

GOOD BOUNDARIES AND GOODBYES

LOVING OTHERS WITHOUT LOSING
THE BEST OF WHO YOU ARE

STUDY GUIDE + STREAMING VIDEO
SIX SESSIONS

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Good Boundaries and Goodbyes Study Guide

© 2022 by Lysa TerKeurst

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Letter from Lysa

Hello, Friend!

As we begin this journey together, learning about good boundaries and goodbyes, I want you to know that I recognize none of this is easy. But it is good. Good for our relationships. And good for our own personal health. You see, when we have good boundaries, we're better able to fulfill the two greatest commandments in the Bible: to love God and love others.

That's our whole aim with this study guide, to grow in our capacity to love more fully and more deeply.

Because some of the topics we'll be discussing within these pages are so very tender, I truly wish we could sit across a table and open our Bibles together. I understand the devastating heartbreak that happens when good boundaries have been broken. So, it is with utmost prayer that I offer you this study.

We're going to see that boundaries have been God's idea all along. He designed us and therefore, He knows what we need to thrive as we pursue healthy relational dynamics. God's design is for us to live in community with others without losing the best of who we are. Love is what should draw us together, not tear us apart.

What you hold in your hands is the culmination of years' worth of my own study and the wise counsel from experts. Everything I have learned has been tried and tested through the crucible of real-life experiences and extensive theological study. In my own personal life, I have seen how better understanding biblical boundaries can transform some of the most

challenging relationships and give me more confidence and reassurance that I'm walking in truth.

Knowing that God has already given us His truth and He's modeled boundaries since the very beginning of creation, helps us as we desire to make good relationships stronger and navigate unhealthy relationships with more clarity. We don't have to figure all of this out on our own. And we want to stay spiritually and emotionally healthy through it all.

This is my heart's desire for all of us... you, me, and those we want to love really well.

So, let's open up God's Word, and together let's marvel at what an intentionally good God we serve who has every answer for our deepest longings.

A handwritten signature in black ink, appearing to be 'Lynne', with a decorative flourish at the end.

How to Use This Study Guide

GROUP SIZE

The *Good Boundaries and Goodbyes* video study is designed to be experienced in a group setting where meaningful discussions can take place. This could be a Bible study or a Sunday school class or any small group gathering. To facilitate greater participation, larger groups can split up into smaller circles of four to six people after the teaching video is viewed. If you do move into smaller groups, be sure to select one person in each group to act as the facilitator during the discussion time.

MATERIALS NEEDED

To gain the most from this study, each participant should have her own copy of this study guide, as well as her own copy of the book *Good Boundaries and Goodbyes*. This study guide contains notes from the video teachings, discussion questions, and personal study days that will deepen the learning between group sessions. Additionally, the leader will need to have the videos either on DVD or by digital stream/download. Streaming video access is included with the study guide.

WEEKLY SCHEDULE

At the beginning of each week, this study guide provides information on which chapters of the book should be read prior to the next group meeting. Each personal day of study will lead you deeper into the biblical content of the book. Please note: It is recommended that

participants read the introduction and chapters 1–2 before the first group session. Below is a sample of the schedule you will find at the beginning of every new week.

BEFORE GROUP MEETING	Read Chapters _____ in <i>Good Boundaries and Goodbyes</i> book.
DURING GROUP MEETING	Watch teaching video for Session _____ . Group discussion will follow on pages _____ .
PERSONAL STUDY DAY 1	Pages _____ .
PERSONAL STUDY DAY 2	Pages _____ .
PERSONAL STUDY DAY 3	Pages _____ .
PERSONAL STUDY DAYS 4 & 5	Read Chapters _____ in <i>Good Boundaries and Goodbyes</i> book. Complete any unfinished Personal Study activities.

TIMING

Time notations have been given for each heading of the group meeting sections of the study. These indicate the *actual* time of the video segments and the *suggested* times for discussion.

Noting these times will help you as you plan your sessions according to your individual meetings. For instance, if your group meets for two hours, you will likely have enough time to cover most of the questions, and you are welcome to use any extra time to discuss some of the previous week’s homework together. Or, if your group meets for 90 minutes, you may need to select which questions you feel will draw your participants into the fullness of the group discussion. Our main goal isn’t to “cover” every single question, but to have deeply beneficial discussion times. In our experience, we’ve learned that some of the most profound moments in a Bible study occur when participants share their own experiential wisdom with one another.

