

BOUNDARIES IN MARRIAGE

Resources by Henry Cloud and John Townsend

Books

Boundaries (and workbook)
Boundaries in Dating (and workbook)
Boundaries in Marriage (and workbook)
Boundaries with Kids (and workbook)
Boundaries with Teens (Townsend)
Changes That Heal (and workbook) (Cloud)
Hiding from Love (Townsend)
How People Grow (and workbook)
How to Have That Difficult Conversation You've Been Avoiding
Making Small Groups Work
The Mom Factor (and workbook)
Raising Great Kids
Raising Great Kids Workbook for Parents of Preschoolers
Raising Great Kids Workbook for Parents of School-Age Children
Raising Great Kids Workbook for Parents of Teenagers
Safe People (and workbook)
12 "Christian" Beliefs That Can Drive You Crazy

Video Curriculum

Boundaries
Boundaries in Dating
Boundaries in Marriage
Boundaries with Kids
Raising Great Kids for Parents of Preschoolers
ReGroup (with Bill Donahue)

Audio

Boundaries
Boundaries in Dating
Boundaries in Marriage
Boundaries with Kids
Boundaries with Teens (Townsend)
Changes That Heal (Cloud)
How People Grow
How to Have That Difficult Conversation You've Been Avoiding
Making Small Groups Work
The Mom Factor
Raising Great Kids

BOUNDARIES IN MARRIAGE

LEADER'S GUIDE

AN 8-SESSION FOCUS ON
UNDERSTANDING
THE CHOICES
THAT MAKE OR BREAK
LOVING RELATIONSHIPS

DR. HENRY CLOUD & DR. JOHN TOWNSEND



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Boundaries in Marriage Leader's Guide

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Contents

For Starters 7

Preface: Love Is Not Enough. 9

Session 1

What's a Boundary, Anyway? 11

Session 2

Applying the Ten Laws
of Boundaries to Marriage. 14

Session 3

Setting Boundaries with Yourself. 18

Session 4

Values One and Two: Love of God
and Love of Spouse 21

Session 5

Values Three and Four: Honesty
and Faithfulness 24

Session 6

Values Five and Six: Compassion
and Forgiveness, and Holiness. 27

Session 7

Resolving Conflict in Marriage 30

Session 8

Some Warning Signs to Help
Your Marriage. 33

For Starters

Thanks for choosing this Zondervan small-group DVD curriculum. Please take a few minutes to read the following information before you begin. It should answer most of the questions you may have.

What's on the DVD?

The accompanying DVD features the following components:

- Eight teaching sessions with Dr. Henry Cloud and Dr. John Townsend (every session has at least two video teaching segments)
- Previews of other products your small group might want to consider using sometime in the future

What other materials will I need for a successful small group?

- Television monitor
- DVD player (stand, extension cord, remote, etc.)
- Watch or clock for monitoring the time
- Participant's guide (one per group member)
- Leader's guide (contained in DVD case; can be shared in groups that choose to rotate leadership responsibilities)
- Bible—Old and New Testaments (one per group member)

- Pen or pencil for everyone
- Book: *Boundaries in Marriage* (recommended for leader; optional for participants)

What else would it be good for me to know?

- This curriculum can work equally well in church and home groups. Each of the sessions is designed to take between fifty and sixty minutes. In more formal, time-constrained church settings, leaders will likely need to follow the time frames provided in the outlines if they are to cover all the content. In less formal settings, leaders can “round off” time frames and still end up with about an hour of discussion material. In either case, remember that these are suggested time frames and open to adjustment as you see fit.
- Flexibility is key when it comes to large-group/small-group exercises. For various reasons (logistics, group size, etc.), it may not make sense to break into small groups. In that case, simply disregard these cues throughout the guide.
- Feel free to adapt each session to meet the needs of your particular group. Reword or add questions if you wish. If you sense that a certain question is too inflammatory for your group or reaches beyond your own comfort zone, you may simply omit it or at least recognize that not everyone needs to answer every question. At the same time, don’t be afraid to tackle tough issues.

Love Is Not Enough

If you are reading this book, most likely marriage is important to you. You may be happy in your marriage and want to keep it growing. You may be struggling, dealing with major or minor problems. You may be single and want to prepare for marriage. You may even be divorced and want to prevent the pain you went through if you decide to remarry.

A lifetime of love and commitment to one person is one of the greatest gifts God has given us. Marriage is one of God's best designs; it's the one he chose as the metaphor to describe our relationship with him. It is the mystery of living as one flesh with another human being (Ephesians 5:31–32).

