

SAMPLE FROM PARENT GUIDE

Lesson #8: Boundaries (Part 1)

"But He would withdraw to desolate places and pray." Luke 5:16

OBJECTIVES

After completing Lesson #8, the student will:

- Understand the two types of boundaries
- Understand that boundaries are protective
- Understand that emotions are God given and complex
- Understand the difference between IQ vs EQ

PARENT POINTERS:

This lesson is the first in several lessons about boundaries. Your student will learn about boundaries in every area of the holistic health model. Emotional boundaries will be covered in this lesson. Ensure that your student has a healthy perspective of emotions. Many people will try to hide emotions and/or pretend that they do not exist. This is not healthy for anyone. Also, help your student recognize that mood swings are very common, especially for teenagers. Our feelings can fluctuate for various reasons, which is one reason it is important to recognize emotions and not make hasty decisions because those emotions can influence our decision making skills.

CONVERSATION STARTER

- Ask your student if they feel boundaries are punishments? If they answer yes, ask them to explain. Make sure they understand that boundaries are protective.

ADDITIONAL ACTIVITIES (OPTIONAL):

1. Read and analyze the emotions expressed by the individuals mentioned in the following passages of scripture:

- 2 Samuel 6:16
We see David expressing joy by leaping and dancing for the Lord when the Ark of God was being brought to Jerusalem. Meanwhile Michal, the daughter of King Saul, who was David's wife expressed a different emotion. She was ashamed of David and despised him in her heart.
- John 11: 35-38
Jesus is recorded as being sorrowful and expressed his emotions by

weeping when Lazarus died (John 11:35–38)

- Ephesians 4:26 “Be ye angry, and sin not: let not the sun go down upon your wrath.” Paul exhorts Christians to express their anger but to not sin in the process.

2. Have your student read and annotate the epistle to the Philippians. What emotion(s) are mentioned throughout this book?

3. Research Albert Einstein. Create a short one page biography about who he was and what he did?

4. Research the Great Wall of China. Create a short one page essay explaining the purpose of this boundary. Answer the questions, Who? When? Why? What? And How?