Your group may opt to devote two meetings rather than one to each session. This option allows conversations to more fully explore the content in both the study guide and the book. Where the first meeting could be devoted to watching the teaching video and responding to the group questions, the second meeting could be devoted to exploring the insights gained from the personal study days.

FACILITATION

Having a facilitator for each group helps in numerous ways. A facilitator is responsible for starting the video teachings. Plus, a facilitator can also read the questions aloud, encourage participation, and help keep track of time. A brief leader's guide for each session can be found in the back of this study guide.

Schedule


WEEK 1

BEFORE FIRST GROUP GATHERING	Read the introduction and chapters 1–2 in <i>Good Boundaries and Goodbyes</i> book.
FIRST GROUP GATHERING	Watch Video Session 1 Group Discussion Pages 12–21
PERSONAL STUDY DAY 1	Pages 22–27
PERSONAL STUDY DAY 2	Pages 27–33
PERSONAL STUDY DAY 3	Pages 34–40
PERSONAL STUDY DAYS 4 & 5	Read Chapters 3–4 in <i>Good Boundaries and Goodbyes</i> book and complete any unfinished personal study activities.



WEEK 1

Boundaries Aren't Just a Good Idea, They're a God Idea



THIS
WEEK'S
TRUTH
TO HOLD
ONTO:

“Boundaries
aren’t just a good
idea, they are
a God idea.”

WELCOME!

(Suggested Time: 2–5 Minutes)

Welcome to session 1 of *Good Boundaries and Goodbyes*. If this is your first time gathering as a group, take a moment to introduce yourselves to one another before watching the teaching video. Then let’s dive in!

OPENING REFLECTION:

(Suggested time: 10–15 minutes)

Leader Note: Before starting the video, have a few people share their responses to this question:

What are you most looking forward to as you begin this study?

VIDEO:

(Running time: 22:00 minutes)

Leader Note: Play the teaching video for the Introduction and Session 1.

VIDEO NOTES:

As you watch the video, use the outline below to help you follow along with the teaching and to take additional notes on anything that stands out to you.

God established the entire universe using boundaries to separate light from darkness, the sea from dry land, and the earth from the heavens.

The purpose of this study on boundaries isn't so that we can shove love away. Quite the opposite. This is so we can know what to do when we very much want to love those all around us really well without losing ourselves in the process.

God's ultimate assignment is for us to love Him and love others.



John 13:34–35

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Love must be honest. Love must be safe. Love must seek each person's highest good. And ultimately love must honor God.

Good boundaries and goodbyes should bring relief to the grief of letting other people's opinions, issues, misplaced desires, and unhealthy agendas run our life.

Trust is the oxygen of all human relationships.

When we allow someone else access to us emotionally, physically, financially, mentally, spiritually, etc. . . . we need to require them to be responsible with that access. If I give someone level 10 access but they are only willing or capable of level 3 responsibility . . . relational tension will exist. Trust will erode. And frustration will be ever increasing.

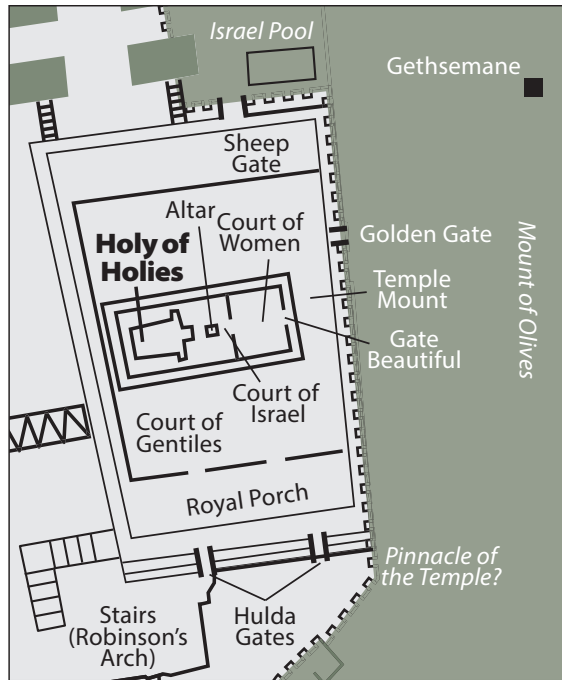
People who are irresponsible with our hearts should not be granted great access to our hearts.

