

The key to connection, intimacy and growth: Boundaries



Final Thoughts

Processing and healing childhood wounds is the most brave thing you can do and important self work as you lead others towards healing in their own lives as a church planter. It is scary but there's also so much hope and goodness ahead as you move towards freedom. When you have a clear understanding of who you are then you can truly be free to connect with and share yourself with others.

Initial Thoughts

- Boundaries give a clear understanding of where to connect with one another which ultimately helps create a feeling of safety.
- When people feel safe in relationships, growth is a natural bi-product.
- When you find healing for your wounds your community will naturally become a more healthy church. Our healing is connected.

Process Questions

1. What are your top 3 values as a church planter?
2. What brings joy in your life and how often do you engage in that?
3. What childhood wounds have you never talked about with a safe person or therapist?
4. Do you have pain that you can feel held in your heart?
5. Do you know yourself as someone who's intimately loved?
6. Are there adjustments you want to make in the time you spend on and with your ministry?

