



## WEEK #2: Yes/No

**BIG IDEA:** Healthy relationships require healthy \_\_\_\_\_ and healthy \_\_\_\_\_.

### Saying Yes:

- Communicates \_\_\_\_\_.

*In whatever you do, don't let selfishness or pride be your guide. Be humble, and honor others more than yourselves. Don't be interested only in your own life, but care about the lives of others too.*

Philippians 2:3-4 (ERV)

- Fosters \_\_\_\_\_.

*In your relationships with one another, have the same mindset as Christ Jesus:*

*Who, being in very nature God,  
did not consider equality with God something to be used to his  
own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.*

Philippians 2:5-7 (NIV)

- Develops \_\_\_\_\_.

*...he humbled himself by being fully obedient to God, even when that caused his death—death on a cross.*

Philippians 2:8 (ERV)

## Saying No:

- Sets \_\_\_\_\_.

*Above all else, guard your heart,  
for everything you do flows from it.*

Proverbs 4:23 (NIV)

- Establishes \_\_\_\_\_.

*First get your fields ready, next plant your crops, and then build your house.*

Proverbs 24:27 (ERV)

- Promotes \_\_\_\_\_.

*He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more.*

John 15:2 (NLT)

## Discussion Questions

1. Think of your most important relationships. What motivates you to say "yes" or "no" to their requests?
2. Share a time when you've been inconvenienced by a loved one's request. What was that experience like?
3. What are some things you need to say "yes" to in order to foster a healthy relationship? And what are some things you need to stay "no" to in order to establish healthy boundaries?

## Recommended Resources

- *Boundaries*, by Henry Cloud and John Townsend
- *How to Have That Difficult Conversation*, by Henry Cloud and John Townsend
- *Good Boundaries and Goodbyes: Loving Others Without Losing the Best of Who You Are*, by Lysa TerKeurst
- *The Best Yes: Making Wise Decisions in the Midst of Endless Demands*, by Lysa TerKeurst

(ERV) Easy-to-Read Version

(NIV) New International Version

(NLT) New Living Translation

## WEEK #2: Yes/No - **FILL**

**BIG IDEA:** Healthy relationships require healthy sacrifice and healthy boundaries.

### Saying Yes:

- Communicates Affirmation.

*In whatever you do, don't let selfishness or pride be your guide. Be humble, and honor others more than yourselves. Don't be interested only in your own life, but care about the lives of others too.*

Philippians 2:3-4 (ERV)

- Fosters Unity.

*In your relationships with one another, have the same mindset as Christ Jesus:*

*Who, being in very nature God,  
did not consider equality with God something to be used to his  
own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.*

Philippians 2:5-7 (NIV)

- Develops Trust.

*...he humbled himself by being fully obedient to God, even when that caused his death—death on a cross.*

Philippians 2:8 (ERV)

### Saying No:

- Sets Boundaries.

*Above all else, guard your heart,  
for everything you do flows from it.*

Proverbs 4:23 (NIV)

- Establishes Priorities.

*First get your fields ready, next plant your crops, and then build your house.*

Proverbs 24:27 (ERV)

- Promotes Growth.

*He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more.*

John 15:2 (NLT)

### **Discussion Questions**

1. Think of your most important relationships. What motivates you to say "yes" or "no" to their requests?
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