

BOUNDARIES

Matt 6:46

*** the candy – the cavity –the dentist:** when we worry about hurting someone and when it comes to setting boundaries we must consider the difference between harm and hurt. Boundaries may be hurtful, but they are not harmful. When you go to the dentist and he drills your tooth it hurts but he doesn't harm you. After the initial hurt and pain you actually feel better. Hurt and Harm are two different things. When you ate the candy that gave you the cavity, did it hurt? No. It tasted good. But did it harm you? In the long run it did. Hurt and harm are two different things. Boundaries are sometimes hurtful, but usually are seldom harmful. Adrian Roger said, "when a preacher is available all the time, he is usually not worth much when he is available". I say, "when anyone is available all the time, they probably aren't worth much when they are available." Boundaries bring worth to our life. Even when they are hurtful, remember they are not harmful. Boundaries can be a blessing!

Slide#1: A Boundary is a personal property line that marks those things which we are responsible for.

Slide #2: Boundaries define who we are and who we are not. They also define who we are responsible for and who we are not.

Slide #3: Boundaries define who we are and who we are not. They also define who we are responsible for and who we are not.

Slide #4: Having clear boundaries is essential to a healthy, productive, and balanced lifestyle.

Slide #5: Boundaries constantly surround us even when we are unaware of them. **(yard/skin)**

Slide # 6: Lack of Boundaries Cause Problems: RELATIONALLY / EMOTIONALLY / SPIRITUALLY / VOCATIONALLY / PHYSICALY

Slide # 7: Boundaries impact all areas of our life:

1. **Physical Boundaries** can help determine who touches us and under what circumstances.
2. **Mental Boundaries** gives us the freedom to have our own thoughts and opinions.
3. **Emotional Boundaries** help us to deal with our own emotions and disengage from the harmful manipulative emotions of others.
4. **Spiritual Boundaries** help us to distinguish God's will from our own and others. And they give us an awe of freedom from our creator.

Slide # 8: Boundaries Bring the 4 R's:

REALITY- you realize who and what, you are and aren't responsible for.

RESPONSIBILITY- allows you to have more time for self and more time to be responsible for who and what you are truly responsible for to begin with.

RELIEF- you don't have to be and fix everything for everyone.

RESPECT- people will respect what your life begins to produce. Because boundaries produce order and bring peace.

Slide # 9: What You Need to Realize About Boundaries:

1. You can set boundaries and still be a loving person.
2. Boundaries are legitimate and need to be done in balance.
3. People will be upset and may even become angry as you set boundaries.
4. Boundaries aren't selfish – they can truly benefit everyone involved.
5. You may feel guilty, but you don't have a legitimate reason too.
6. Boundaries are necessary for peace of mind and success in life.
7. Boundaries are Biblical and Jesus modeled boundaries.

Slide # 10: Jesus Modeled Boundaries:

> with followers and religious leaders > with Mary, Martha and Lazarus > with the apostle Peter > with the healing of Jairus' daughter > with His disciples > with the 5,000

Slides 11-17: How Did Jesus Model Boundaries:

1. Jesus sent people away – but He also had compassion and met their needs.
2. Jesus shut people out – but He always allowed God access into His life.
3. Jesus showed compassion and love – but He didn't like everything or everyone.
4. Jesus spoke – but He was also silent.
5. Jesus was compassionate – but He also brought correction when needed.
6. Jesus had an inner circle of friends who didn't just take – but they gave back.
7. Jesus helped people – but He only helped those who wanted to be helped.

Today in order for you to have joy, peace, wholeness and quality

of life with God's help you need to begin to set boundaries

in your life that will glorify Him and edify yourself and others.