

BOUNDARIES

Resources by Henry Cloud and John Townsend

Books

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Boundaries in Marriage (and workbook)
Boundaries with Kids (and workbook)
Boundaries with Teens (Townsend)
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Audio

Boundaries
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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

LEADER'S GUIDE – REVISED

WHEN TO SAY YES
HOW TO SAY NO
TO TAKE CONTROL
OF YOUR LIFE

DR. HENRY CLOUD & DR. JOHN TOWNSEND



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Thank you.



Boundaries Leader's Guide—Revised

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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:

- Nine teaching sessions with Dr. Henry Cloud and Dr. John Townsend (some sessions have more than one teaching segment)
- 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: When to Say Yes, How to Say No to Take Control of Your Life* (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.

Preface

Many people who want to have healthy lives are unsure about when it is appropriate to say no and set limits. They want to have good relationships and grow spiritually, but they often find it difficult to take ownership of their choices, freedom, and responsibilities. In a word, they do not have good boundaries.

When confronted about their lack of boundaries, these people raise important questions:

- Can I set limits and still be a loving person?
- What are legitimate boundaries?
- What if my boundaries upset or hurt someone?
- What can I say to someone who wants my time, love, energy, or money?
- Why do I feel guilty or afraid when I consider setting boundaries?
- Are boundaries selfish?
- Why is it difficult for me to hear no from people?
- Do I sometimes try to control or manipulate people when I don't get what I want?

This small-group curriculum presents a biblical view of boundaries: what they are, what they protect, how they are developed, how they are injured, how to repair them, and how to use them. Our goal is to help you use healthy boundaries appropriately to achieve the

relationships and purposes that God intends for you. We want to help you see how boundaries operate in relationships, in tasks, and in your spiritual life.

God bless you.

HENRY CLOUD, PhD
JOHN TOWNSEND, PhD

What Is a Boundary?

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 chapters 1 and 2 of the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

Welcome and optional opening prayer

II. Learning Together/DVD Segment #1, “Sherrie Without Boundaries” (8 MINUTES)

III. Boundaries Under Construction (40 MINUTES)

Talking Together/“Examples of Boundaries”
and “The Responsibilities That Come with
Boundaries” (30 MINUTES)

Exploring Together/“Responsible To and
Responsible For” (2 MINUTES)

Talking Together/“The Right Kind of
Responsibility” (8 MINUTES)

IV. Closing (5 MINUTES)

Learning Together/DVD Segment #2,

“Wrapping It Up” (3 MINUTES)

Praying Together (2 MINUTES)

Introduction (2 MINUTES)

Welcome participants to the group, then introduce yourself and ask members to briefly introduce themselves. If you want, open your time together with a short prayer.

Learning Together/ DVD Segment #1 (8 MINUTES)

Show the first DVD teaching segment for session 1 (“Sherrie Without Boundaries”), referring everyone to page 10 of the participant’s guide for DVD highlights.

Boundaries Under Construction (40 MINUTES)

- Talking Together: “Examples of Boundaries” and “The Responsibilities That Come with Boundaries” (30 MINUTES)—Discuss both of these subjects, using the questions on pages 11–17 of the participant’s guide. If your group has fewer than seven members, address this Talking Together section as a whole group. Otherwise, divide into smaller groups.
- Exploring Together: “Responsible *To* and Responsible *For*” (2 MINUTES)—End discussion time; then summarize, read, or have one of the group members read the additional facts about boundaries found on page 19 of the participant’s guide.

- **Talking Together: “The Right Kind of Responsibility”** (8 MINUTES)—Gather as a whole group to discuss the questions on pages 20–21 of the participant’s guide.

Closing (5 MINUTES)

- **Learning Together/DVD Segment #2: “Wrapping It Up”** (3 MINUTES)—As you show the second DVD segment, refer everyone to the DVD highlights on pages 22–23 of the participant’s guide.
- **Praying Together** (2 MINUTES)—Remind and encourage group members to take some time between sessions for the three “Boundary Building ... On Your Own” exercises (always shaded for easy reference and placed near related session content). Point out that these exercises will prompt them to put into action the ideas you’ve discussed this week. Finally, close the session by reading aloud—or having a member of the group read aloud—the prayer found on page 23 of the participant’s guide.

