

BETWEEN FRIENDS

SMALL TALK ABOUT THE BIG THINGS

PART 3: BOUNDARIES

We've probably all had relationships in our lives that helped us to realize our need for boundaries. For some people, establishing boundaries seems to come naturally. For others, it seems like it might cause an ulcer. So what are some practical ways to develop healthy boundaries in our lives?

CONNECT

Take a few minutes to discuss the following questions as a group:

1. Who do you know that seems to model healthy boundaries?
2. Do you find it challenging to establish boundaries or does it come naturally to you?

LEARN

Watch the video for Part 3: Boundaries.

APPLY

Discuss the following questions as a group:

1. Joi mentioned that the boundary of muting some social media accounts has been freeing for her. Have you ever tried this and has it been helpful to you?
2. The women in the video also talked about having boundaries around conversation, specifically gossip. What was your takeaway from that part of the conversation?
3. If you feel comfortable, share some of your own personal boundaries with the group. How have these boundaries been helpful to you?
4. Have you ever had an experience when you realized your boundaries were too rigid? How did you respond to that realization?
5. Andy Stanley says that "*Kindness is loaning someone your strength instead of reminding them of their weakness.*" Can you think of a time when someone else has done that for you? Share your story with the group.



BETWEEN FRIENDS

SMALL TALK ABOUT THE BIG THINGS

PRAY

Take a few minutes to allow group members to share any prayer requests and end your time together praying for each other and the friendships in your lives.

BEFORE NEXT TIME

Take some time this week to think through takeaways from this study and your group conversations. What would it look like for you to move closer to the very best version of you?

