

# Total Package: Healthy Boundaries

## Sunday

**Galatians 1:10**

List all of the activities that you have spent time on saying or doing in the last week. Who's approval were you seeking?

## Monday

**1 Corinthians 10:23**

List all of the activities that you have spent time on in the last 7 days. For example, golf, exercise, friends, social media, or TV. Now list the things that are most important in your life. For example, your marriage, parenting, relationships, hobbies, exercise. Did you list anything that is not beneficial to your life?

## Tuesday

**Luke 5:15-16**

You can't give from an empty cup. What if we filled our cup over the brim so that it overflowed to others. When we fill ourselves by spending time in the word and with the Lord, it just overflows. Jesus set this example for us when he would pull away from the crowds, to fill his own cup by spending time with the Father. What actions can you take to ensure your cup is overflowing? Are there boundaries you need to set up to have time for God? Are your appointments good or Godly?

## Wednesday

**Psalms 86:11**

Do you have a difficult time saying no when that is what would be best for you at this time or stage of life? Why do you think that is? Boundaries are set to protect us, our mind, our heart, and those whom we come into contact with. Pray and meditate using what God is speaking to you in Psalms 86:11.

## Thursday

**Proverbs 22:24-25**

Have you ever gotten close to a situation or person that ended up influencing your own judgment in a negative way? What boundary did you put in place? Or what boundary should you put in place? What wisdom could you give someone who keeps getting negatively influenced due to lack of boundary setting?

## Friday

**Proverbs 27:17**

Name positive influences in your life? Why are you thankful for their influence in your life? Where would you be without their influence? How are you creating space to be someone else's positive influence so the next generation can be impacted the way you were?

## Saturday

**Philippians 4:6**

What are the things you worry about the most? Why is that? What boundaries could you consider to make sure you are living Philippians 4:6, not perfectly... but as best as you can? Read Ephesians 4:26-27. When do you lose your temper the most? What boundaries could you consider with your anger?