



# HIGH NOON

## When to Say Yes, How to Say No

#nphighnoon

Week 3

3 of 5

May 12, 2019

**Bottom Line:** Healthy boundaries enable healthy relationships.

**Icebreaker:** What's the best thing that happened to you this week? What's the best thing you did for someone else this week?

**Key Verse:** *Above everything else, guard your heart. Everything you do comes from it.* Proverbs 4:23

Without healthy personal boundaries, healthy relationships are impossible. Boundaries provide a necessary and very important distinction between yourself and other people. Boundaries are your own responsibility. You have much authority and responsibility over your life.

A boundary is like a yard surrounded by a fence with a gate. You are the one who controls the gate. You decide who to let in and how far. When you first begin to establish and enforce boundaries, conflict and discomfort are likely. But boundaries are not selfish; boundaries raise the health of everyone. If you want to lead a healthy life, you will have to set some boundaries and respect the boundaries of others. It's something God wants for you.

Developing good, healthy boundaries gives you a greater capacity to realize and reach your full potential in life. When we fail to establish and maintain healthy boundaries in our relationships, discomfort, resentment, and bitterness grow.

While good relationships do make sacrifices, it is okay to say NO in healthy relationships. Love respects freedom, thrives in freedom, and requires freedom. James says, "All you need to say is a simple 'yes' or 'no' (James 5:12). Everyone won't always be happy. But we are called to please God first and foremost. That means that you will have to be able to discern when it is time to move on. It may mean that sometimes you will have to move on from a person so you can hear with clarity from God what He wants to do in and through you.

God calls us to courageously make our own decisions and experience our own consequences and allow others to do the same with the Holy Spirit guiding us. Boundaries make it possible.

### THINK IT OVER >>>

What impacted you most from the message?

"You can have the power to love people without becoming a slave to their opinions and behaviors." Reflect and respond.

"God's Word is the boundary for our lives." How so?

"Boundaries are described as guidelines, rules, or limits that determine the safe and permissible ways for other people to behave around you or treat you." Do you struggle with this concept? Why or why not?

"Women are generally raised to put others' needs and feelings first." If you are in a mixed gender small group, it would be great to hear responses from both.

"You cannot control others, but you can be clear about your own values and the behavior you want to be associated with. In some cases, you may need to set up consequences for ignoring boundaries." Thoughts?

### LOOK IT OVER >>>

"Two key emotions can cue us in to boundary violations: discomfort and resentment. Both are relationship killers." How have you experienced this?

Inability to set boundaries is often rooted in low self-esteem. We must agree with God about our value. Jesus said, "Don't be afraid; you are worth more than many sparrows" (Luke 12).

"Wounds from a friend can be trusted, but an enemy multiplies kisses" (Proverbs 27:6). How does this apply to your issues with boundaries personally?

"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ" (Galatians 1:10). Pleasing people, being pleasant, sounds good. How and when does it cross over into becoming a liability?

Think honestly. Does your name make someone's "Need to set a boundary list"? If so, what will you do?

## NEXT STEPS

This week consider taking some next steps together as a group:

- 1) If you realize you have crossed a boundary in someone else's life, go to the person and do the steps from last week.
- 2) If your boundaries are personally too low or nonexistent, you are already well on the path to discomfort, resentment, and eventually a broken relationship. Pray, prepare, and go have the conversation with them.

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Healthy boundaries enable healthy relationships.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: 1 Peter 5:5

Tuesday: Proverbs 15:1-2

Wednesday: Titus 3:10-11

Thursday: Matthew 5:37

Friday: Psalm 37:3

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***  
*(Don't forget to bring this paper to your next small group meeting)*