

Champions Arise Study Guide
Series: Adult Children of Divorce
Program #CA 51 (ACD) – Adult Children of Divorce (ACD): Creating Boundaries

Focus passage – Proverbs 29:25, *“Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.”*

1) Who do you have the toughest time saying “No” to? Why?

2) What is the difference between a healthy boundary and an unhealthy boundary?

3) What is the first quality of a healthy boundary?

4) What is the second quality of a healthy boundary?

5) What is the third quality of a healthy boundary?

6) What is the fourth quality of a healthy boundary?

Commitment: I commit to learning how to create healthy boundaries.

Adult Children of Divorce: Issues with Creating Boundaries – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Remind the men these sessions are confidential.
5. Listen to the program: “Adult Children of Divorce: Creating Boundaries”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the five remaining questions with the men in the group.
Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Healthy boundaries are consistent and applied in love.
 - b. Question #3 answer: Healthy boundaries are planned.
 - c. Question #4 answer: Healthy boundaries are communicated.
 - d. Question #5 answer: Healthy boundaries are enforced
 - e. Question #6 answer” Healthy boundaries are reviewed.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to helping each other create healthy boundaries.
10. Confirm the time for the next meeting.
11. Take prayer requests.
12. Close in prayer

Sample prayer: Almighty God, Help us to apply healthy boundaries without fear. In Jesus name, Amen.