



**LOSING MY  
MIND**

# "BOUNDARIES"

"ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT." PROVERBS 4:23

FACT 1 - YOU ARE NOT GOD

FACT 2 - YOU CANNOT CONTROL OTHER PEOPLE

SOMEONE IN YOUR LIFE IS OUT OF CONTROL

"LET US BEHAVE DECENTLY, AS IN THE DAYTIME, NOT IN CAROUSING AND DRUNKENESS, NOT IN SEXUAL IMMORALITY AND DEBAUCHERY, NOT IN DISSENSION AND JEALOUSY." ROMANS 13:13

SOMEONE'S CONTROLLING  
SOMEONE ELSE PROBLEM

"IT IS FOR FREEDOM THAT CHRIST HAS SET US FREE. STAND FIRM, THEN, AND DO NOT LET YOURSELVES BE BURDENED AGAIN BY A YOKE OF SLAVERY." GALATIANS 5:1

BOUNDARIES: RESTORING YOUR  
BALANCE & YOURSELF

LOVE WITHOUT RESCUING

"CARRY EACH OTHER'S BURDENS, AND IN THIS WAY YOU WILL FULFILL THE LAW OF CHRIST...EACH ONE SHOULD CARRY THEIR OWN LOAD."  
GALATIANS 6:2,5

# "BOUNDARIES"

## LEARN TO CONFRONT IN LOVE

"IF YOUR BROTHER OR SISTER SINS, GO AND POINT OUT THEIR FAULT, JUST BETWEEN THE TWO OF YOU. IF THEY LISTEN TO YOU, YOU HAVE WON THEM OVER."

MATTHEW 18:15

## THE SKILLS TO LEARN

### START FROM A POSITION OF LOVE

"A NEW COMMAND I GIVE TO YOU; LOVE ONE ANOTHER, AS I HAVE LOVED YOU, SO YOU MUST LOVE ONE ANOTHER." JOHN 13:34

### SAY NO WHEN IT'S BEST TO SAY NO

"ALL YOU NEED TO SAY IS SIMPLY 'YES' OR 'NO'; ANYTHING BEYOND THIS COMES FROM THE EVIL ONE." MATTHEW 5:37

### GIVE CONSEQUENCES WHEN NECESSARY

"A HOT-TEMPERED PERSON MUST PAY THE PENALTY; RESCUE THEM, AND YOU WILL HAVE TO DO IT AGAIN." PROVERBS 19:19

# "BOUNDARIES"

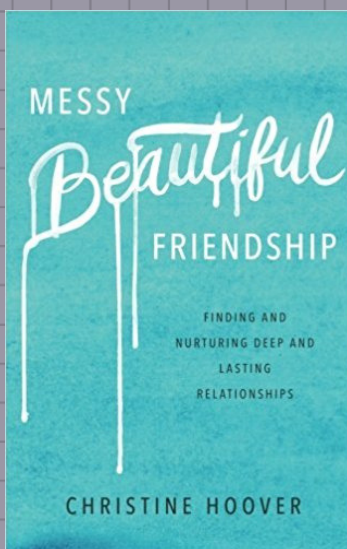
CONCLUSION: YOUR HOPE FOR A  
GREAT RELATIONSHIP

GOD WANTS TO HELP YOU IN THIS  
IDENTITY STEALING RELATIONSHIP

"FINALLY, BROTHERS AND SISTERS, REJOICE! STRIVE FOR  
FULL RESTORATION, ENCOURAGE ONE ANOTHER, BE OF  
ONE MIND, LIVE IN PEACE. AND THE GOD OF LOVE AND  
PEACE WILL BE WITH YOU." 2 CORINTHIANS 13:11

## ADDITIONAL RESOURCES

### Book Recommendation



"Messy Beautiful Friendship"  
by Christine Hoover

### Music Recommendation



"TRUST"  
by Jaci Velasquez