

Battlefield 16 - Leader's Guide

- 1. What is a boundary? (A line, a limit, like a fence or a hedge. A boundary shows what belong to me and what doesn't, what I need to take care of and what I don't.)**
- 2. Why does God want us to have boundaries? (Boundaries protect us from being used, manipulated, or abused. They create healthier relationships.)**
- 3. What are some ways we can set verbal boundaries? (We can say NO! I disagree! I won't. Stop it!)**
- 4. How can we set physical boundaries? (We can remove ourselves from people or situations that are unsafe or unhealthy. We can decide not to go to the party.)**
- 5. Taking too much responsibility for others is unhealthy. When should we refuse to help others? (If others are lazy, irresponsible, or using us, we can say NO.)**
- 6. How did Jesus set boundaries? (Jesus dismissed the crowd that wanted to force him to be king. He did not agree. When people wanted to kill him by throwing him off a cliff and by stoning him, he didn't let himself be abused. He was not a victim. He escaped!)**
- 7. If we've never set boundaries, how can we start? (We can practice with baby NO's.)**
- 8. What help might be available if we are trying to set boundaries? (We might need help from a counselor, a support group, or a social worker.)**
- 9. How might people respond if they don't like your boundaries? (They may try to manipulate you to get you back under their control or "invade" your boundaries.)**
- 10. What should you do if people don't accept your boundaries? (You should gently confront them. "I said NO, and you are not respecting me.")**
- 11. What if you don't like the boundaries that others set for you? (You need to treat others the way you want to be treated. You want them to respect you, so you need to respect them!)**

