

"Dr. Henry Cloud and Dr. John Townsend have great insight and practical wisdom into the God-given gift of boundaries. As they discuss how to take responsibility for and ownership of our lives, they give hope that we cannot just survive-but thrive!"

—JOSH MCDOWELL

"The contents of this book have had a life-changing effect on my wife and me. *Boundaries* does not offer temporary relief but points a person to God and his ways for the ultimate cure!"

—DAVE DRAVECKY

"As I read this book, I kept fighting back the gnawing feeling that the whole trajectory of my life would have been different and better had I read this twenty years ago."

—BILL HYBELS

"Boundaries define everything from football fields to nation-states, yet our culture has pretended it could violate boundaries in human relationships without serious consequences. Cloud and Townsend examine the damage caused by this flawed view and point the way back."

—CAL THOMAS

"In this insightful and extremely helpful book, you will learn about a simple concept that can change your life—healthy boundaries. It's the ability to mark off your life in such a way that you multiply your love for others and minimize the problems you face."

—JOHN TRENT, PH.D.

First Friends Church

Life Changes

Single Adult Ministry

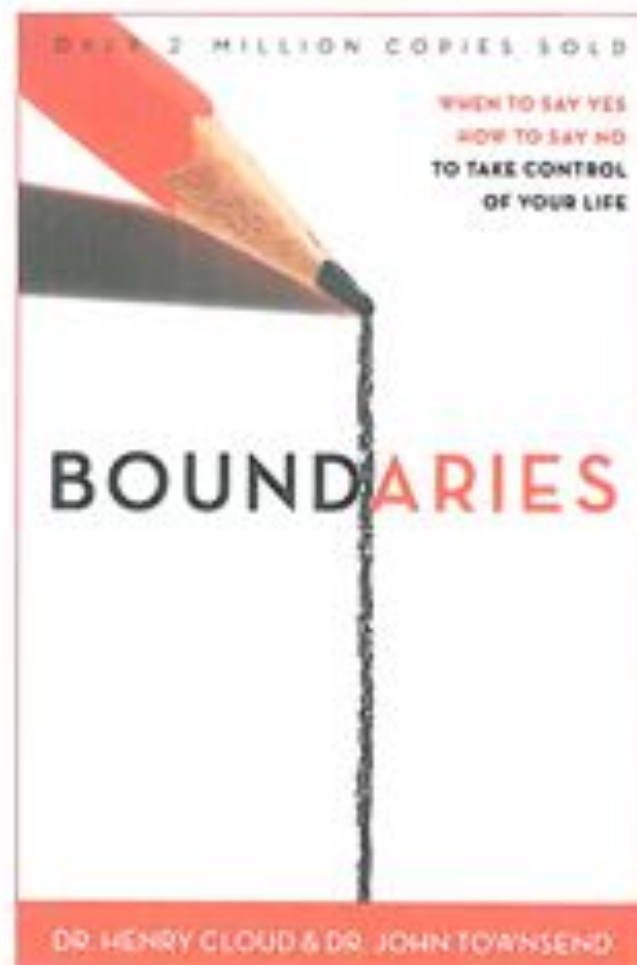
5455 Market Ave., N. Canton, Ohio 44714
330-966-2800 www.firstfriends.org

BOUNDARIES

First Friends Church

Life Changes

Single Adult Ministry



Friday Nights 7-9pm

April 9 - June 11, 2010

5455 Market Ave., N. Canton, Ohio 44714
330-966-2800 www.firstfriends.org

Are you in control of your life?
Do people take advantage of you?
Do you have trouble saying no?

Christians often focus so much on being loving and giving that they forget their limitations. Have you ever found yourself wondering:

- ~ Can I set limits and still be a loving person?
- ~ How do I answer someone who wants my time, love, energy or money?
- ~ Why do I feel guilty when I consider setting boundaries?

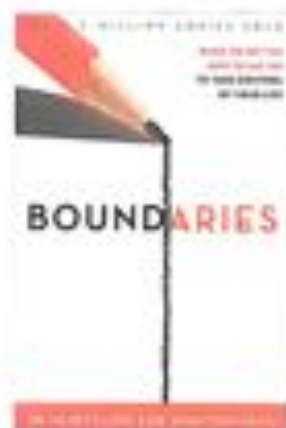
Boundaries are personal property lines that define who you are and who you are not, and influence all areas of your life.

In our sessions together, Drs. Henry Cloud and John Townsend give us biblically based answers to these and other tough questions, and show us how to set healthy boundaries with parents, spouse, children, friends, coworkers and even yourself.

BOUNDARIES

Learn how to live your life more fully and display Christ's love more freely. Each of the ten *Boundaries* sessions contains a video presentation by Drs. Cloud and Townsend. They are the focus for insights, exercises and spirited group discussions that can profoundly improve the quality of your relationships in every sphere of life.

If you would like a richer, more rewarding way of living, *Boundaries* is for you. Get set to enjoy the support and interaction of a small group as you cultivate the habits of productive relationships.



Boundaries

PRE-REGISTER BY APRIL 1, 2010

APRIL 9 - JUNE 11, 2010

Name _____

Address _____

City _____ Zip _____

Phone _____

Email _____

The cost for this program is \$20. Checks should be made payable and sent to:

First Friends Church
5455 Market Ave., N.
Canton, Ohio 44714

For more info please call
First Friends at
330.966.2800

First Friends Church is located at the corner of 55th Street and Market Avenue North, 2 miles north of US 62 and 3 miles east of I-77.

