

# **GODLY BOUNDARIES IN RELATIONSHIPS**

# BOUNDARIES

*When to Say YES  
When to Say NO  
To Take Control  
of Your Life*

1 Million  
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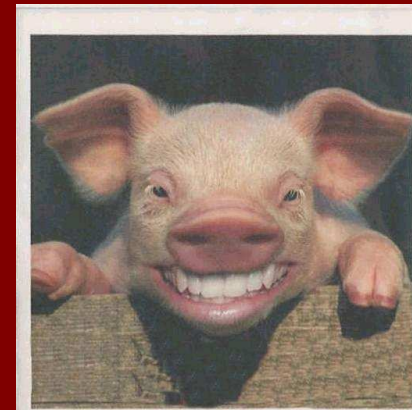
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# WHAT IS A BOUNDARY?



# WE ARE CREATED SEPARATE FROM OTHERS



# **GOD DEFINES HIMSELF**

- **“I am God Almighty.”**
- **“I, the Lord your God, am a jealous God.”**
- **“I am compassionate.”**
- **“I am holy.”**
- **“I, the Lord, love justice.”**
- **“I will establish my covenant with you.”**

# 3 TREASURES TO PROTECT: INTRODUCING FAB

- **Feelings**
- **Attitudes**
- **Behaviour**

# FEELINGS

**Prov 25 v 28 *Whoever has no rule over his own spirit is like a city broken down, without walls.***

# ATTITUDES

**Prov 4 v 23 *Above all else, guard your heart, for it is the wellspring of life.***

**People with boundary problems usually  
have distorted attitudes about  
responsibility**

# BEHAVIOUR

**Gal 6 v 7,8 Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.**

- **Am I a well-defined person? What do I really value?**
- **How do I feel about being responsible for my FAB?**
- **Do I know what I have ownership over and responsibility for?**
- **Do I confidently make choices about me?**
- **Do I respect other people's limits?**

# RELATIONAL SYMPTOMS OF BOUNDARY PROBLEMS

- **Loss of freedom**
- **Loss of sincere love**

**When I say yes but mean no, what am I  
afraid of?**

# SOWING AND REAPING

**Gal 6 v 7 Do not be deceived: God cannot be mocked. A man reaps what he sows.**

**Prov 19 v 19 A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.**

- **Can I freely give this to them?**
- **Is this something they should be doing for themselves?**
- **Is the fruit of my action rescue or maturity?**

# What about carrying each other's burdens?

**Galations 6 v 2, 5 Carry each other's BURDENS, and in this way you will fulfil the law of Christ. ... for each one should carry his own LOAD.**

# RECEIVING THE BOUNDARIES OF OTHERS

- **I need to grieve my wish to control other people**
- **As I respect the boundaries, I become more dependent on God and others.**
- **As I embrace the boundaries of others, I am able to love more sincerely.**

# MOTIVATION VS OBLIGATION

**2 Cor 9 v 7 *Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.***

- Internal “should”
- Martyr syndrome

# THE LAW OF EXPOSURE

- Boundaries have to be visible and communicated.
- The most well 'boundaried' people don't feel a lot of anger.
- Not an offensive weapon, but a defensive tool.

# BOUNDARIES AND SELFISHNESS

- Appropriate boundaries actually increase our ability to care about others.
- Stewardship: our lives are a gift from God.

*Ps 16 v 5-6* *Lord, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.*

# **WHAT ABOUT VIOLATED BOUNDARIES IN MY LIFE?**

- **Anger must be worked through appropriately.**
- **Trust God to help you rebuild the injured parts of your soul.**
- **Seek out Godly people to represent His love and healing in your life**

# FORGIVENESS AND RECONCILIATION

- Forgiveness takes just one person; reconciliation takes two.

**Rom 12 v 18 *If it is possible, as far as it depends on you, live at peace with everyone.***

# UNRESOLVED GRIEF

- Accepting the reality of who they are

**Psalm 34 v 17 *The Lord is close to the brokenhearted and saves those who are crushed in spirit.***

# DO I NEED TO SET SOME LIMITS?

- With whom can I begin setting limits this week?
- Baby no's before grown up no's
- Learning to process the guilt



- **DEALING WITH GUILT MESSAGES**
- **CONSEQUENCES AND COUNTERMOVES**
- **WHEN THERE ARE REAL AND PRESSING NEEDS**