Three words that can help us better understand the tension that exists in so many of our important relationships are:

● Access

● Responsibility

● Consequences

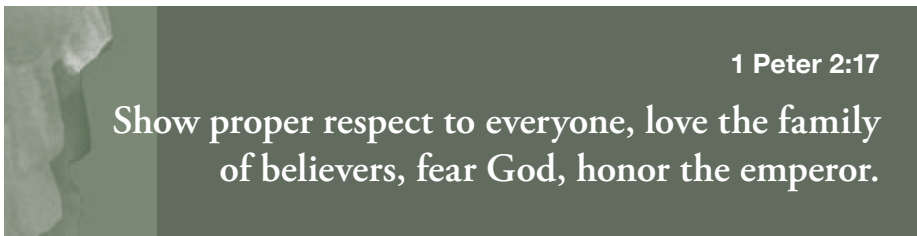
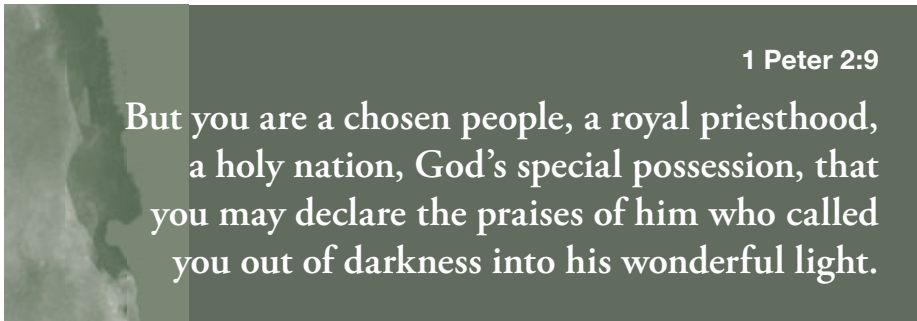


The greater access people had to God, the greater responsibility they had to demonstrate with the requirements for that access. And those given the greatest access also risked the greater consequences for violating those requirements.

Today, Jesus is the forever High Priest. And we (you and I) are the “royal priesthood.”

1 Peter 1:22
Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart.

Loving each other and treating each other well is not based on fickle feelings or even our mood for that day. . . . Love is shaped by the unchanging truth of God's Word. So think about this: As God gives us great access to Him each day, it should make us all be more responsible and honestly more aware of what's required for us to have access to others and for them to have access to us.



We don't draw boundaries to shove others away or even to try and make them change. We place boundaries on ourselves, so we can keep ourselves together, so we can be that royal priest God has called us to be.

Group DISCUSSION

(Suggested Time: 40–45 Minutes)

Leader Note: The ultimate goal for this time together is to have a meaningful discussion with others as you grow in your understanding of God’s Word. The following suggested questions are designed to guide you through a rich discussion time together. Feel at liberty to select from any of the additional questions as well.

SUGGESTED QUESTIONS . . .

1. When it comes to boundaries, both those you’ve set and those that have been placed around you, you’ve likely had a range of experiences. Perhaps some were positive and others less so. Before watching this video, what feelings did you have whenever you thought about boundaries? Circle the following words that best represent how you have felt about boundaries prior to this study. You may circle as many as you like, and it’s okay if you have mixed emotions! Then share with your group what you circled.

disappointed

hopeful

curious

unsure

resentful

flourishing

free

sad

constricted

grateful

skeptical

used

safe

exposed

frustrated

2. Please open your Bible and read Psalm 61:1–2. Other common emotions people might feel when talking about boundaries are “exhausted” and “confused.” How does this verse encourage and equip you with some of the harder feelings you might have?

3. In today’s video, we learned that trust is the oxygen to all human relationships. Why is it important to consider trust in relationships when talking about boundaries?

4. When we are considering the access we give to others, trust is crucial. For example, I doubt any of us would post our bank account information and passwords on social media today. If this is true with bank accounts and other external areas of importance, then it should also be true internally and with relationships. What are some other areas of your life where you have neglected to put protective boundaries in place?

5. When God modeled access and responsibility, such as with the tabernacle which eventually turned into the temple, we need to remind ourselves it’s not being done as a penalty or punishment. When you experience boundaries, where does your mind and heart naturally turn to? Why?

