

# OUR IMPERFECT FAMILY

## (GETTING REAL ABOUT THE HEALTH OF YOUR HOME)

### Protection and Boundaries in Relationships

5-30-21

*Proverbs 24:3-4* - By wisdom a house is built, and through understanding it is established;  
4 through knowledge its rooms are filled with rare and beautiful treasures.

#### Questions about your relationships:

- Do you continue to offer help even when it's not appreciated or acknowledged?
- Do you find yourself resenting the responsibilities you take on?
- Do you frequently ignore unacceptable behavior?
- Do you ever feel fearful that not doing something will cause a blow-up, make the person leave you, or even result in violence?
- Do you ever lie to cover for someone else's mistakes?

#### Setting healthy boundaries can actually help our relationships.

\* Life-Giving or Life-Stealing

1. Life-giving relationships are based on \_\_\_\_\_ and \_\_\_\_\_.

A. \_\_\_\_\_ comes in two forms: First it comes from God and then others.

*Ephesians 2:8-9* - For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God—<sup>9</sup> not by works, so that no one can boast.

*1 Peter 4:10* - Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

B. \_\_\_\_\_ is what is real.

*Ephesians 4:15* - Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

2. Life-stealing relationships often feel out-of-\_\_\_\_\_, where grace is taken for granted and truth is ignored.

A. Boundaries are what give life-stealing relationships a chance to become life-\_\_\_\_\_.

*Galatians 6:2-5* - **Carry each other's burdens**, and in this way you will fulfill the law of Christ. <sup>3</sup> If anyone thinks he is something when he is nothing, he deceives himself. <sup>4</sup> Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, <sup>5</sup> for each one should **carry his own load**.

**Burden:** baros (bar'-os); a load, excess burdens, weight to crush.

**Load:** phortion (for-tee'-on); cargo, the burden of daily labor.

**Boundaries can free us to love people rather than resent them. So I'd like to give you three steps you can start taking today to help move you toward health in those relationships.**

- Three steps to move toward healthy relationships:

1. \_\_\_\_\_

2. \_\_\_\_\_

*Ephesians 4:15* - Instead, speaking the **truth in love**, we will in all things grow up into him who is the Head, that is, Christ.

*Galatians 6:1* - Brothers, if someone is **caught in a sin**, you who are spiritual should **restore** him **gently**. But watch yourself, or you also may be tempted.

3. Follow \_\_\_\_\_

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

*Galatians 6:7-8* - Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> 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.

*Proverbs 4:23* - Above all else, **guard your heart**, for it is the wellspring of life.

**What is your heart? Your heart is a door into your life. It's the inner person, your core values, your emotions, your thoughts, and your decisions.**