Understanding Boundaries

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 chapters 3 and 4 of the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (53 MINUTES)

Exploring Together/

“Boundary Problems” (5 MINUTES)

Talking Together/“Diagnosing Boundary Problems” (30 MINUTES)

Exploring Together/

“A Handful of Facts” (3 MINUTES)

Learning Together/DVD Segment, “Boundary Development and Obstacles to It” (3 MINUTES)

Talking Together/“A Biblical View of Healthy Boundary Development” (12 MINUTES)

III. Closing (2 MINUTES)

Praying Together

Introduction (2 MINUTES)

Welcome participants and, if you like, open with a brief prayer.

Boundaries Under Construction (53 MINUTES)

- Exploring Together: “Boundary Problems” (5 MINUTES)—Summarize, read, or have a group member read this material on page 26 of the participant’s guide.
- Talking Together: “Diagnosing Boundary Problems” (30 MINUTES)—In this exercise on pages 27–32 of the participant’s guide, group members will diagnose six different boundary problems and discuss some of the issues that arise because of those problems. Your approach may depend on the size of your group. Everyone could look at each of the six scenarios, or you could divide the group into six smaller groups, assign each group a scenario, and then have each group report back to the large group.
- Exploring Together: “A Handful of Facts” (3 MINUTES)—Summarize, read, or have a group member read this material on page 34 of the participant’s guide.
- Learning Together/DVD Segment: “Boundary Development and Obstacles to It” (3 MINUTES)—Show the DVD segment for this session, referring everyone to the DVD highlights on page 35 of the participant’s guide.

- Talking Together: “A Biblical View of Healthy Boundary Development” (12 MINUTES)—As a large group, discuss the questions on pages 36–37 of the participant’s guide.

Closing (2 MINUTES)

Praying Together—Once again remind and encourage group members to take some time between sessions for the two “Boundary Building ... On Your Own” sections of the lesson. Point out that these exercises will prompt them to put into action the ideas you’ve discussed together. Finally, close the session by reading aloud—or having a member of the group read aloud—the prayer on page 38 of the participant’s guide.

The Laws of Boundaries, Part I

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 the first half of chapter 5 (through Law #5) in the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (49 MINUTES)

Learning Together/DVD Segment #1, "Lessons in the Laws of Boundaries" (5 MINUTES)

Talking Together/"Lessons in the Laws of Boundaries" (18 MINUTES)

Learning Together/DVD Segment #2, "More Lessons in the Laws of Boundaries"
(6 MINUTES)

Talking Together/"More Lessons in the Laws of Boundaries" (20 MINUTES)

III. Closing (2 MINUTES)

Praying Together

Introduction (2 MINUTES)

Welcome back participants and, if you'd like, open with a brief prayer.

Boundaries Under Construction (49 MINUTES)

- Learning Together/DVD Segment #1: “Lessons in the Laws of Boundaries” (5 MINUTES)—Show the first DVD segment for this session, referring group members to the DVD highlights on page 40 of the participant’s guide.
- Talking Together: “Lessons in the Laws of Boundaries” (18 MINUTES)—For the eight questions that cover Law #1 and Law #2 (participant’s guide, pages 41–43), either have the entire group discuss them together, or assign groups of two to four people to each question and have a group spokesperson report back the group’s ideas.
- Learning Together/DVD Segment #2: “More Lessons in the Laws of Boundaries” (6 MINUTES)—Show the second DVD segment for this session; highlights are on pages 44–45 of the participant’s guide.
- Talking Together: “More Lessons in the Laws of Boundaries” (20 MINUTES)—As with the previous discussion time, address the questions for Laws #3, #4, and #5 (participant’s guide, pages 46–48) together or in smaller groups.

Closing (2 MINUTES)

Praying Together — Remind and encourage group members to complete the three “Boundary Building . . . On Your Own” exercises prior to the next session. Then close with the prayer on page 50 of the participant’s guide. You or a member of the group may read it aloud.