6. Read 1 Peter 2:9 aloud: “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” Today, you and I are the royal priesthood with access to God’s presence. As a group, discuss the four characteristics mentioned in 1 Peter 2:9 and why they are important to the access God has granted to us.

7. Open your Bibles and have a different person in your group each read a passage aloud: John 14:6; Romans 5:1–2; Ephesians 2:13; Hebrews 10:19–22. After reading each passage, discuss the benefits we receive as a result of our access to God. Of the four passages, which one sticks out to you most, and why?

ADDITIONAL QUESTIONS . . .

8. Reflect on this excerpt from today’s teaching, then answer the following questions:

“Here’s the mistake I’ve made—one that honestly I think we’ve all made—I’ve tried to put boundaries on the other person, hoping to get them to increase their level of responsibility up to the access I’ve granted them. But that doesn’t really work. You can’t make another person change. You can ask them to demonstrate more responsibility, but you can’t ‘boundary’ them into making changes they maybe aren’t willing or capable of making. So, the only real productive choice is for you to put boundaries in place that reduce the level of access you give to that person to match their level of responsibility.”

CLOSING: (Suggested time: 5 minutes)

Leader Note: Read the following instructions and clarify any questions your group may have pertaining to the homework and what each participant should do between now and the next session. Then take a few minutes to pray over your group. You may pray either your own prayer or the prayer provided below.

BEFORE THE NEXT SESSION . . .

Every week in the *Good Boundaries and Goodbyes Study Guide* includes five days of personal study to help you draw closer to God as you seek to implement healthy boundaries in your life. For this first week of personal study, you will work with the content in the introduction and chapters 1–2 of the book *Good Boundaries and Goodbyes*. You will also have time to read chapters 3–4 of the book in preparation for our next session together.

PRAYER

Lord, as we begin this journey to learn more about You and the healthy boundaries You prescribe in Scripture, we first want to thank You for being a God who cares so much for each of us that You desire for us to be whole, and the boundaries You have designed lead to wholeness. Forgive us for the times we have resisted Your boundaries and help us to receive Your boundaries as truly life-giving. Grow in us the ability to trust You more and more, especially as we discover what it means to implement healthy boundaries in our own lives. We are in awe of Your amazing goodness, and we give You all our praise. In Jesus' name, amen.

Personal STUDY

DAY 1

Read the Introduction

STUDY AND REFLECT

Hello, friend! I am so glad you are here. Today we're going to reflect more on the introduction of the book *Good Boundaries and Goodbyes*. If you haven't had a chance to read the introduction yet, you'll want to do that now before you begin.

“Boundaries protect the right kind of love and help prevent dysfunction from destroying that love.” (p. xviii)

As we begin to explore what the Bible says about boundaries, we want to start, first and foremost, with this truth: good boundaries are not about pushing people away. They're about protecting and preserving what is most beautiful in a healthy relationship.

If we could gather around a table and share our stories in person, every one of us would have a unique story of how boundaries have played a distinctive role in our relationships and our lives. While our circumstances may be different, we are very much the same in the way God has designed our hearts, minds, bodies, and souls to thrive in contexts where healthy boundaries are set in place.

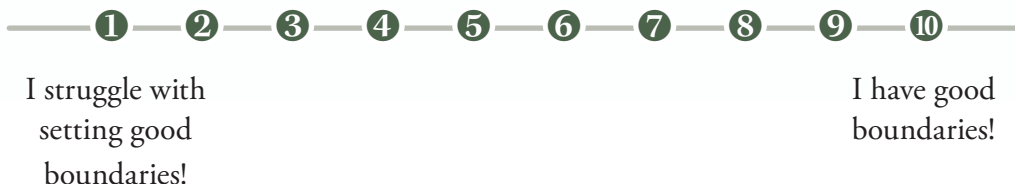
Maybe you've experienced the kind of boundaries that protected your heart and shielded your soul. Or maybe you've known the heartache that comes when boundaries have been broken.

Maybe you've had some success with establishing positive boundaries in your life. Or maybe you've tried implementing boundaries in the past, but somehow it backfired and left you feeling raw and exposed.

Maybe you're a long-time advocate of healthy boundaries in families and friendships. Or maybe you're wondering if such a thing is even possible.

Whatever your previous experiences with boundaries have been, whether super beneficial or painfully disappointing, this study is designed to invite you into a fuller understanding of how God has created this world and every person in it to experience the wholeness that comes from beautiful God-planned boundaries.

