

# Can a Christian Say “No”?

Spring 2025 Life Group

Week 7 How Do I Keep from Getting Hurt or Taken Advantage Of

Pastor Jonathan Srock

**Before: Establish Boundaries**  
**Creating Healthy Boundaries**  
**Spiritual Boundaries**

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**Relational Boundaries**

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**Financial Boundaries**

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**Physical Boundaries**

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**Moral/Ethical Boundaries**

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**During: Course Corrections**  
**Enforcing Boundaries**

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**What Do I Do If I Get Hurt or Taken Advantage of?**

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**How to Approach Someone Who Hurts Me?**

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**After: Recalibrating Boundaries  
How Do I Stop This from Happening Again?**

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**Dealing with Physical, Emotional, Psychological, and Spiritual Abuse**

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