The Laws of Boundaries, Part II

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 the second half of chapter 5 (Laws #6 through #10) in the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (49 MINUTES)

Learning Together/DVD Segment #1:

“Laws #6 and #7” (7 MINUTES)

Talking Together: “Laws #6 and #7” (18 MINUTES)

Learning Together/DVD Segment #2:

“Laws #8, #9, and #10” (6 MINUTES)

Talking Together: “Laws #8, #9, and #10”

(18 MINUTES)

III. Closing (3 MINUTES)

Learning Together/DVD Segment #3:

“What We’ve Learned” (1 MINUTE)

Praying Together (2 MINUTES)

Introduction (2 MINUTES)

Welcome participants and, if you'd like, open with a brief prayer.

Boundaries Under Construction (49 MINUTES)

- Learning Together/DVD Segment #1: "Laws #6 and #7" (7 MINUTES)—Show the first DVD segment for this session, noting the DVD highlights on pages 52–53 of the participant's guide.
- Talking Together: "Laws #6 and #7" (18 MINUTES)—Either have the entire group discuss the six questions for Law #6 and Law #7 (participant's guide, pages 54–55) or assign smaller groups to each question and have a spokesperson from each of those groups share the group's ideas with everyone.
- Learning Together/DVD Segment #2: "Laws #8, #9, and #10" (6 MINUTES)—Show the second DVD segment for the session; DVD highlights are on pages 56–57 of the participant's guide.
- Talking Together: "Laws #8, #9, and #10" (18 MINUTES)—Have each member of the group spend 10 minutes answering the questions about Laws #8, #9, and #10 on pages 58–59 of the participant's guide. Then ask each person to turn to someone near them and talk together for 8 minutes about what they will do to establish and enforce boundaries that these three laws prompt.

Closing (3 MINUTES)

- Learning Together/DVD Segment #3: "What We've Learned" (1 MINUTE)—Show the third and

final DVD segment for the session; point out the summary on page 60 of the participant's guide.

- **Praying Together** (2 MINUTES)—Encourage everyone to work on the two “Boundary Building ... On Your Own” exercises prior to the next meeting. Then end the session by reading or having a group member read the prayer on page 60 of the participant's guide.

Myths about Boundaries

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 chapter 6 in the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (47 MINUTES)

Learning Together/DVD Segment: "Myths about Boundaries" (7 MINUTES)

Talking Together: "Debunking the Myths"
(40 MINUTES)

III. Closing (2 MINUTES)

Praying Together

Introduction (2 MINUTES)

Welcome back participants. If you'd like, open with a brief prayer.

Boundaries Under Construction (47 MINUTES)

- **Learning Together/DVD Segment: “Myths about Boundaries”** (7 MINUTES)—Show the DVD segment for this session; note the DVD highlights on pages 62–63 of the participant’s guide.
- **Talking Together: “Debunking the Myths”** (40 MINUTES)—Refer everyone to this section on pages 64–73 of the participant’s guide. Depending on the size of your group, the entire group can walk through all eight myths together. Or two to three people could discuss each of the eight myths for 10 minutes, the entire group could come back together, and a spokesperson from each smaller group could share a 2-minute summary of the highlights of their discussion.

Closing (2 MINUTES)

Praying Together—Encourage group members to complete the nine brief “Boundary Building ... On Your Own” exercises sometime before the next session. Close the session by reading aloud or having a group member read aloud the prayer on page 74 of the participant’s guide.

Boundary Conflicts, Part I

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 12 and 13 in the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (46 MINUTES)

Learning Together/DVD Segment: "Boundary Conflicts, Part I" (8 MINUTES)

Exploring Together: "Boundary Conflicts with God" (2 MINUTES)

Talking Together: "Steps toward Healthy Self-Boundaries" (35 MINUTES)

Exploring Together: "A Few Final Notes" (1 MINUTE)

III. Closing (2 MINUTES)

Praying Together

Introduction (2 MINUTES)

Welcome participants and, if you wish, begin with a short prayer.