1. When it comes to having good boundaries in your relationships, how would you rate yourself when it comes to setting boundaries in your own life?



Consider asking a trusted friend or family member to rate you. Compare your responses and discuss.

2. Read 2 Corinthians 9:8: “And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” God promises to provide us with all we need to abound in every good work. And I think we’d all agree that the effort needed to establish and maintain good relationships is “good work”! How does this verse speak to your heart as you begin the good work of this study?

3. Please read the book excerpt below and then answer the questions that follow.

“When we dare to be so very known, we risk being so very hurt.”
(p. xiv)

When we open ourselves up to others . . . when we allow ourselves to be vulnerable . . . when we let people into those deeply personal places in our hearts . . . we risk being hurt. This is part of what it means to be human and to navigate our way through human relationships. But sometimes we attribute these human characteristics to God. Deep down, we may wonder if God is going to let us down or somehow not come through. Look up the following passages: Numbers 23:19; Deuteronomy 4:31; 7:9; Psalm 33:4. How does Scripture describe God?

7. Please read the book excerpt below and then answer the questions that follow.

“And, remember, we can’t set good boundaries without love. Setting boundaries from a place of anger and bitterness will only lead to control and manipulation . . . But setting boundaries from a place of love provides an opportunity for relationships to grow deeply because true connection thrives within the safety of health and honesty.” (p. xviii)

Good boundaries begin from a place of love. They’re never used to manipulate. They’re meant to create a place of safety, so people can trust that it’s okay to be fully present with those around them. What is one way you have experienced or observed someone setting a good and healthy boundary? How did that good boundary help you or others?

8. Sometimes we’re afraid to set good boundaries in our lives because we’re afraid that others might get angry with us and our boundaries. Then they might withdraw their love from us. But with God, we need never worry about Him withdrawing His love from us as some sort of retaliation maneuver. Read Isaiah 54:10 and Romans 8:38–39. Then highlight or circle the imagery in these verses. What is the imagery and language that the prophet Isaiah uses to describe the love of God? How does Paul in Romans depict the love of God? When you read these two passages, one from the Old Testament and the other from the New Testament, what can you conclude about God’s love?

Finish your study time today by writing a prayer of thanks to God for His steadfast love that will never fail you.

DAY 2

Read Chapter 1

I'm not always great at setting healthy boundaries. I'm still learning, too! That's why I am so grateful to be on this journey with you. Every journey is made better when we can make it together. And this business about boundary-making is no small task! We need each other for support along the way.

Good boundaries are essential for healthy, strong relationships. This isn't my idea or someone else's idea; it's God's idea.

“[B]oundaries aren't just a good idea, they are a God idea.” (p. 7)

Boundaries have been God's idea since the beginning of time. This will be our focus for today's personal study. We will turn to the earliest pages of Scripture to see some of the ways the Bible describes God as a Boundary-Maker. Not only are boundaries necessary for this planet

to be inhabitable, but **boundaries are also crucial for people to experience healthy and vibrant ways of relating to one another.**

If you haven't had a chance yet to read chapter 1 in the book, do that now before completing today's study.

1. Please read the book excerpt below and then answer the questions that follow.

“Boundaries are woven into everything God has done since the very beginning . . . God even put an actual boundary around the sea during creation. The sea would eventually be known to the people who lived during biblical times as a symbol of chaos. So, the boundary for the sea was a barrier of sand placed by God that the chaos was not allowed to cross.” (pp. 7–8)

Let's go back to the creation account in Genesis and dive a little deeper. Open your Bible and read Genesis 1:1–2. For some, this passage may feel familiar, but read it slowly and list the ways the earth is initially described.

Would it be possible for humans to dwell on the earth as it is described in Genesis 1:2? Why or why not?

2. Now read Genesis 1:3–10 and note how many times this passage of Scripture uses the word “separate” or “separated.” Then fill in the following blanks that demonstrate the separations/boundaries that God created. (The following passages are taken from the NIV.)

God separated the light from the _____ . (v. 4)

God gathered the _____ to one place and let dry _____ appear. (v. 9)

God called the dry ground _____, and the waters he called _____ . (v. 10)

3. In order to make this planet inhabitable, God needed to put some boundaries in place. By separating the light from the darkness, *God created a boundary of time* as He differentiated day and night. Then, as He designated the land regions as distinct from the seas, *God created a boundary of space*. So, within the first few verses of Scripture, we see God as a Boundary-Maker. What word does God use to describe the boundaries He has made? (v. 10)

4. Read Genesis 2:16–17. At this point in human history, the first man and woman, Adam and Eve, were enjoying the fruits of the land and the company of God and each other. But in the midst of this garden paradise, what additional boundary did God establish? What would the consequence be if this boundary was crossed?

