from our increased peace and stability.
- **Group shares:** Can you share a specific instance where you felt prompted to seek God's guidance, as mentioned in James 1:5 (NIV), regarding boundaries in your relationships or personal life, and what was the outcome of applying that wisdom?
- **Acknowledge:** THANK YOU for sharing!

10 Steps to Daily Boundary Setting:

- Reflect on values: Start your day by considering what's important to you.
- Identify challenges: Anticipate situations where boundary-setting may be difficult.
- Set intentions: Decide on clear boundaries for the day.
- Communicate clearly: Assertively share your boundaries when necessary.
- Stay self-aware: Regularly check in with yourself.
- Be consistent: Enforce your boundaries consistently.
- Practice saying no: Don't hesitate to decline when needed.
- Seek support: Surround yourself with supportive people.
- Reflect and learn: Review your boundary-setting each day.
- Practice self-compassion: Be kind to yourself as you navigate boundaries.

Group shares: How do you plan to incorporate the "Daily Boundary Setting" steps into your routine, and what challenges do you anticipate in implementing them?

Acknowledge: THANK YOU for sharing!

Leader Sharing: Boundaries are crucial for guiding healthy decision-making, nurturing self-love, and preventing the enabling of others, which can hinder their personal growth. Taking the time to acknowledge and discuss the significance of boundaries, along with sharing strategies for prioritizing boundary-setting in our lives, is essential for taking action. By establishing clear boundaries, we assert our needs and values, safeguarding our well-being and preserving our sense of self-worth. Moreover, setting boundaries enables us to maintain healthy relationships based on mutual respect and understanding. It empowers us to prioritize our needs without guilt and support others in ways that encourage their independence and growth.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

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