

# Life Steps

## Six Feet Apart: Boundaries | April 17 & 18, 2021

### Day 1

**Proverbs 4:23; 25:28 | Galatians 6:2, 5**

**Reflect:** What was your key takeaway from our boundaries conversation? Define what relational boundaries are and how having them helps produce a healthier person and community. What is at least one relational boundary in your life you need to work on and why?

**Prayer:** Lord God, help me to live within the boundaries you established in your Word, in Jesus' name, amen.

### Day 2

**Matthew 6:9-13 (replace "debts" with "trespasses")**

**Reflect:** What does it look like to trespass upon another person? Why would we need forgiveness for this? Why would Jesus link forgiveness of our trespasses with how we forgive others who do the same to us?

**Prayer:** Forgive me God for trespassing the boundaries of my family and friends, even as I forgive those who have trespassed my own, in Jesus' name, amen.

### Day 3

**Joshua 24:15**

**Reflect:** What is the choice Joshua and his family are making? How does the way Joshua communicates his choice to the Israelites show us an example of drawing a healthy boundary for ourselves and others?

**Prayer:** Lord God, teach and empower me to establish healthy relational boundaries and allow others to do the same, in Jesus' name, amen.

### Day 4

**Galatians 6:7-9**

**Reflect:** What does Paul say regarding sowing and reaping and how does it relate to our healthy boundary setting? If you were to eliminate the phrase "You need...." from your interactions with others, what would be different in your life? Example "You need to work harder."

**Prayer:** Merciful God, forgive me for blaming others for the outcomes of my life and help me to take responsibility for my own choices and responses, in Jesus' name, amen.

### Day 5

**Galatians 5:1, 13-15**

**Reflect:** What is the relationship between freedom, self-control and having healthy boundaries? How will you apply these concepts to the relational boundary you identified on day 1 of this week?

**Prayer:** Loving God, help me to honor and respect the boundaries of others, in Jesus' name, amen.

### Day 6

**James 1:19-20 | Proverbs 25:28**

**Reflect:** What is the result of anger when it is an expression of a lack of self-control? How are anger and boundaries related? What is your personal application?

**Prayer:** Lord God, help me be like you, slow to anger, abounding in steadfast love and quick to forgive, in Jesus' name, amen.

### Day 7

**Romans 5:6-11**

**Reflect:** Share with God how you have "trespassed" boundaries of those around you. Have a conversation with God, honestly considering how you may have hurt someone you love. Then read Romans 8:38-39, reflecting on the Good News of God's love for those you hurt and for yourself.

**Prayer:** Write out your prayer to God and read out loud.