5. Read the book quote below and then respond to the questions that follow.

“Love given is wildly beautiful. Love received is wildly fulfilling. But for love to thrive as true and lasting, it must be within the safety of trust.” (pp. 2–3)

I want to pause right here and acknowledge how brutally devastating it can be when trust is broken in a relationship where you thought you were safe enough to be vulnerable. That’s my story, too. And for a season, I started to feel like because that one person wasn’t safe, all people weren’t safe.

Then there were others who hurt me in the same season and that just compounded my trust issues, even to the point where I sometimes wondered if I could even trust God. One thing that started helping me regain my footing with trusting friends again and even God again was by intentionally listing out some recent actions I’ve experienced that were good and demonstrated faithfulness.

How have you experienced the goodness of some people recently? How have you experienced some of God’s faithfulness recently?

6. Sometimes Christians have some confusion about boundaries. I've listed a few of those wrong notions below. What other wrong thinking would you add to this list?

- Being a Christian means it's unkind to draw boundaries.
- Being a Christian means believing the best no matter what.
- Being a Christian means it's noble to stay in a relationship no matter what.
- Being a Christian means _____.
- Being a Christian means _____.
- Being a Christian means _____.
- Being a Christian means _____.

In the margins of this book, go ahead and write, "Wrong thinking!" and then draw an arrow to all the wrong notions listed above.

7. Read Jeremiah 5:22b: "I made the sand a boundary for the sea, an everlasting barrier it cannot cross. The waves may roll, but they cannot prevail; they may roar, but they cannot cross it." God's boundary between the land and the sea is for our protection. The same

is true for boundaries in our personal relationships. Boundaries are like guardrails that protect us from dangerous cliffs. Read the following excerpt from the book and then answer the following question:

“Please know: it’s not unchristian to set these healthy parameters. It’s not unchristian to require people to treat you in healthy ways. And for us to do the same for others. It’s not unchristian to call wrong things wrong and hurtful things hurtful. We can do it all with honor, kindness, and love, but we have to know how to spot dysfunction, what to do about it, and when to recognize it’s no longer reasonable or safe to stay in some relationships.” (p. 8)

Friends, chaos shouldn’t be the norm. Wherever there is chaos, there is a lack of boundaries. Just as God separated the sea—the “chaos”—from the land, sometimes we will be called to separate ourselves from the chaos in our own lives with healthy, appropriate boundaries. Sometimes these separations/boundaries are needed only for a season, and sometimes they’re required permanently. We will discuss this in greater detail in the coming pages, but for now, consider any possible areas of “chaos” in your life and ask God to show where you need to grow and possibly change. List below some of these possible areas.

8. As we wrap up today's personal study time, let's review a few of the ways we see God as a Boundary-Maker in the Bible. Circle the one that is *not* true.
- When God separated light from darkness, He created a boundary of time.
 - When God separated land from water, He created a boundary of space.
 - When God placed a boundary around the tree of the knowledge of good and evil, He wanted to tempt Adam and Eve.
 - When God placed a boundary around the tree of the knowledge of good and evil, He wanted to give Adam and Eve the choice of whether they wanted to be in a trusted relationship with Him or not.
9. Boundaries are God's idea. He is a boundary-making God. But God doesn't set boundaries in place to limit human flourishing or diminish potential fun. Boundaries are beautiful because they create order from disorder, peace from chaos. Read Psalm 16:6. Let the words from this verse be a declaration of praise to God. And if the words from this verse don't feel like a declaration of praise just yet, perhaps pray the words of this verse as a hopeful sacrifice of praise. Then invite God to reveal more of Himself to you during this journey and to show you what it means to proclaim this verse with joy and thanksgiving. Write out your prayer for this new journey in the space below.

DAY 3

Read Chapter 2

As we begin Day 3 together, I want to encourage you in the hard and holy work you are doing. Your commitment to growing healthier in the way you relate to those around you is one of the best ways you can love God and others. **We can't change anyone else, but by God's grace, we can change ourselves.** We can learn to see old relationship patterns from new perspectives. And we can increase our capacity for healthier relationships.