Marriage is about love. It is about being bound together by the care, need, companionship, and values of two people, which can overcome hurt, immaturity, and selfishness to form something better than what each person alone can produce. Love is at the heart of marriage, as it is at the heart of God himself (1 John 4:16).

Although love is at the heart of marriage, it is not enough. The marriage relationship needs other ingredients to grow and thrive. These ingredients are freedom and responsibility. When two people are free to disagree, they are free to love. When they are not free, they live in fear, and love dies. When two people together take responsibility to do what is best for the marriage, love can grow. When they do not, one takes on too much

responsibility and resents it; the other does not take on enough and becomes self-centered or controlling.

This DVD curriculum is about promoting, growing, developing, and repairing love in a marriage. We want to help you strengthen your love for your spouse by providing a better environment for it: one of freedom and responsibility. This is where boundaries, or personal property lines, come in. They promote love by protecting individuals.

We need to make clear that this *Boundaries in Marriage* curriculum is not about fixing, changing, or punishing your mate. If you aren't in control of yourself, the solution is not learning to control someone else. The solution is learning self-control.

Instead, this curriculum is about taking ownership of your own life so that you are protected and you can love and protect your spouse without enabling or rescuing him or her.

Finally, today is the day to work on your own boundaries in marriage. What you take the initiative to deal with today will affect the rest of your married life. And what you ignore or are afraid to address will do the same.

So, welcome to the *Boundaries in Marriage* curriculum! We hope this is a helpful resource for you, whatever condition your marriage is in. We pray that as you learn to make the word *boundaries* a good word in your marriage, responsibility and freedom will then help love take root in both of your hearts. God bless you.

HENRY CLOUD, PhD
JOHN TOWNSEND, PhD

What's a Boundary, Anyway?

Before You Lead

For the best experience in leading your small group, it's very important to preview session 1 on the DVD and, if possible, read the introduction and chapter 1 of the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (8 MINUTES)

Welcome (5 MINUTES)

Opening prayer (1 MINUTE)

Overview (2 MINUTES)

II. Discovery (42 MINUTES)

DVD Segment #1: Stephanie's Story (2 MINUTES)

Time for Thought: A Look in the Mirror
(5 MINUTES)

DVD Segment #2: Love, Freedom,
and Responsibility (3 MINUTES)

Time to Talk: Love, Freedom,
and Responsibility (10 MINUTES)

DVD Segment #3: Boundaries in Marriage

(7 MINUTES)

Time to Act: Identifying My Property Lines

(15 MINUTES)

III. Closing (2 MINUTES)

Introduction (8 MINUTES)

- Welcome participants to the group, then introduce yourself and tell how long you've been married. Depending on the size of the group, have participants share the same information either with everyone or with the people near them (5 MINUTES).
- Before you launch into the teaching, pray that God would use this time to encourage and instruct each one in attendance.
- Read or have a volunteer read the session 1 overview on page 9 of the participant's guide.

Discovery (42 MINUTES)

- DVD Segment #1: Stephanie's Story (2 MINUTES)—Show the first video teaching clip for session 1, noting to group members that key points are found on page 10 of the participant's guide.
- Time for Thought (5 MINUTES)—Have participants complete the exercise on page 11 on their own.
- DVD Segment #2: Love, Freedom, and Responsibility (3 MINUTES)—Show the second video teaching clip. Key points appear on page 12 of the participant's guide.

- **Time to Talk** (10 MINUTES)—Ask spouses to work together with a nearby couple to answer the questions on page 13.
- **DVD Segment #3: Boundaries in Marriage** (7 MINUTES)—Show the final video teaching clip for this session. Key points are on page 14 of the participant's guide.
- **Time to Act** (15 MINUTES)—Have everyone, working alone, begin the exercise found on pages 15–18. Let them know upfront they likely will be unable to finish the exercise in the time allotted, but can do so between sessions. Alert participants when 1 minute remains, then call them to attention for the session wrap-up.

Closing (2 MINUTES)

Before closing with the prayer printed at the top of page 19 in the participant's guide, encourage everyone to complete the Boundary Building questions (pages 19–21) as well as the unfinished Time to Act exercise prior to your next meeting.

