

Look Back

- What did we talk about last week? How did you put it to use this week?

Connect:

- How would you define a boundary? Have you ever successfully set a boundary with a friend or co-worker? What was the outcome?

Look Up:

Read : Proverbs 4:20-22

- Why do you think the author of these verses speaks with such urgency? What does he believe is at stake?
- What are the specific actions that these verses encourage us to take? Which of these is the easiest for you? The hardest?
- How can these verses help someone develop “mindfulness”?

Read : Proverbs 4:23-27

- Why is it important for us to “guard” our hearts? What does this look like for you in your daily life?
- What does controlling our mouth have to do with guarding our hearts? Why is this important for those who are freed from guilt and shame?
- When have you set a “boundary” on something you say or look at? If so, what was your reason for doing this and what was the result?
- What does it mean to “look straight ahead and fix your gaze directly before you”? How can this help someone experience freedom?
- How can guarding our hearts, words and eyes by establishing healthy boundaries lead to freedom in your life and the lives of those around you?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead

Living in freedom as a Christian requires that we pay attention to what we say to ourselves, others and learn to filter what others say to us. How will you begin or continue to practice and develop habits of mindfulness and setting healthy boundaries this week?

Leader Notes

We should be the freest people on the planet. Freedom should exude from our lives at all times and not just because we live in the USA. The price has been paid and the prison door is wide open. Yet so many choose to live in the bondage of shame and guilt. As a leader you are a discipler, and if there is someone in your group wrestling with this, we'd love to help you navigate walking with your group. Please just let your Campus Pastor know. We hope this series has led to good discussion and truths in your group time.

Leadership tip

We are looking forward to an amazing fall season. Please join us in prayer for God to raise up leaders and people looking to get engaged in a group. August is a really big season for groups ministries and we are excited for how God is going to show up in a big way.