Boundaries Under Construction (46 MINUTES)

- **Learning Together/DVD Segment: “Boundary Conflicts, Part I”** (8 MINUTES)—Show the DVD segment for this session, referring everyone to the DVD highlights on pages 76–78 of the participant’s guide.
- **Exploring Together: “Boundary Conflicts with God”** (2 MINUTES)—Summarize, read, or have a group member read the material on page 78 of the participant’s guide.
- **Talking Together: “Steps Toward Healthy Self-Boundaries”** (35 MINUTES)—Have everyone turn to the exercise on pages 79–82 of the participant’s guide. Answer the questions as if you were actually dealing with the hypothetical problem and, based on those fictitious but reasonable answers, develop a plan for resolving the conflict. The entire group can work together on all three different situations, or form three smaller groups, assign a situation to each, and after 20 minutes give each group the opportunity to share its answers with the other two groups.
- **Exploring Together: “A Few Final Notes”** (1 MINUTE)—By reading page 83 together, you’ll be acknowledging that developing strong self-boundaries is not easy. You’ll also be encouraging participants to persevere as you summarize specific suggestions for how to develop self-boundaries.

Closing (2 MINUTES)

Praying Together—Close the session with the prayer found on pages 83–84 of the participant’s guide. You or a group member may read it aloud.

Boundary Conflicts, Part II

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 7–11 in the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (46 MINUTES)

Learning Together/DVD Segment: “Boundary Conflicts, Part II” (18 MINUTES)

Talking Together: “Boundary Building”
(25 MINUTES)

Exploring Together: “The Importance of Establishing Boundaries” (3 MINUTES)

III. Closing (2 MINUTES)

Praying Together

Introduction (2 MINUTES)

Welcome participants; then, if you'd like, open with a brief prayer.

Boundaries Under Construction (46 MINUTES)

- **Learning Together/DVD Segment: “Boundary Conflicts, Part II”** (18 MINUTES)—Show the DVD segment for this session, pointing out the DVD highlights on pages 86–88 of the participant’s guide.
- **Talking Together: “Boundary Building”** (25 MINUTES)—As explained on page 89 of the participant’s guide, have each group member choose one of the five areas of boundary conflicts covered on pages 89–100. Give them 15 minutes to carefully consider the questions for the category they select—and have them answer at least the last question. After 15 minutes, give group members 10 minutes to share with another person what each of them learned about themselves and a personal goal they set. Suggest that they take a few of those 10 minutes to pray for each other.
- **Exploring Together: “The Importance of Establishing Boundaries”** (3 MINUTES)—Read or have a group member read the session summary on pages 100–101 of the participant’s guide.

Closing (2 MINUTES)

Praying Together—Wrap up the session with the prayer on pages 101–102 of the participant’s guide. You or a member of the group may read it aloud.

Boundary Successes, Part I

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 the first half of chapter 15 (through Step #6) in the book *Boundaries* 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 (12 MINUTES)

Welcome and optional opening prayer (2 MINUTES)

Talking Together: "A Quick Look Back"

(10 MINUTES)

II. Boundaries Under Construction (38 MINUTES)

Learning Together/DVD Segment: "Measuring Boundary Growth" (9 MINUTES)

Talking Together: "Measuring Boundary Growth" (25 MINUTES)

Exploring Together: "Reviewing Boundary Measurements" (4 MINUTES)

III. Closing (2 MINUTES)

Praying Together

Introduction and review (12 MINUTES)

- **Welcome** (2 MINUTES)—Welcome everyone and, if you'd like, begin with a brief prayer.
- **Talking Together: "A Quick Look Back"** (10 MINUTES)—Review sessions 1–7 by answering the five questions on page 104 of the participant's guide. Depending on the size of the group, either discuss them together or have people share in groups of two to four. A large-group discussion, however, might be more of an encouragement to everyone involved.

Boundaries Under Construction (38 MINUTES)

- **Learning Together/DVD Segment: "Measuring Boundary Growth"** (9 MINUTES)—Show the DVD segment for this session, noting the DVD highlights on pages 105–106 of the participant's guide.
- **Talking Together: "Measuring Boundary Growth"** (25 MINUTES)—Discuss as a large group the six Measurements of Growth (participant's guide, pages 107–113).
- **Exploring Together: "Reviewing Boundary Measurements"** (4 MINUTES)—Read or have a group member read the session summary on page 114 of the participant's guide.

