

# SETTING BOUNDARIES

#CRAZYMAKERS: Part 4

May 2, 2021 | Pastor Brian

**BOUNDARIES:** The chosen set of behaviors that I will and will not accept from others.

*“They load you with impossible demands that they themselves don’t even try to keep.” (Matthew 23:4, The Living Bible)*

**Signs of Boundary Intruders:**

- DISCOMFORT
- DISADVANTAGED
- DISEMPOWERED
- DISPROPORTIONATE

## 5 WAYS TO SET HEALTHY BOUNDARIES

1. Believe that you DESERVE them.

*“Christ has set us free! This means we are really free. Now hold on to your freedom and don’t ever become slaves...” (Galatians 5:1, CEV)*

*“Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love.” (1 Corinthians 16:13–14, NLT)*

2. Learn to love without RESCUING.

*“Hot-tempered people must pay the penalty. If you rescue them once, you will have to do it again.” (Proverbs 19:19, NLT)*

*“For we are each responsible for our own conduct.” (Galatians 6:5, NLT)*

*“Discipline your children while there is hope. Otherwise you will ruin their lives.” (Proverbs 19:18, NLT)*

3. Care enough to CONFRONT boundary invasions.

*“Speak the truth in love, growing in every way more and more like Christ...” (Ephesians 4:15, NLT)*

*“Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves.” (Ephesians 4:25, The Living Bible)*

4. PROTECT yourself.

*“Guard your heart above all else, for it determines the course of your life.” (Proverbs 4:23, NLT)*

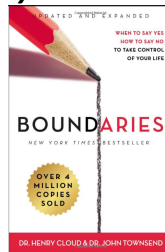
- Emotions
- Ideas
- Physical
- Relational
- Time

*“Just say a simple, ‘Yes, I will,’ or ‘No, I won’t.’ Anything beyond this is from the evil one.” (Matthew 5:37, NLT)*

## 5. **RINSE AND REPEAT!**

*“And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don’t get discouraged and give up.” (Galatians 6:9, The Living Bible)*

***Ready to dive deeper?***



<https://www.amazon.com/Boundaries-Updated-Expanded-When-Control/dp/1543661092>