

## Healthy Boundaries - “Believe the best, stop assuming the worse”

### **Boundary**

By Dictionary Definition(google):

a line that marks the limits of an area; a dividing line.

a limit of a subject or sphere of activity.

**“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.”- Brene Brown**

*Jesus is the best example of healthy boundaries.*

Luke 2:41-52 - Jesus Speaks With Teachers

John 2: 1-12- The Wedding At Cana

John 11:1-40- The Raising Of Lazarus

Matthew 26:36-46— Jesus Prays in Gethsemane

### **The Disciples Commissioned/ Thomas Sees and Believes**

John 20: 19-29

### **Intimacy- Identity- Destiny- With God, In God, For God**

#### **Intimacy**

**James 4:8-** “Draw near to God, and he will draw near to you.....”

**John 15:4** "Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.

#### **Identity**

**Philippians 3:20~** “ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ”

**Colossians 3:1-4~** “ Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

**Galatians 2:20** – I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

#### **Destiny**

**Jeremiah 1:5:** I chose you before I formed you in the womb; I set you apart before you were born. I appointed you a prophet to the nations.

**Jeremiah 29: 11- 14:** <sup>11</sup>For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope. <sup>12</sup>In those days when you pray, I will listen. <sup>13</sup>If you look for me wholeheartedly, you will find me. <sup>14</sup>I will be found by you,” says the Lord.

We get to take responsibility for our own actions and emotions. We do our best as believers to be Christ like and influence our communities; however, ultimately we cannot take responsibility for the actions and emotions of others.

We do our BEST and we Release the rest.

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## Barrier

By Dictionary Definition(google):

a fence or other obstacle that prevents movement or access.

a gate at a parking lot that controls access by being raised or lowered.

a long narrow island lying parallel and close to the mainland, protecting the mainland from erosion and storms.

When you learn why some barriers are present, you can appreciate their protection. (Some barriers can be boundaries, but not all are “created” from a healthy mindset.) Beware of the barriers that have been created out of pride, selfish gain, and ill motives.

Pride is an obstacle

**Proverbs 3:7- Do not be wise in your own eyes; Fear the LORD and turn away from evil.**

## Persecutor- “It’s All your fault” / Power Role

**Proverbs 8:13** <sup>13</sup>All who fear the Lord will hate evil. Therefore, I hate pride and arrogance, corruption and perverse speech.

## Rescuer - “Let me help you” / Enabling Role

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

## Victim- “Poor Me” / Poverty Mindset Role

**2 Thessalonians 3:10** – Even while we were with you, we gave you this command:

“Those unwilling to work will not get to eat.”

**James 1:12-** <sup>12</sup>God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

### Some of my healthy boundary guides

**Time / Pretty much everything \*\*Proverbs 4:23-** Guard your heart above all else, for it determines the course of your life.

**Circumstances / Investment in projects\*\*Romans 8:28~** “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

**Work Ethic\*\* Colossians 3:23** Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,

Healthy Boundaries must be created, communicated, and practiced (including consequences).

List at least two areas of your life that could use a healthy/ healthier boundary.

Write out your healthy boundary for each area. (remember it's clear and has a consequence when violated)