Closing (2 MINUTES)

Praying Together—Encourage group members to work on the six very brief "Boundary Building ... On Your Own" exercises sometime before the next meeting. Close the session with the prayer on pages 114–115 of the participant's guide. You or a member of the group may read it aloud.

Boundary Successes, Part II

Before You Lead

For the best experience in leading your small group, it's very important to preview session 9 on the DVD and, if possible, read the second half of chapter 15 (from Step #7 onward) in the book *Boundaries* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (2 MINUTES)

II. Boundaries Under Construction (54 MINUTES)

Learning Together/DVD Segment #1: "Success with Boundaries" (6 MINUTES)

Talking Together: "Success with Boundaries" (25 MINUTES)

Learning Together/DVD Segment #2: "Sherrie with Boundaries" (6 MINUTES)

Exploring Together: "The Benefits of Healthy Boundaries" (2 MINUTES)

Talking Together: "A Wrap-Up" (15 MINUTES)

III. Closing (2 MINUTES)

Praying Together

Introduction (2 MINUTES)

As you welcome participants back for this final session, thank them for their faithful attendance and willingness to contribute to the discussions. Let them know that you've enjoyed the meetings and getting to know them. If you'd like, open with a brief prayer.

Boundaries Under Construction (54 MINUTES)

- Learning Together/DVD Segment #1: “Success with Boundaries” (6 MINUTES)—Show the first DVD segment for this session, pointing out the DVD highlights on pages 118–119 of the participant’s guide.
- Talking Together: “Success with Boundaries” (25 MINUTES)—Discuss as a large group Measurements of Growth #7–11 (participant’s guide, pages 120–124).
- Learning Together/DVD Segment #2: “Sherrie with Boundaries” (6 MINUTES)—Show the second DVD segment for this session; DVD highlights are on page 125 of the participant’s guide.
- Exploring Together: “The Benefits of Healthy Boundaries” (2 MINUTES)—Read or have a group member read the benefits listed on page 126 of the participant’s guide.
- Talking Together: “A Wrap-Up” (15 MINUTES)—Depending on the closeness and/or the size of your group, either discuss together the questions on page 127 of the participant’s guide or have people share in groups of two to four. A large-group discussion, however, would probably offer better closure.

Closing (2 MINUTES)

Praying Together—Encourage group members to work on the five very brief “Boundary Building ... On Your Own” exercises sometime in the coming days. Close with the prayer on page 128 of the participant’s guide. You or a member of the group may read it aloud.

Boundaries in Marriage

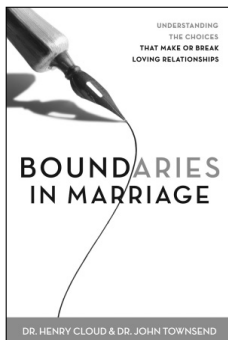
Understanding the Choices
That Make or Break Loving
Relationships

*Dr. Henry Cloud
and Dr. John Townsend*

Only when you and your mate know and respect each other's needs, choices, and freedom can you give yourselves freely and lovingly to one another. *Boundaries in Marriage* gives you the tools you need. Drs. Henry Cloud and John Townsend, counselors and authors of the award-winning bestseller *Boundaries*, show you how to apply the principles of boundaries to your marriage. This long-awaited book helps you understand the friction points or serious hurts and betrayals in your marriage—and move beyond them to the mutual care, respect, affirmation, and intimacy you both long for.

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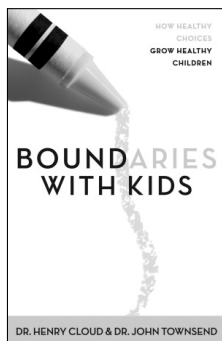
*Dr. Henry Cloud
and Dr. John Townsend*

Keys for establishing healthy boundaries – the bedrock of good relationships, maturity, safety, and growth for children and adults.

To help their children grow into healthy adults, parents need to teach them how to take responsibility for their behavior, their values, and their lives. The authors of the Gold Medallion Award-winning book *Boundaries* bring their biblically based principles to bear on the challenging task of child rearing, showing parents:

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