

Home Bible Workshop Preparation
January 21, 2006
Worksheet

Change-Volume II

Pages 160 - 172

Questions:

Maintaining Boundaries

Human Needs:

- ◆ All of your attempts to preserve the old life was taking a lot of _____ and opening you up to a lot of abuse and control.

Internal Fears of Anger:

- ◆ If angry people can make you lose your boundaries, you probably have an angry person in your head that you still _____.
- ◆ A hurt, _____ part of you needs to be exposed to the light and the healing of God and His people.

Name the nine steps you need to take to stand up to the adults you now face:

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.

Fear of the Unknown:

- ◆ Setting boundaries and being more independent is scary because it is a step into the _____.
- ◆ You may lose something, but you gain a new live of _____ and _____.

Unforgiveness:

- ◆ Forgiveness is _____ from the past.
- ◆ The Bible compares forgiving people to releasing them from a _____.
- ◆ When a debt is incurred, when people trespass on your personal property, real " _____ " occurs.

- ◆ Attempts at collection may take many forms. Name at least three:

1. _____

2. _____

3. _____

- ◆ To forgive means to write it off. Let it go. Tear up the account. It is to render the account " _____."

- ◆ To forgive means we will never get from that person what was owed us. And that is what we do not like, because that involves _____ for what will never be. The past will not be _____.

- ◆ For some, this means grieving the childhood that never was. For others it means other things, but to hang on to the demand is to stay in unforgiveness and that is the most _____ thing we can do to ourselves.

- ◆ Forgiveness has to do with the _____. Reconciliation and boundaries have to do with the _____.

- ◆ Forgiveness gives me boundaries because it _____ me from the hurtful person and then I can act responsibly, wisely.
- ◆ Remember one last thing. Forgiveness is not denial. You have to _____ the sin against you to forgive it.

External Focus:

- ◆ People tend to look outside of themselves for the problem. This external perspective keeps you a _____.
- ◆ Face squarely the resistance to looking at yourself as one who has to _____.
- ◆ You must look at yourself and face the _____ of wanting the problem to be on the outside of you.

Guilt:

- ◆ Guilt is a difficult emotion, for it is really not a true feeling, such as sadness, anger or fear. It is a state of _____.
- ◆ Guilt comes mainly from how we have been taught in our early _____.