

KNOW LIMITS

Setting Boundaries

AUGUST 13, 2023

One of the reasons we stretch ourselves thin and allow ourselves to burn out is because of a lack of boundaries in life. If you want a life that's healthy and honors God, establishing boundaries is a must.

MESSAGE NOTES AND HIGHLIGHTS

- One of the best ways to learn to live within our limits is to learn to live with boundaries.
- Boundaries are biblical.
- In Genesis 1, God separates light from dark, water from water, and water from sky.
- In order to enjoy the fullness of our freedom, we must learn to behave within our boundaries.
- Boundaries help us to live in a way that honors God.
- Boundaries help us to have healthy relationships with other people.
- When it comes to who has access to your life, your energy, your capacity, your time, you need to establish relational boundaries.
- According to Dr. Henry Cloud, boundaries are like property lines: my area, and your area.
- My area includes my feelings, attitudes, thoughts, values, behaviors, choices, and love.
- I'm responsible FOR everything within my boundary, and I'm responsible TO everyone around me.
- I'm not responsible for the people around me. How I relate TO them matters.
- Boundaries can include setting limits on how much time and energy you give to others, saying no when you need to, establishing consequences for people who violate your boundaries, not tolerating disrespectful or abusive behavior, recognizing and honoring your own desires and needs.
- In Galatians 6:1-5, we see that we need boundaries as a buffer for ourselves, that we each need to carry our own load, and that we can help each other's burdens (but not take them on as our own).
- God is love, and God sets limits for us out of love.
- Where do you need to use boundaries for the health of your relationships (and your life)?

DISCUSSION QUESTIONS

1. How are you with establishing and keeping boundaries for your life?
2. In what ways is a lack of boundaries impacting your relationships?
3. God is love, and he establishes limits (and boundaries) for us out of love. What are examples of how boundaries can help us thrive, especially in our relationships? What are examples of how a lack of boundaries can be harmful?
4. Prioritize a boundary to establish and keep in your life. What is it? What can you do to better keep that boundary to protect and help your relationships?