



Sermon Title: Lifewise part 1

Sermon Title: Boundaries

Date: 9/11/2022

Galatians 6:2-5

If you are going to have a healthy physical, emotional and spiritual life, you need to have healthy boundaries. A boundary is simply a property line - a border. Boundaries establish what is mine and what is not mine, what I own, and what others own.

Big Idea: Establish and protect the boundaries in your life

Let's start by looking at our property and see what is on it. What is it that you are guarding?

STUFF ON YOUR PROPERTY

- 1) **Feelings** - You are responsible for how you act on your initial feelings and how long you harbor those feelings.
- 2) **Attitudes** - Your attitude is how you view the world after the temporary situations have passed.
- 3) **Behaviors**
- 4) **Choices** - You make choices all the time. Your choices govern the direction of your life.
- 5) **Values** - What do you value? What is right and what is wrong? Do you value God's word, or has something else influenced your mind? Family? Excellence? Hard work? Honesty?
- 6) **Talents and gifts** - God has given all followers of Jesus a gift. God has given you the ability to do something for the kingdom of God.
- 7) **Thoughts** - What do you spend your time feeding your mind with? What do you choose to roll over in your mind? **2 Corinthians 10:5**
- 8) **Who you love** - Love is a choice, and it is so much more than frilly feelings. It takes work and sacrifice.

In Galatians 6:2-5 Paul tells us we are responsible for **carrying each others burdens** - that means unexpected burdens. Really heavy burdens. The second thing Paul tells us that we're responsible for is to **carry our own load** - that means our daily living responsibilities.

BOUNDARIES AROUND YOUR PROPERTY

1) **WORDS** - The most basic boundary-setting words we can use to protect what's on our property are the words "yes" and "no." **Matthew 5:37**

2) **PHYSICAL DISTANCE** - Jesus used this one. We read many times in the gospels that Jesus removed himself from the crowds and went away by himself to be alone to spend time with the Heavenly Father and to protect himself. **(Luke 5:16, Luke 4 28-30, Proverbs 22:3)**

3) **TRUTH** - This is a boundary we all need to have in place because there will be people or "old tapes" running through your head to tell you that you're not good enough, that you're worthless and a failure. We need to take a step back from the situation, evaluate it, ask ourselves what is the reality of the situation, and allow only truth to pass through our truth boundary. **(2 Corinthians 5:17, 1 Peter 2:9)**

4) **TIME** - Taking time from a person or project is an important boundary in establishing our property's health.

5) **OTHER PEOPLE** - Often times we can use a support group or an accountability person to come along side us to help maintain our property's health, which can be very helpful. Other times we can use trusted people to help protect our property. Moses used other men to help him judge issued between Israelites

6) **CONSEQUENCES**

7) **EMOTIONAL DISTANCE** - Careful with this one because this one is a temporary boundary that God will have us use, and it is used to give your heart the space it needs to be safe or to heal. Sometimes people need time to process things before re-engaging in conversations.

GATE - You are the one who lets people into your property. You can be flexible. You are allowed to open the gate and give them some more time.

BOUNDARY BREAKERS

1) **COMPLIANTS** have boundaries that are fuzzy or ambiguous. When others come around and seek to take possession of a compliant's property, the compliant gives in. When complaints enforce their boundaries, things will start to fall into place on their property.

2) **CONTROLLERS** - Controllers have no problem pushing back on a boundary. Just like the compliant has trouble saying no, the controller has trouble hearing no. Controllers like to make your choices, set your limits for you. Controllers try to own a piece of your property. If you run into a controller – make your boundaries clear and hold your ground.

3) NON-RESPONSIVES - Non-responsive refuses to give any help. They take advantage of the boundaries. They live behind their boundaries, lock the gate, and never allow themselves to help anyone, even someone with an unexpected burden. Non-responsives need to be reminded of what Paul said in **Phillipians 2:4**

Discussion Questions:

- What about the sermon stuck with you this week? What part challenged your thinking?
- What consequences occur when a person does not have healthy boundaries?
- There are many people in the Bible who did not set healthy boundaries - Discuss some examples and what boundaries could have been enforced.
- Which boundary are you most successful at enforcing? Explain
- Which boundary is most difficult for you to enforce? Explain
- In what instance would you open your gate and allow someone onto your property?
- Do you know any people who are controllers? How do you feel when interacting with them?