



Next Gen Small Groups

September WK. 2 Boundaries Are for Your Benefit

Key Verse: “Proverbs 29:25 – *“It is dangerous to be concerned with what others think of you, but if you trust the Lord, you are safe.”*”

SUMMARY

It’s easy to fall into people-pleasing—saying yes when you really want to say no or trying to make everyone happy. But living this way can weigh you down and keep you from what God has for you. Setting healthy boundaries isn’t selfish; it protects you, helps you grow, and allows you to truly live freely.

ICEBREAKER

Have you ever said yes to something just to make someone else happy, even though you didn’t want to?

DISCUSSION STARTER

Why do you think it’s so hard to say no sometimes, even when you know it’s the right thing?

DISCUSSION QUESTIONS

1. What are some signs that someone might be a people-pleaser?
2. Why do you think trying to please everyone can be dangerous?
3. How can setting boundaries help you protect your friendships and your own well-being?
4. What’s one boundary you could set this week that would help you feel safer or freer?

ACTIVITY:

Backpack Check” – Give each person a piece of paper and have them draw a backpack. Ask them to write down one “pebble” (small thing) they feel pressured to do for others, and one “rock” (big thing) they struggle to say no to. Then, write a step they can take this week to start “lightening their load” by setting a healthy boundary.

WRAP-UP

Boundaries aren’t just rules—they’re protection. Saying no when you need to doesn’t make you selfish; it makes you strong and helps you live the life God has called you to. This week, look for one area where you can set a healthy boundary and trust God with the rest. ***Boundaries are for your benefit.***