That's what we're here to do. To grow strong, loving, beautiful relationships. With God and with others.

We likely already know which relationships in our lives need “something more,” but sometimes we're not sure what that “something more” might be. We haven't been able to put our finger on it or give it a name. We just know something is off, and sometimes it leaves us wondering if we're crazy. Is it me? Is it them? Or is it some combination of both? How can I ever sort it out? Is it even possible to live with peace when this other person in my life is causing so much strife?

Oh, friend, I have asked all of these questions countless times. And I want this study to be a safe place where we can sit with our questions and seek God's Word for answers.

One thing I have learned through the many hours of studying God's Word is this: **Healthy relationships celebrate healthy boundaries.** It's that simple, but it's also very hard. It's hard because we're fallen creatures with a sin-bent nature. But we are not without hope! This will be the focus of today's personal study. We will look more closely at the most important relationship in every person's life. Our relationship with God.

Once you've read chapter 2 in the book *Good Boundaries and Goodbyes*, let's jump right in with today's study!

1. As we saw in yesterday's study, a perfect communion existed between God and the first humans in Genesis 1–2. They enjoyed each other's presence. They shared long talks together. They took pleasure in the creation around them. Everything was perfect. Until it wasn't. Read Genesis 3:1–7. What was the first boundary broken in the history of humanity?

2. Read the book quote and then respond as directed below.

“[B]oth sin and iniquity have consequences that change the access God allows in His relationships.” (p. 18)

List some of the consequences that resulted after Adam and Eve broke God's boundary.

Consequences for the serpent (Genesis 3:14–15):

Consequences for Eve (Genesis 3:16):

Consequences for Adam (Genesis 3:17–19):

Consequences for all of humanity (Genesis 3:22–24):

3. In Genesis 3 a beautiful relationship—between God and two people—is marred by a broken boundary. And the consequences are both painful and real. Read the following excerpt from the book and then respond to the following questions.

“Love can be unconditional but relational access never should be. God loves us but He has established that sin causes separation from Him. When Adam and Eve sinned, they were no longer given the same kind of access.” (p. 17)

In your own words, explain why it was necessary for God to remove Adam and Eve from His presence. What attribute of God is honored by this consequence? Why was this consequence more an act of grace than an act of punishment? See Exodus 33:20; Isaiah 6:3; Hebrews 12:14.

4. To be honest, I used to think it wasn't fair that everyone in the world would have to suffer the consequences of Adam and Eve's boundary-breaking disobedience. But deeply embedded in this consequence for all people is also a grace for all people. Read Romans 5:18–19 and rewrite it below in your own words.

5. Grace. Even as God justly allowed the consequences as a result of Adam and Eve's grave disobedience, He weaves grace into the new fabric of their lives. Let's trace God's grace throughout this same passage of Scripture. How does Genesis 3:15 point to a promise of coming redemption? See Hebrews 2:14; and 1 John 3:8.

6. Grace upon grace. Until the promised redemption could come—when Christ would defeat Satan on the cross once and for all—what did God do for Adam and Eve in the meantime? Read Genesis 3:21. How was this an upgrade from the clothing Adam and Eve had made for themselves? Refer back to Genesis 3:7.

7. While this story in Genesis may feel familiar to many, it's a critical dividing point in history, and it shows us that God is serious about maintaining good and beautiful relationships. It shows us that God isn't willing to deny who He is—He is holy!—and He won't let anyone recklessly disrespect His boundaries. This passage also shows us that God is serious about grace, too. He wants to reconcile with those who have broken His boundaries.

According to Paul in Romans 3:10 and 3:23, who has broken God's boundaries and suffered the consequences?

According to John in 1 John 1:9, what can we do when we have been the ones who have sinned?

According to the wisdom in Proverbs 4:23, what are we called to do as we relate to others?

8. Please read the book quote below and then respond to the questions that follow.

“Setting a boundary is being responsible enough to reduce the access we grant to others based on their ability to be responsible with that access.” (p. 21)

Can you think of a relationship in your life that has been difficult to the point that it's actually been detrimental to your well-being? Have you ever wondered if you're the crazy

one? Do you ever wonder if the problem is hopeless? List some of the ways your well-being has suffered due to boundaries not being honored.

