

## QUESTIONS... HEALTHY BOUNDARIES

6-21-15

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

1. **What is your heart? Your heart is the inner person, your core values, your emotions, your thoughts, and your decisions.**

2. **God's design for healthy relationships:**

- \_\_\_\_\_

*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.*

- \_\_\_\_\_

*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.*

3. **Healthy relationships will include grace (to provide safety) and truth (to provide the structure that we need.)**

4. **Let's look at two common traits of unhealthy people:**

- Out of \_\_\_\_\_

*Romans 13:13 - Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.*

**What happens if you love that person? You will start taking responsibility for their problems, pain, emotions, and their addiction.**

- \_\_\_\_\_

5. Having a relationship with someone with either of those personality types is not healthy or balanced. It is not good for you and God never intended it.

6. This is where boundaries come in. They restore God's balance. Think of boundaries like a \_\_\_\_\_ line around your house.

- *The reason we have to set boundaries is because we love the person.*

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7. Two key aspects of boundaries:

*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.*

- Learn to \_\_\_\_\_ in love.

*John 8:3-11 - The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group<sup>4</sup> and said to Jesus, "Teacher, this woman was caught in the act of adultery."<sup>5</sup> In the Law Moses commanded us to stone such women. Now what do you say?"<sup>6</sup> They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger.<sup>7</sup> When they kept on questioning him, he straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her."<sup>8</sup> Again he stooped down and wrote on the ground.<sup>9</sup> At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there.<sup>10</sup> Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"<sup>11</sup> "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."*

*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.*

**"Carry each other's burdens" means: A back crushing boulder**

**"Carry his own load" means: A knapsack**

- Love others without \_\_\_\_\_.

8. Here's the question to ask if you're not sure if you are loving or rescuing them. Should they be \_\_\_\_\_ it themselves?

9. Homework:

A. Start your conversation from the position of love. (Grace)

B. Say "No" when it is best to say "No." (Truth)

C. Allow natural consequences to happen.

*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.*

D. Jesus is the Savior, \_\_\_\_\_.