

Regular Sunday Service Times: 8:40, 9:50, and 11 AM

- **Watch Online:** at laurelridgechurch.org/watch
- **Nursery/Preschool:** At all service times
- **Kids Church (K-6th) Services:** At all service times
- **THE RIDGE (MS and HS) (7-8th grades, 9-12th grades) Community Group:** Now at all service times.
- **NO Wednesdays, Kids and Preteen Adventure** (K-4th grades, 5-6th grades) 6:15-8:00 PM
- **NO Wednesdays, THE RIDGE (MS and HS)** (7-8th grades, 9-12th grades) 6:15-8:00 PM
- **Tuesdays: Celebrate Recovery:** 6:00 PM, Oakley Campus
- **Thursdays Prayer Team:** 5:30 PM, Room 104

For all Nursery-12th Grade programs, contact brandon@laurelridgechurch.org

For other opportunities and Community Group info, visit laurelridgechurch.org

Oakley Campus Planner	
<p>11/23: Angel Tree</p> <p>*11/23: Growth Pathway- 9-10:45 am. Rm 301 Home Base, Sharing Jesus with confidence</p> <p>11/25-28: Office Closed for Thanksgiving</p> <p>11/26: No K-12 Wednesday Evening Programs</p> <p>11/27: Thanksgiving Day</p> <p>11/30-12/21: One Warm Coat Drive</p> <p>12/1: Begin Advent Calendar</p> <p>*12/6: Women's Christmas with the Collective, 1-3pm</p> <p>12/8: Mommy Meet up, 9-11:30am, Gym</p> <p>12/16: SALT 60+, Christmas Potluck, 11:30am, Gym</p> <p>12/22-1/1: Office Closed for Christmas</p> <p>12/24: Christmas Eve Service Times, 3, 4:30 & 6pm</p>	<p>12/24, 31: No K-12 Wednesday Evening Programs</p> <p>1/4: Base Camp Begins, 9:30am, Rm 301</p> <p>*1/11/2026: Summer Camps \$100 First Deposit Due, 2-6th & 7-12th Gr</p> <p>1/18: Secret Sister's Lunch, 1pm, Gym</p> <p>*1/25/2026: Winter Camp, 7/12th Gr, \$100 Deposit Due, Camp dates: 2/20-22, \$289</p> <p>1/31: Men's Breakfast, 8-9:45am, Gym</p> <p>2/15: Child/Teen Baptism Class, 12:10pm, Rm 301</p> <p>3/1: Baptism Sunday, 11am</p> <p>*6/28-7/3: Kids Camp, 2-6th Gr, Camp Sugar Pine, \$499</p> <p>*7/6-7/11: CentriFuge, 7-12th Gr, Jenness Park, \$499</p> <p>*Register at laurelridgechurch.org/register</p>
Laurel Ridge Church: Seek God. Build Community. Unleash Compassion.	



WHAT CAUSES HURTS IN RELATIONSHIPS

Lack of Boundaries

November 23, 2025

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 grace and truth.

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—⁹ 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.

- ***Grace (to provide safety) and truth (to provide the structure that we need.) must be present for a relationship to be healthy.***

2. Life-stealing relationships often feel out-of-_____, where grace is taken for granted and truth is ignored. (Wounded happened here).

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. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ 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. Realize that you're not doing anyone any favors by carrying their knapsack, and instead, _____.

2. The next action step is to _____.

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. Even when you speak the truth lovingly, it may not always be received well. And so, it is important that you hold the boundary you have set or you will find yourself right back where you started. So, you must 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.⁸ 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.

- ***If you don't protect your heart, you will continually be wounded.***

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.

Free Wi-Fi: LRCC-GuestWifi Password: lrccguest

Five Easy Ways to Give:

1. In Person: Place your offering in an offering box at either exit.
2. Our App: Search for "Laurel Ridge Community Church" on iOS and Android.
3. Online: laurelridgechurch.org/give
4. Bill Pay: Setup LRCC on your bank's Bill Pay. Your name is your account number.
5. Mail a check to the church: 2459 Laurel Road, Oakley, CA 94561

Questions? Call 925-625-9500