Session 2

Applying the Ten Laws of Boundaries to Marriage

Before You Lead

For the best experience in leading your small group, it's very important to preview session 2 on the DVD and, if possible, read chapter 2 of the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (7 MINUTES)

Welcome and review (5 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (43 MINUTES)

DVD Segment #1: The First Five Laws
of Boundaries (7 MINUTES)

Time to Interact: Acknowledging the Laws
in Your Life, Part 1 (15 MINUTES)

DVD Segment #2: Five More Laws
of Boundaries (6 MINUTES)

Time to Interact: Acknowledging the Laws
in Your Life, Part 2 (15 MINUTES)

III. Closing (2 MINUTES)

Introduction (7 MINUTES)

- Welcome participants to session 2.
- Take up to 5 minutes for sharing observations from the session 1's Boundary Building at-home assignment. Some possible questions to ask:
 - Would anyone like to share some thoughts about responsibility or self-control and any practical steps you took to more proactively develop these traits as a spouse?
 - What are some of the boundaries we need in relationships? What, if anything, surprised you about these boundaries?
- Pray to ask God to lead during your time together today.
- Then read or have a volunteer read the session 2 overview on page 23 of the participant's guide.

Discovery (43 MINUTES)

- DVD Segment #1: The First Five Laws of Boundaries (7 MINUTES)—View the first video teaching portion for session 2. Key points appear on pages 24–25 of the participant's guide.
- Time to Interact (15 MINUTES)—One by one, reread the definitions of Laws #1–#5 from pages 24–25. If time permits, take a minute or so for brief group discussion of each law using the questions

below. Then give participants about two minutes to begin answering the questions for each law on pages 26–29. Only 15 minutes is allotted for this exercise, or 3 minutes per law, so it's important to pay attention to the clock.

Law #1 Discussion Question

- Why is allowing your spouse to reap the effects of selfishness or irresponsibility an act of love?

Law #2 Discussion Questions

- What are some ways that we spouses fail to take responsibility for financial, health, or emotional crises that come into our lives? How do we fail to take responsibility for our feelings, attitudes, and values?

Law #3 Discussion Question

- What can spouses do to influence their mate to make positive changes for the relationship?

Law #4 Discussion Questions

- Why do we struggle to accept other people's limits, especially when their limits mean saying no to us? In what ways does respect foster love?

Law #5 Discussion Question

- What can a person do to get past, or grow beyond, the fears of saying no?
- DVD Segment #2: Five More Laws of Boundaries (6 MINUTES)—Show the second video teaching portion for session 2. Key points are on page 30 of the participant's guide.
- Time to Interact (15 MINUTES)—Follow the same format used earlier: reread the definitions of Laws #6–#10 on page 30; engage in brief group

discussion if time permits using the questions below; then have participants begin answering the questions for each law on pages 31–34. Remember to keep an eye on the time.

Law #6 Discussion Question

- What is the difference between pain and injury?

Law #7 Discussion Questions

- Why do some people get to the point of blowing up before talking about something that has been bothering them? What do boundaries have to do with being proactive?

Law #8 Discussion Questions

- Why do envious people not set limits on themselves? (With what are they too preoccupied?) Why is envy an easier path than boundaries?

Law #9 Discussion Questions

- Why does being active as opposed to being passive facilitate boundary-setting? Why do some of us opt for being passive and waiting for someone else to make the first move? What fears could be behind that strategy?

Law #10 Discussion Question

- How can boundaries promote love and truth?

Closing (2 MINUTES)

Encourage group members to do the Boundary Building assignment (participant's guide, page 35) and finish answering the questions about the ten laws sometime before the next meeting. Then end with the prayer printed at the top of page 35.

Setting Boundaries with Yourself

Before You Lead

For the best experience in leading your small group, it's very important to preview session 3 on the DVD and, if possible, read chapter 3 in the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (7 MINUTES)

Welcome and review (5 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (48 MINUTES)

DVD Segment #1: What's a Spouse to Do?

(1 MINUTE)

Time to Talk: Whose Problem? My Problem!

(15 MINUTES)

DVD Segment #2: Taking Ownership
of Your Life (6 MINUTES)

Time for Thought: Establishing Boundaries
for Myself (8 MINUTES)

DVD Segment #3: Setting Limits on Yourself

(6 MINUTES)

**Time to Act: Setting Boundaries and
Recognizing Our Attempts to Control**

(12 MINUTES)

III. Closing (2 MINUTES)**Introduction (7 MINUTES)**

- Welcome back participants for session 3.
- Review session 2 topics for the next 5 minutes by asking questions such as:
 - Who would be willing to share evidence from this past week when one of the ten laws of boundaries was working in your marriage or in your life in general?
 - Who took the Boundary Building invitation to pray for their spouse and would like to share how that experience went?
- Ask God's blessing on today's meeting.
- Read or have a volunteer read the session 3 overview on page 37 of the participant's guide.

