

## Choose Your Community Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. What person, excluding family members, do you talk to the most?
2. Who was one of your most memorable teachers?

**Read the following passage:** Psalm 101.

David begins this psalm by describing the kind of life he wants to live: He wants to focus on God's love and justice; he wants to live with integrity; he wants to experience God's presence; he wants to lead his household well; and he doesn't want to be distracted by worthless things. And then David shifts his focus. He describes the people he will and will not surround himself with. The implication here is significant: Our lives are a function of our relationships. In fact, research demonstrates that nearly every aspect of our lives is impacted by our relationships. We can improve our relationships by establishing healthy boundaries, intentionally pursuing the right relationships, and learning how to rescue our relationships.

**Questions for Discussion** (Choose several that are relevant for your group):

1. Of the various things David says in verses 1-3 about the kind of life he wants to live, what stands out to you most right now?
2. Henry Cloud says that our relationships "produce qualitative and quantitative effects" in each of the areas listed below. Why do you think our relationships make a difference in these areas?
  - How long you live
  - Whether you reach or don't reach your goals
  - Whether or not you close the sale
  - How much money you make
  - How well your kids do in school
  - How much you trust people
  - How you cope with stress and failure
  - What kind of mood you're in
  - How much physical pain you experience
  - How and what you think
3. Identify the places where the concept of boundaries emerges in this psalm. What might a life with almost no boundaries look like? Conversely, what would a life that never lets anyone in look like? What are some examples of healthy boundaries? Is it unloving to have relational boundaries in our lives? Explain.

4. Read Genesis 2:23-24. What might healthy boundaries with our parents or adult children look like? What would it look like for those boundaries to be violated? What about in marriage?
5. When you want to grow in some area of your life, what do you typically do? (For example, do you read a book or take a class or listen to a podcast?) Why do you think making the right connections is so critical for our growth?
6. Read 1 Samuel 24:1-7. Why was David “conscience-stricken for having cut off a corner of [Saul’s] robe”? After this episode, David pursues reconciliation with Saul. Explain the roles repentance and forgiveness play in rescuing our relationships. Generally speaking, would you say that you are quick to repent and quick to forgive? Explain.

## **Pray**