

LIFE SKILL OF THE WEEK: RELATIONSHIPS & BOUNDARIES

Written by Joe Keim and taught in a group setting

1. Opening Thought

- Healthy relationships require **clear boundaries**.
- Boundaries help protect your heart, your time, and your walk with God.

Explain: *“Boundaries are not walls to keep people out. They are lines that keep you safe.”*

Learning boundaries helps you love others without losing yourself.

2. Scripture (KJV)

Proverbs 4:23 – *“Keep thy heart with all diligence; for out of it are the issues of life.”*

Explain: God tells us to guard our hearts carefully. Boundaries help us do that.

1 Corinthians 15:33 – *“Be not deceived: evil communications corrupt good manners.”*

Explain: The people we spend time with influence us more than we realize.

Matthew 5:37 – *“But let your communication be, Yea, yea; Nay, nay...”*

Explain: Clear words and clear boundaries prevent confusion and harm.

3. Discussion Questions

Easy questions for the girls to answer out loud:

1. What makes relationships difficult sometimes?
 2. Why is it hard to say no to people?
 3. What happens when boundaries are missing?
 4. How can healthy boundaries improve relationships?
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4. Practical Examples

1. **Time boundaries:** Not saying yes to everything.
2. **Emotional boundaries:** Not carrying everyone else’s problems.
3. **Physical boundaries:** Respecting personal space and purity.
4. **Friendships:** Choosing friends who build you up.

5. **Family:** Loving people while still setting limits.

Explain: boundaries are about wisdom, not rejection.

5. Challenge for This Week

Ask each person to choose **one boundary** she needs to strengthen this week.

Have them finish this sentence on paper:

“This week I will set a healthy boundary by _____.”

Examples:

1. “I will set a boundary by saying no when needed.”
2. “I will set a boundary by limiting time with unhealthy people.”
3. “I will set a boundary by guarding my words and emotions.”
4. “I will set a boundary by protecting my time with God.”
5. “I will set a boundary by avoiding situations that pull me down.”

Explain: it must be something they can clearly check next week.

6. Closing Thought

Remind them: *“You can love people and still protect your heart. Healthy boundaries lead to healthy relationships.”*