Discovery (48 MINUTES)

- DVD Segment #1: What's a Spouse to Do? (1 MINUTE)
— View the first video teaching clip for session 3. Key points appear on page 38 of the participant's guide.
- Time to Talk (15 MINUTES)—Divide into groups of four or five and take 10 minutes to discuss the questions on page 39, giving each person the

opportunity to contribute. Alert everyone when 1 minute remains, then reassemble and spend another 5 minutes reviewing the questions in the large group.

- DVD Segment #2: Taking Ownership of Your Life (6 MINUTES)—Show the second video teaching clip for this session. Key points are found on pages 40–41 of the participant’s guide.
- Time for Thought (8 MINUTES)—Have group members work on their own to answer the questions on pages 42–43.
- DVD Segment #3: Setting Limits on Yourself (6 MINUTES)—Show the session’s final video teaching clip. Key points are on pages 44–45 of the participant’s guide.
- Time to Act (12 MINUTES)—Ask everyone to begin the exercise on pages 46–53. They’ll finish this exercise at home between sessions.

Closing (2 MINUTES)

Before closing with the prayer printed at the top of page 54, remind group members to work on the Boundary Building assignment (participant’s guide, page 54) and to complete the Time to Act exercise prior to the next meeting.

Session 4

Values One and Two

Love of God and Love of Spouse

Before You Lead

For the best experience in leading your small group, it's very important to preview session 4 on the DVD and, if possible, read chapters 6 and 7 in the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (8 MINUTES)

Welcome and review (6 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (42 MINUTES)

DVD Segment #1: Value One, Love of God

(6 MINUTES)

Time to Talk: Some Defining Values (10 MINUTES)

Time for Thought: Loving God (7 MINUTES)

DVD Segment #2: Value Two, Love of Spouse

(7 MINUTES)

Time for Thought: Loving Your Mate (7 MINUTES)

Time to Interact: The Greatest of These Is Love

(5 MINUTES)

III. Closing (2 MINUTES)

Introduction (8 MINUTES)

- Welcome participants back for session 4.
- To review session 3, spend about 6 minutes having group members share observations about either of the following questions:
 - Who would like to talk about the Setting Boundaries exercise and the character issue that was your focus this past week?
 - Who would like to share something you learned this past week about your desire to control your spouse or, better yet, about healthy ways to set limits on that attempt to control?
- Pray for God's guidance in your meeting today.
- Read or have a volunteer read the session 4 overview on page 57 of the participant's guide.

Discovery (42 MINUTES)

- DVD Segment #1: Value One, Love of God (6 MINUTES)—View the first video portion for session 4. Key teaching points are on page 58 of the participant's guide.
- Time to Talk (10 MINUTES)—Break into groups of four or five to discuss the questions on page 59, giving each person the opportunity to contribute. Alert everyone when 1 minute remains, then reassemble.

- Time for Thought (7 MINUTES)—Have participants work on their own to complete the exercise on pages 60–61.
- DVD Segment #2: Value Two, Love of Spouse (7 MINUTES)—Show the session's second video portion. Key teaching points appear on pages 62–63 of the participant's guide.
- Time for Thought (7 MINUTES)—Ask everyone to individually answer the questions on pages 64–65.
- Time to Interact (5 MINUTES)—Discuss as a group the questions on page 66.

Closing (2 MINUTES)

Point out the Boundary Building exercise on pages 67–70 of the participant's guide and encourage group members to complete it sometime before the next session. Then end with the prayer printed at the top of page 67.

Values Three and Four

Honesty and Faithfulness

Before You Lead

For the best experience in leading your small group, it's very important to preview session 5 on the DVD and, if possible, read chapters 8 and 9 in the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (8 MINUTES)

Welcome and review (6 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (41 MINUTES)

DVD Segment #1: Avoiding the Unforgivable
Relational Sin (5 MINUTES)

Time to Talk: Total Commitment to Total
Honesty (15 MINUTES)

DVD Segment #2: Being Faithful No Matter
What (6 MINUTES)

Time to Talk: How Great Is Your Faithfulness?

