

Women & More
A 'call' and 'walk' Experience

Setting Boundaries

Worksheet 23: **April 16, 2015**—attitude

Saying 'no' by prioritizing: first things first! Set boundaries; recognize the boundaries God has set for you, to keep you focused, being careful not to make boundaries into barriers!

"A good night makes a good morning.

When the eyes have closed with pure and peaceful thoughts,
they are refreshed with the sleep which God giveth to his beloved,
and they open with cheerful confidence and grateful pleasure."

Henry van Dyke

"In the holy hush of the early dawn I hear a Voice
—I am with you all the day, Rejoice! Rejoice!"

George MacDonald

Prepare by Soaking in Scripture:

Isaiah 48:10-11

Psalm 16:6-7

Psalm 65:8

Psalm 74:16-17

♥**Philippians 4:8-9** "*Finally, brothers, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things. ♪Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*"

Scripture to Memorize:

1 Corinthians 7:17 "*Nevertheless, each one should **retain the place in life that the Lord assigned to him and to which the Lord has called him.***"

NOTES on Speaking Session:**Questions for Mentor-group Discussion:**

1. **Psalm 17:3c** says, “*I have resolved* (fixed a limit) *that my mouth will not sin.*” Someone has said that if you want to know what you’re full of, see what spills out when you’re squeezed. We must set **boundaries** ahead of time in areas like our speech, our *attitudes* (thinking), our actions, and our choices. Definitions of boundary and barrier are given below. There is a difference; what is it?

- Boundary = something that marks or **fixes a limit** (as of a territory).
- Barrier = something that **separates**, demarcates, or serves as a barricade.

2. In one of his crusade sermons, Billy Graham said that there are three things that we cannot do without. Look up each verse on the left and write the answers on the right.

Hebrews 9:22—we cannot do without: _____ shedding _____

Hebrews 11:6—we cannot do without: _____

John 15:5—we cannot do without: _____

3. **Proverbs 22:28** says, “*Do not move an ancient boundary stone set up by your forefathers.*” What does that mean for us today? Fill in the blanks for the two statements below.

- Do not ignore or tamper with the Divine _____ of _____!
- Do not disregard or obliterate the _____ of the United States!

Yes, *time marches on*—but more importantly it is fast running out!

Recommended Reading:

Forgiveness, Robert Jeffress

The Upward Path, Henry van Dyke

Discipleship (Followship) Ministry
Attitude—Spring 2015—jmoore