Friend, you may have a relationship in your life where someone has recklessly disrespected or discounted your boundaries that were meant to provide protection and care. Broken boundaries can be life-altering, not only for those who break the boundaries, but also for those who had boundaries shattered against their will. And the cost is devastating for everyone involved. But there's a hope we can hold onto, even in the midst of heart-crushing circumstances, and it's this: **We serve a God who truly understands what we are going through.** He knows what it's like to give and give and give, only to hear His beloved say with their actions, "No thanks. I want something else." Read Isaiah 53:3; Hebrews 4:15; and Psalm 34:18. How do these three verses describe our God? How do these truths shape the way you view God?

9. Read Psalm 34:18 again. Spend a few moments talking to God about your relationship with Him. Confess the ways that you have wrongly crossed the lines He has drawn, as outlined in Scripture, and ask for His forgiveness. (And I will do the same!) Then tell God how grieved you are for the ways your actions have caused Him pain. Ask Him to help you, by the power of His Spirit, to honor the boundaries He has made as you move forward in life. Then take a moment to tell God how a certain relationship in your life has left you feeling. Ask Him to grow in you a vision for biblically healthy boundaries. Write out your prayer in the space below, thanking Him that He is a God who draws near to the brokenhearted and that He saves those who are crushed in spirit.

DAY 4 & 5

Read Chapters 3–4

REVIEW AND READ

Use this time to go back and complete any of the reflection questions or activities from previous days this week that you weren't able to finish. Make note of any revelations you've had and reflect on any growth or personal insights you've gained.

Spend the next two days reading chapters 3 and 4 in the book *Good Boundaries and Goodbyes*. Use the space below to make note of anything in the chapters that stands out to you or encourages your heart.

About the Author



Photograph by Meshali Mitchell

Lysa TerKeurst is president of Proverbs 31 Ministries and the author of more than twenty-five books, including *It's Not Supposed to Be This Way* and the #1 *New York Times* bestsellers *Forgiving What You Can't Forget* and *Uninvited*. But to those who know her best she's just a simple girl with a well-worn Bible who proclaims hope in the midst of good times and heartbreaking realities.

Lysa lives with her family in Charlotte, North Carolina. Connect with her on a daily basis, see what she's working on next, and follow her speaking schedule:

Website: www.LysaTerKeurst.com

(Click on "events" to inquire about having Lysa speak at your event.)

Facebook: www.Facebook.com/OfficialLysa

Instagram: [@LysaTerKeurst](https://www.instagram.com/LysaTerKeurst)

Twitter: [@LysaTerKeurst](https://twitter.com/LysaTerKeurst)

If you enjoyed *Good Boundaries and Goodbyes*, equip yourself with additional resources at:

www.GoodBoundariesAndGoodbyes.com

www.Proverbs31.org



Proverbs 31
MINISTRIES

About Proverbs 31 Ministries

Lysa TerKeurst is the president of Proverbs 31 Ministries, located in Charlotte, North Carolina.

If you were inspired by *Good Boundaries and Goodbyes* and desire to deepen your own personal relationship with Jesus Christ, we have just what you're looking for.

Proverbs 31 Ministries exists to be a trusted friend who will take you by the hand and walk by your side, leading you one step closer to the heart of God through:

Free *First 5* Bible study app

Free online daily devotions

Online Bible studies

Podcasts (You might find Lysa's Therapy and Theology series very helpful as you continue your pursuit of staying spiritually and emotionally healthy.)

COMPEL Writers Training

She Speaks Conference

Books and resources

Our desire is to help you to know the Truth and live the Truth. Because when you do, it changes everything.

For more information about Proverbs 31 Ministries, visit www.Proverbs31.org.

An Invitation from Lysa



Photo by Meshali Mitchell

When my family and I were trying to heal from the darkest season of our lives, I kept praying that we'd one day be able to use our experiences to help others find healing. But I didn't just want to do this at conferences. I've dreamed of inviting friends like you over to my home to break bread and share our broken hearts, face-to-face, heart-to-heart. So I'd love to invite you to Haven Place—a safe space for you to find the biblical and emotional healing you've been looking for.

If you'd like more information on the intimate gatherings, Bible studies, and retreats we'll be having here, please visit lysaterkeurst.com/invitation-from-lysa.

I truly believe healing, hope, and forgiveness will be the anthem songs, prayers, and shouts of victory that will rise from this Haven Place.