

Gathering

BOUNDARIES

There are days I'd like to throw my schedule away and hide under my covers! Sometimes, I find that my calendar and my to-do list are so long that I'll never get it all done. But I'm also bad about adding one more quick event, one more quick commitment, to an already full schedule. We are being driven by our calendars, 'to-do' lists and that can feel overwhelming!

We can sometimes be under the false impression that a jam-packed calendar denotes a fulfilling life, but there comes a point in time that we realize we have confused being busy with being fulfilled. Life can be a juggling act and at some point, we find that we cannot keep all the "balls in the air". We find that we simply must set boundaries for our schedules and for our own lives. Sometimes, we just have to say 'NO'!

Along with work and family life, there are kids' sporting events, meals to prepare, church activities, lawn to mow, home repairs, school activities and, somewhere in there, sleep! This month, it may be a good time to consider some boundaries for your life. Rather than defaulting to 'yes' to everything, take time to prayerfully consider adding anything to your already full life. Saying 'no' to something may make you feel selfish or misunderstood, but we cannot be all things to all people. If we do not prioritize before life crowds in, we may find ourselves outside of God's healthy boundaries for our lives.

Scripture asks us: *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*
Matthew 11:28 (MSG)

After sharing the Scripture, use at least three of the questions below with your group:

- What are some reasons that it is difficult to say 'no' to people?
- Are there some people that it's impossible for you to say 'no' to in your life?
- What area of your life needs some definite boundaries?
- How will setting boundaries help you in your personal life? Spiritual life? Emotional life?

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Learn the **UNFORCED RHYTHMS OF GRACE**. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll **LEARN TO LIVE** freely and lightly.”

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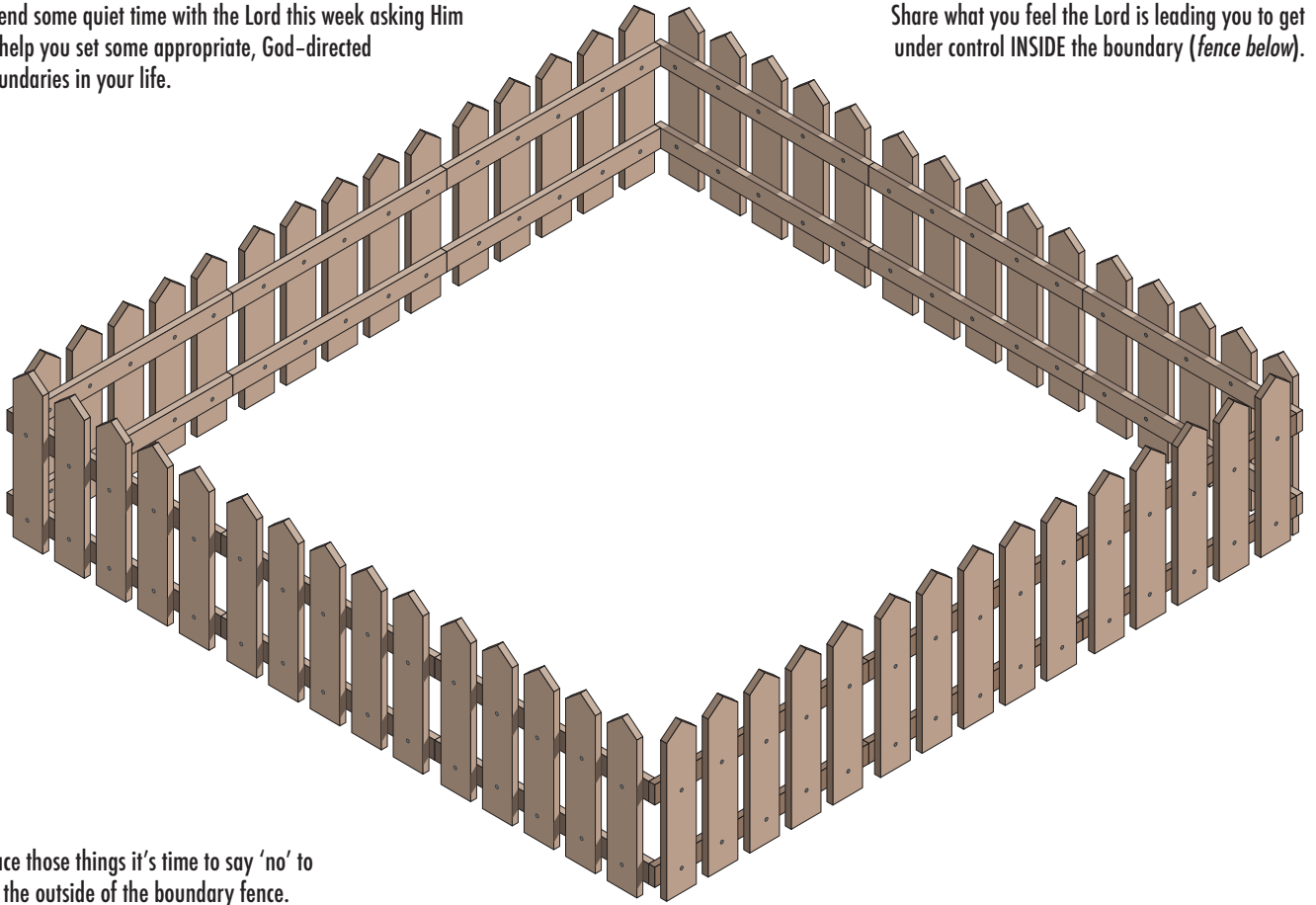
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Spend some quiet time with the Lord this week asking Him to help you set some appropriate, God-directed boundaries in your life.

