

From Chapter 13 — Jesus Loves Boundaries in Soul Care by Debra Fileta (M.A., LPC)

Verse for Reflection:

Jesus often withdrew to lonely places and prayed (Luke 5:16)

- 01) As you were growing up, what did you learn or see modeled about the concept of boundaries? How did that model influence your beliefs and habits?
- 02) When it comes to protecting your heart, which area do you tend to struggle with: boundaries with your time, boundaries with your emotions, or boundaries with your energy?
- 03) Give examples of things you have a tendency to do out of obligation rather than obedience to the Father.
- 04) What are some ways you can begin to set boundaries in order to make space for God's Spirit and strength in your day-to-day life? What do you need to eliminate in order to make time for daily connection with God through prayer, worship, and His Word?