

BOUNDARIES

You Are Responsible, Right Motives, Protect Your Boundaries

1. YOU'RE RESPONSIBLE TO CREATE YOUR OWN BOUNDARIES

- **Proverbs 4:20-23** My child, pay attention to what I say. Listen carefully to my words. ²¹ Don't lose sight of them. Let them penetrate deep into your heart, ²² for they bring life to those who find them, and healing to their whole body. ²³ Guard your heart above all else, for it determines the course of your life.
 - Create a core group of healthy relationships/influencers around you
 - People who are like-minded, like-spirited, mutual, safe, secure
 - Importance of setting boundaries & parameters ahead of time
 - Intimate relationships: friendship/dating/marriage
 - Transparency vs. Vulnerability
- **2 Corinthians 6:14** Don't team up with those who are unbelievers. How can righteousness be a partner with wickedness? How can light live with darkness?

2. RIGHT MOTIVES CREATE HEALTHY BOUNDARIES

1 John 2:15-17 Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father. Practically everything that goes on in the world—wanting your own way, wanting everything for yourself, wanting to appear important—has nothing to do with the Father. It just isolates you from him. The world and all its wanting, wanting, wanting is on the way out—but whoever does what God wants is set for eternity. (msg)

- Embracing people for who they are, not what you want to receive from them
- Not using relationships for what we can get, but what we can give
- When we have the right motives in relationships, healthy boundaries will follow

Romans 12:6-8 If you preach, just preach God's Message, nothing else; if you help, just help, don't take over; if you teach, stick to your teaching; if you give encouraging guidance, be careful that you don't get bossy; if you're put in charge, don't manipulate;

if you're called to give aid to people in distress, keep your eyes open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with them or depressed by them. Keep a smile on your face.

⁹⁻¹⁰ Love from the center of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle. ¹¹⁻¹³ Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality.

¹⁴⁻¹⁶ Bless your enemies; no cursing under your breath. Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody. ¹⁷⁻¹⁹ Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody.

Don't insist on getting even; that's not for you to do. "I'll do the judging," says God. "I'll take care of it."
²⁰⁻²¹ Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, get him a drink. Your generosity will surprise him with goodness. Don't let evil get the best of you; get the best of evil by doing good. (msg)

3. DON'T ALLOW OTHERS TO OVERSTEP YOUR BOUNDARIES

John 2:²³ Because of the miraculous signs Jesus did in Jerusalem at the Passover celebration, many began to trust in him. ²⁴ But Jesus didn't trust them, because he knew all about people. ²⁵ No one needed to tell him about human nature, for he knew what was in each person's heart.

- Even though we are being manipulated, our security and identities are wrapped up in these relationships
- We are trapped because of fear—fear of being alone, isolated, or not being loved
- Feelings can't be trusted, but understood
- Often we don't value ourselves enough to have boundaries
- Don't allow anyone to overstep your boundaries—Family dynamics