Share what you feel the Lord is leading you to get under control **INSIDE** the boundary (*fence below*).

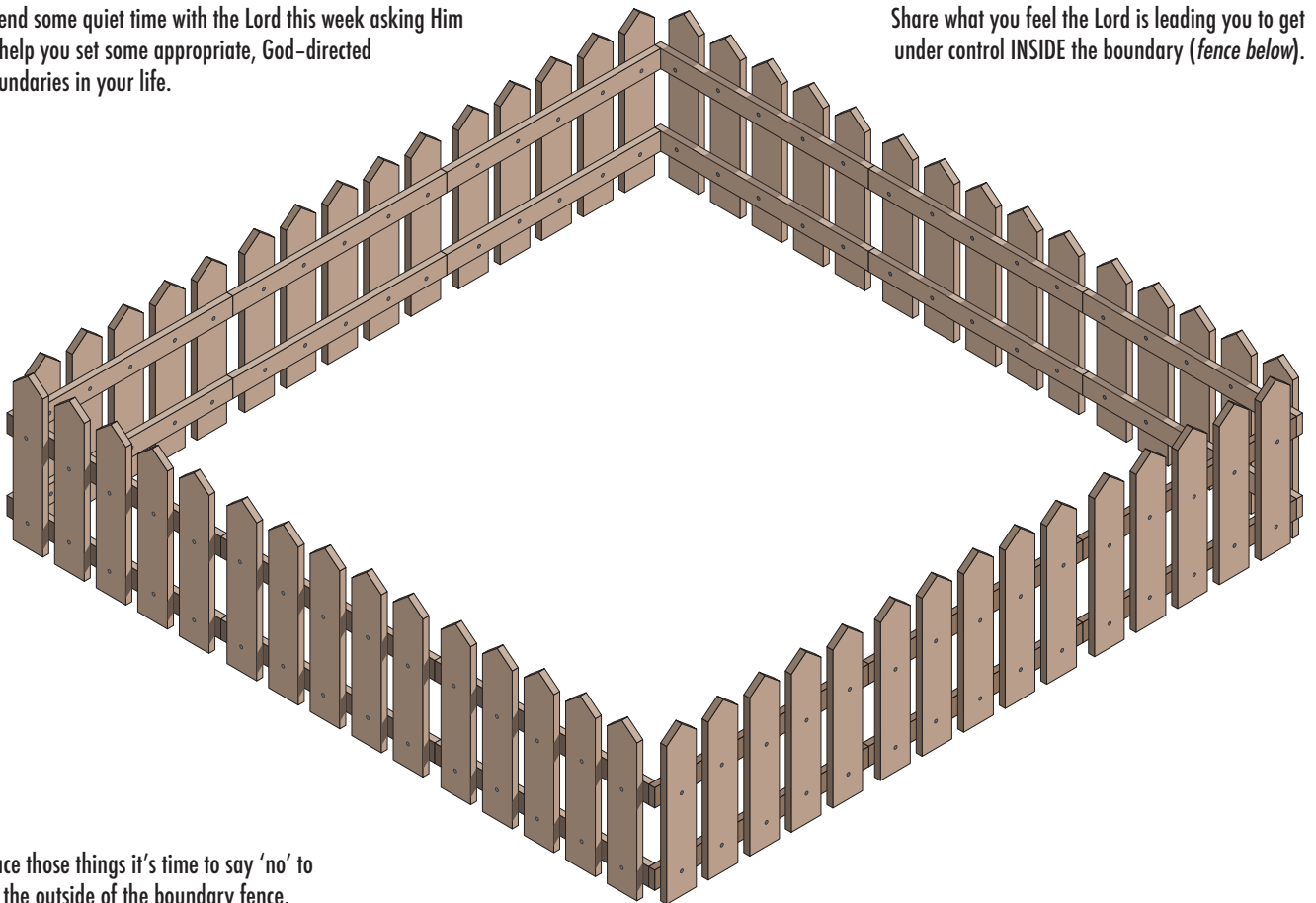


Place those things it's time to say 'no' to on the outside of the boundary fence.



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