

VIBRANT LIFE MINISTRIES

(Wednesday evenings beginning on January 17th)

Semester Dates - January 17th-March 13th (8 weeks)

Curriculum of Study: *Boundaries - When to Say Yes, How to Say No* by Dr. Henry Cloud & Dr. John Townsend

Time - Doors Open at 5:15pm & Sessions begin at 5:30pm

Location: Reveille United Methodist Church (4200 Cary Street Rd. Richmond, VA 23221) in the Youth Center

Point of Contact - Bayo Ogungbade, aceogung@gmail.com or 804-873-4717

WHO & WHAT IS VIBRANT LIFE MINISTRIES?

Vibrant Life Ministries is an inclusive and welcoming faith-centered community that is a safe space for all. Our mission is to:

- Foster spiritual growth and meaningful connections by embarking on a journey of self discovery.
- Empower individuals to model their everyday lives as Christian disciples.
- Aim to build a strong community where people can confidently explore their identities and find a place in the community and the world.

Our Group Slogan is: "When we go together, we are never alone, because we are walking with Christ."

Our Grounding Scripture is: Matthew 18:20 - "For where two or three are gathered in my name, I am there among them." (NRSV)

Our Teaching & Learning Principle is: Inquire and Inspire - By inquiring about all the hard questions surrounding our faith through a religious and spiritual lens, the ultimate goal for our time together is that we'll feel inspired to share what we've learned with others.

OVERVIEW OF CURRICULUM STUDY (BOUNDARIES)

Boundaries is a book written by Dr. Henry Cloud & Dr. John Townsend that provides learners with biblically based answers on how to implement healthy boundaries in all areas of their lives. Each week,

we will evaluate our physical, emotional, and spiritual boundaries as Christian disciples in our everyday interactions with others at home, work, within ourselves, and with God. By the end of our time together, we will be able to develop a biblically-grounded understanding of boundaries and learn how to recognize when we're operating within and outside of them. In simpler words, we will be able to recognize when to say yes and learn how to say no so that we can live into the very best of what God has in store for our lives.

Session 1 - Boundaries: What They Are and What They Are Not (01/17)

Our first session will help us gain a better understanding of what boundaries are and what they aren't. This will serve as the foundational basis of how we can begin to examine what boundaries look like in our own lives and identify areas in our lives where healthy boundaries are lacking. For those of us who have purchased the book, we will be looking at Chs. 1, 2 & 3.

Session 2 - How Boundaries Are Developed - Cause & Effect (01/24)

Our second session will provide us with opportunities to see how healthy and unhealthy boundaries can develop through positive and negative life experiences. As a group, we will reflect on challenges in our lives that have made it hard for us to implement boundaries for ourselves and towards others such as hostility, inconsistency, lack of self-limitations and more. For those of us who have purchased the book, we will be looking at Ch. 4.

Session 3 - The Ten Laws of Boundaries - Myths Debunked (01/31)

Our third session will provide us with ten helpful principles that are made to safeguard us from boundary violations on a physical, emotional, and spiritual level. Additionally, we will also look at common myths that make it challenging to enforce boundaries such as guilt, fear of burning bridges, and more. For those of us who have purchased the book, we will be looking at Chs. 5 & 6.

Session 4 - Boundaries & Your Family - Can't We All Just Get Along? (02/07)**

Our fourth session will help us to see how boundary conflicts can appear within our familial relationships with parents, siblings, uncles, aunts, and other familial ties. This session will help us lovingly enforce boundaries with our family members. For those of us who have purchased the book, we will look at Ch. 7.

Session 5 - Boundaries & Your Friends - Not All Your People are Your People (02/21)

Our fifth session will help us to see how boundary conflicts can appear within our friendships. This session will help us learn how to better recognize boundary violations that our friendships can cause such as peer pressure and what to do about them. For those of us who have purchased the book, we will look at Ch. 8.

Session 6 - Boundaries & Your Partner - What's Love Got to Do With It? (02/28)

Our sixth session will help us to see how boundary conflicts can appear within our intimate and dating relationships. This session will provide us with healthy relationship building practices that you and your (current/future) partners can apply to your relationship in order to avoid boundary violations and talk through boundary violations when they happen. For those of us who have purchased the book, we will look at Ch. 9.

*If you have children or are thinking about children, Ch. 10 can also help.

Session 7 - Boundaries & Work - Grind & Hustle Culture (03/06)

Our seventh session will help us to see how boundary conflicts can appear within our working relationships and our own relationship with work. We will examine toxic work environment dynamics such as hustle culture, workaholism, comparison, and how we can implement healthy boundaries that can influence the atmosphere in more positive ways. For those of us who have purchased the book, we will look at Ch. 11.

Session 8 - Boundaries & Yourself - Me, Myself, & God (03/13)

Our final session will help us examine how to sift through boundary violations within our relationship with ourselves and with God. This includes understanding the importance of self-talk, recognizing toxic dynamics such as people pleasing, and more. For those of us who have purchased the book, we will look at Chs. 12, 13, and 14. Additionally, we will briefly touch on Chs. 15 & 16.

Easter Party (03/20)

We will celebrate the end of the term with a Vibrant Life Easter party! Location TBD!