(15 MINUTES)

III. Closing (2 MINUTES)

Introduction (8 MINUTES)

- Welcome back participants for session 5.
- Take about 6 minutes to review session 4 by having group members respond to either of the following questions:
 - What reaction did you get when you sincerely affirmed your mate for loving God or loving you?
 - Who would like to say a little bit about sensing your spouse's commitment to you this past week and what that means in your particular circumstances?
- Pray that God would bless your time together today.
- Read or have a volunteer read the session 5 overview on page 71 of the participant's guide.

Discovery (41 MINUTES)

- DVD Segment #1: Avoiding the Unforgivable Relational Sin (5 MINUTES)—Show the first video teaching clip for session 5. Key points are found on pages 72–73 of the participant's guide.
- Time to Talk (15 MINUTES)—Have spouses spend the first 5 minutes of this exercise working on their own to answer the questions on pages 74–75. Then give them 10 minutes together to go through

the “Six-Point Commitment” in the shaded box at the bottom of page 75 and answer the questions on page 76.

- DVD Segment #2: Being Faithful No Matter What (6 MINUTES)—View the second video teaching clip for this session. Key points appear on pages 77–78 of the participant’s guide.
- Time to Talk (15 MINUTES)—Ask participants to spend 10 minutes answering the “On Your Own” questions on pages 79–80. Then have them get back with their mate and give them 5 additional minutes to discuss the “With Your Spouse” questions on pages 80–81.

Closing (2 MINUTES)

Encourage everyone to work on the Boundary Building assignment (participant’s guide, pages 81–83) before the next session. Then close with the prayer printed in the middle of page 81.

Session 6

Values Five and Six

Compassion and Forgiveness, and Holiness

Before You Lead

For the best experience in leading your small group, it's very important to preview session 6 on the DVD and, if possible, read chapters 10 and 11 in the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (8 MINUTES)

Welcome and review (6 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (41 MINUTES)

DVD Segment #1: Clothe Yourself with
Compassion (5 MINUTES)

Time to Talk: Becoming Tenderhearted
(15 MINUTES)

DVD Segment #2: Get Holy! (6 MINUTES)

Time to Talk: An (Ultimate) Reality Check
(15 MINUTES)

III. Closing (2 MINUTES)

Introduction (8 MINUTES)

- Welcome participants to session 6.
- To review session 5, spend about 6 minutes soliciting group members' responses to the following questions:
 - In an effort to be more honest with your spouse, what risk did you take this past week? What resulted from that effort? And what impact on your marriage—or on your spouse or yourself—did your honesty have?
 - Would someone be willing to share a little about an opportunity you had to be faithful to your spouse this past week?
- Pray for God's blessing on your meeting today.
- Read or have a volunteer read the session 6 overview on page 85 of the participant's guide.

Discovery (41 MINUTES)

- DVD Segment #1: Clothe Yourself with Compassion (5 MINUTES)—View the first video teaching portion for session 6. Key points appear on page 86 of the participant's guide.
- Time to Talk (15 MINUTES)—Have participants partner with one or two other same-sex group members sitting nearby, ideally ones they've gotten to know a little bit. First, ask each person to spend a couple minutes reading through the exercise on pages 87–90 on their own. Then, ask these groups of two or three to discuss the questions on

those pages highlighted in boldface type. When the allotted time is up, have them stay together to watch the next video clip.

- **DVD Segment #2: Get Holy!** (6 MINUTES)—Show the second video teaching portion for this session. Key points are found on page 91 of the participant's guide.
- **Time to Talk** (15 MINUTES)—Have the groups of two or three discuss the questions on pages 92–94. Alert them when 1 minute remains, then call everyone to attention to wrap up the session.

Closing (2 MINUTES)

Remind group members to work on the Boundary Building exercise (participant's guide, pages 95–97) before the next session. Then end your time with the prayer at the top of page 95.

Resolving Conflict in Marriage

Before You Lead

For the best experience in leading your small group, it's very important to preview session 7 on the DVD and, if possible, read chapters 13–15 in the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome and review (8 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (44 MINUTES)

DVD Segment #1: Those Unavoidable Sparks
(7 MINUTES)

Time to Talk: What's Really Going On Here?
(10 MINUTES)

Time for Thought: Getting to the Real Issue
(8 MINUTES)

DVD Segment #2: Resolving Conflict (6 MINUTES)

Time to Talk: It's All in the Delivery (8 MINUTES)

Time for Thought: Working Through It

(5 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome participants back for session 7.
- To review session 6, spend about 8 minutes having group members offer answers to any of the following questions:
 - What opportunity did you have to offer your spouse compassion and forgiveness this past week? In what ways did your marriage benefit from your actions?
 - Who received compassion and forgiveness from your spouse this week? What impact did that attitude and behavior have on you?
 - What did some of you do to pursue holiness this past week? Be specific.
- Pray for God's leading in today's meeting.
- Read or have a volunteer read the session 7 overview on page 99 of the participant's guide.

