

## How to have a perfect Healthy family?

**Myth:** Perfect families do it all.

**Truth:** Healthy families have boundaries.

1. What Is your favorite memory of your mother?
2. Please describe some of the positive characteristics of your mother.
3. "The Son (Jesus) is the image of the invisible God. For in him all things were created: things in heaven and on earth, visible and invisible...all things have been created through him and for him. He is before all things, and **in him all things hold together.**" **Colossians 1:15-17**

**Question:** How does It feel to know that It's not your job but Jesus's job to hold It all together?

**Question:** What do you do when you find yourself carrying burdens you are not supposed to carry?

### 4. **Mark 1:32-39**

32 That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: "Everyone is looking for you!"

38 Jesus replied, "Let us go somewhere else — to the nearby villages — so I can preach there also. That is why I have come." 39 So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

**Question:** What were some of the boundaries that Jesus set for himself?

**Question:** How good are you at setting and keeping boundaries?

Discuss the following **4 lessons we can learn from Jesus to set up healthy boundaries:**

**#1 We need to look to please God more than people.**

- a. "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
- b. Someone once said, "I don't know the secret to success but the key to failure is to try and please everyone."

**#2 You are responsible for your own boundaries.**

- a. Hard truth:
  - i. Whatever boundaries issues we currently have may be because we either allowed it or caused it.
- b. Law of Power
  - ii. Dr. Henry Cloud
  - iii. Before boundaries
    1. "Stop yelling at me. You must be nicer."
  - iv. After boundaries
    1. "You can continue to yell if you want to. But I will choose not to be in your presence when you act that way."

**#3 You can do anything, but you can't do everything.**

- a. "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive." **1 Corinthians 10:23**"
- b. Discuss the following statement...Everything good for you to do is not necessarily a good thing for me to do.

#### **#4 Saying no is not a sin.**

**Question:** Do you have a hard time saying no to people? If you do what do you think you could do to help you say no and not feel guilty?

This week memorize possibly the best boundary prayer ever... God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.