

PART 4: Establish Healthy Boundaries DATE: 01-29-2023

START

You have probably heard the phrase forgive and forget. You might have even used it yourself. It sounds like something you have read in the Bible, but it's not found in the Bible. So why do we allow it to shape how we set boundaries in our lives?

- Where have you heard or used the phrase “forgive & forget”?
- How has this phrase shaped the way you set boundaries in your life?
- What does it look like to walk with people while forgiving and not forgetting?

READ

[1 Peter 3:8-9](#) (NIV)

“Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”

THINK

Chris mentioned four boundaries that we can work on in our lives. These boundaries are trust, conflict, communication, and viewpoints. How we approach and set these boundaries will determine how we best walk with people.

- How can we continue to build trust with others?
- What does it look like to turn conflict into conversation?
- What steps do you need to take to communicate more clearly?
- How can you approach different viewpoints to seek understanding?

The apostle Peter gives us some challenging words when he instructs us to be like-minded, sympathetic, loving, compassionate, humble towards one another. By keeping these qualities at the front of our minds in regard to our relationships it allows us to walk with people.

- Out of the five qualities that Peter mentions, which do you need to cultivate in your life?
- How can you continually remind yourself of these qualities?
- How can we support one another as we walk with people?

PRAY

“God, help me to walk with people in healthy ways. Help me to approach relationships with like-mindedness, sympathy, love, compassion, and humility.”

ACT

This week, evaluate the boundaries in your life, or lack of boundaries in your life, and determine where you need to adjust boundaries to better walk with people.

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