Discovery (44 MINUTES)

- DVD Segment #1: Those Unavoidable Sparks (7 MINUTES)—View session 1's first video teaching clip. Key points are on pages 100–101 of the participant's guide.
- Time to Talk (10 MINUTES)—Separate participants into six groups and assign each group one of the scenarios described on pages 102–104. Give

the groups about 4 minutes to determine which conflict their scenario most closely represents, then call the groups to attention and have a spokesperson for each take up to 1 minute to report their finding. When finished, have everyone return to their original seats for the next exercise.

- **Time for Thought (8 MINUTES)** — Ask everyone to read through the section on pages 105–112 on their own, thinking about which of the six types of conflict most frequently crops up in their marriage and developing a plan of action for resolving it.
- **DVD Segment #2: Resolving Conflict (6 MINUTES)** — Show the second video teaching clip for this session. Key points appear on pages 113–114 of the participant's guide.
- **Time to Talk (8 MINUTES)** — Break into groups of four or five to discuss the questions on page 115. Alert everyone when 1 minute remains, then reassemble.
- **Time for Thought (5 MINUTES)** — Working individually, have participants begin doing the exercise found on pages 116–120.

Closing (2 MINUTES)

Before ending with the prayer printed in the middle of page 120, encourage group members to complete the Boundary Building assignment (participant's guide, pages 120–121) prior to session 8.

Session 8

Some Warning Signs to Help Your Marriage

Before You Lead

For the best experience in leading your small group, it's very important to preview session 8 on the DVD and, if possible, read chapters 12 and 16 and the conclusion in the book *Boundaries in Marriage* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction and review (8 MINUTES)

Welcome and review (6 MINUTES)

Opening prayer (1 MINUTE)

Overview (1 MINUTE)

II. Discovery (49 MINUTES)

DVD Segment #1: No Trespassing! (6 MINUTES)

Time to Talk: A Plan of Protection (5 MINUTES)

Time for Thought: Saying Yes to Our Marriage
(10 MINUTES)

DVD Segment #2: The Misuse of Boundaries
(7 MINUTES)

Time to Interact: Lessons from Life (6 MINUTES)

Time for Action: Boundaries as Tools for
Problem-Solving (15 MINUTES)

III. Closing (2 MINUTES)

Video Segment #3: A Closing Word (1 MINUTE)

Closing prayer (1 MINUTE)

Introduction (8 MINUTES)

- Welcome participants back for the final session.
- To review session 7, take about 6 minutes for group members to respond to either of the following questions:
 - Who noticed some improvements in marital communication this past week? Explain.
 - Who would like to describe a marriage conflict that occurred, what you did to resolve it, and how that approach was different from what you might have done a couple of months ago?
- Thank God for his blessing on this group throughout the previous seven sessions and pray for today's final time together.
- Read or have a volunteer read the session 8 overview on page 123 of the participant's guide.

Discovery (49 MINUTES)

- DVD Segment #1: No Trespassing! (6 MINUTES)—Show the first video teaching portion for session 8. Key points appear on pages 124–125 of the participant's guide.
- Time to Talk (5 MINUTES)—Divide into groups of three or four to discuss the questions on page

126. Alert everyone when 1 minute remains, then reassemble.

- Time for Thought (10 MINUTES)—Have everyone answer the questions on pages 127–128 on their own.
- DVD Segment #2: The Misuse of Boundaries (7 MINUTES)—View session 8's second video teaching portion. Key points are found on pages 129–131 of the participant's guide.
- Time to Interact (6 MINUTES)—As a group discuss the topics of submission and suffering, using the questions on page 132–133.
- Time for Action (15 MINUTES)—Working individually, have participants think through the questions on pages 134–138.

Closing (2 MINUTES)

Thank everyone for their faithfulness in attending this important study and encourage them to complete the Boundary Building exercise on pages 139–140 in the coming days. Show the closing video clip from Dr. Cloud and Dr. Townsend (1 MINUTE), then end the session with the prayer printed at the top of page 139.

We want to hear from you. Please send your comments about this book to us in care of zreview@zondervan.com. Thank you.



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