



Sermon Discussion Guide
Week of 05/06/2018

➤ ***Icebreaker***

What kind of yard did you have growing up?

➤ ***Announcements***

Please continue to pray for our facility expansion project.

➤ ***Prayer Time***

➤ ***Discussion Questions***

How would you respond if someone built a shed half way on your property, a neighbors dog constantly pooped on your lawn or a fence was installed partially in your yard? What does this say about the importance of boundaries- why are they important?

Why are emotional, relational, spiritual etc boundaries harder to enforce? Why is it sometimes hard to say No to people when they violate a conversational or behavioral boundary- when they say something rude or treat us poorly? Why do we sometimes violate our own values by letting bad

attitudes, hurtful words and actions in our yard... come out of us?

The Bible talks about the importance of boundary setting. Read Exodus 18:14-23. What boundary did Moses need to set? How does a healthy “no” lead to a healthy, productive and joy filled “yes”?

Read Luke 5:12-16. What does this tell us about Jesus saying “yes.” What does this tell us about Jesus saying “no.” What would have happened to Jesus if He did not set boundaries? What can happen to us?

Why do we feel guilty sometimes for saying “no?” Why do some people seem to want to say no to everything? What is the role of our No’s? How does this help us get to the best possible Yes? How does boundary setting give us power?

Have you ever seen someone- maybe even yourself- get really worked up in such a way that later they felt like they may have overreacted? Why does this happen? How can unresolved things from our past make us more emotional and cause our anger to go into the stratosphere? How do the stories we tell in our minds either make the situation easier or harder to address... Victim story... Villain story... No other choice story... I must win story...?

What do the following verses say about the things we should say yes too and things we should say no too? Romans 12:1-2; James 2:8-13; Ephesians 4:17-24. How does getting a handle on our explosive anger and understanding how our past affects us help us do these things well?

> ***Conversational Prayer: Dear God help me...***