

D. Begin NOW To Set Healthy Boundaries

1. Focus on cultivating the resources of your garden
2. Direct your resources toward mutually beneficial healthy relationships
3. Choose to control yourself (and only yourself).
4. Make choices to protect your priorities.
5. Tell other what you will do, not tell them what they need to do.
6. Be honestly OK no matter what he or she does
7. Decide to let your priorities control your choices not the needs of others
8. Practice The Ability to Say “NO” - Matthew 5:37
9. Follow through on what you said you were going to do
10. Know that your words have weight
11. Be consistent

E. SUGGESTIONS FOR HOW TO MAINTAIN HEALTHY LIMITS AND BOUNDARIES

1. Practice the pattern of Jesus.
2. Know your “primary” place of influence.
3. Manage your life so you can offer the people in your innermost circle appropriate access to your core.
4. Learn to reject the external limitations people place on you.
5. Know the difference between the limitations that others place on you and the limitations you CHOOSE to place on your life to maintain a healthy balance.
6. Develop trust by honoring the boundaries you have set for your life.
 - *Proverbs 29:25 The fear of man brings a snare, but whoever leans on, trusts in, and puts his confidence in the Lord is safe and set on high.*

KEEP YOUR LOVE ON Part 9 – HOW TO SET HEALTHY BOUNDARIES

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A. BOUNDARIES ARE NECESSARY FOR HEALTHY RELATIONSHIPS

1. At Creation, God Gave Boundaries By Creating A World And A Garden For Mankind
 - *Genesis 2:15 And the Lord God took the man and put him in the Garden of Eden to tend and guard and keep it.*
2. Because Of Sin We Rebelled Against Our Boundaries
 - *Ephesians 2:2 (NKJV) - And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience..*
3. What Does It Look Like When We Don't Have Healthy Boundaries? A Trunk Monkey!
 - *Proverbs 25:28 (NLT) - A person without self-control is like a city with broken-down walls.*
4. The Consequences Of Failing To Take Responsibility
5. The Benefits Of Taking Responsibility
 - *John 14:27 (NIV) - Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. God is saying this to us today!*
 - *Matthews 11:30 - My yoke is easy, and my burden is light”.*

B. TAKE CARE OF YOURSELF

1. Understand That God Is The Author Of All We Need
 - *2 Peter 1:3 - By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.*
2. Learn How to Receive And Honor The Value God Puts On Your Life
 - *Zechariah 2:8 - Whoever touches you touches the apple of his eye ... for he that toucheth you, toucheth the apple of my eye.*

- a) Take care of your spiritual, physical, emotional, mental, and finances
 - b) Maintain connection with Father, Son and Holy Spirit
 - c) Clean up any forgiveness
 - d) Rise up as true sons and daughters of god
 - 2 Timothy 2:15 - *"Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the Word of Truth."*
 - e) The more you receive His love, the more you will value yourself
 - John 14:23 - *Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them."*
3. Trust God to Give You The Wisdom To Do What You Need To Do
- Proverbs 3:5-6 (NLT) - *Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.*
- a) Protect and cultivate God's value for your life
 - 1 Peter 5:8 KJV *Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.*
 - b) Manage your own garden
 - c) Serve others by loving yourself first
 - d) Tell others what you're going to do instead of telling them what they have to do.
 - e) Create an atmosphere of respect around you
 - Galatians 5:22-23 - *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*
 - f) Refuse To Go Back Into Slavery
 - Galatians 5:1 - *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*
 - g) Understand The Benefits of Tending Your Own Garden.

C. Dealing With Specific Challenges

1. How to Manage Consumers

- a) Connect with those who recognize the value of your life and theirs.
- b) Set limitations and boundaries with those who recognize your value but are not offering much from their garden.
- c) Identify the types of consumers that want a piece of your life and the kind of boundaries you need to set.
- d) Protect the value of what is inside your garden.
- e) When you have healthy limitations and boundaries you stay in control of the resources of your life and manage them toward your priorities.

2. How To Avoid The Trap Of Bitterness

- Hebrew 12:15 (NIV) *See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.*
- a) Forgive the offence and become powerful
 - b) Avoid taking on a victim mentality by allowing yourself to be devalued
 - c) Avoid the blame game

3. How to Set Boundaries In Close Relationships:

- a) Maintain the fruitfulness of your garden
- b) Don't allow anyone to oppose your destiny
 - Matthew 16:23 - *Jesus turned to Peter and said, "Get away from me (Get behind me), Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God's."*
- c) Define your priorities and choices according to God's will not man's will!
 - Proverbs 29:25 *The fear of man brings a snare, but whoever leans on, trusts in, and puts his confidence in the Lord is safe and set on high.*
- d) Understand the disadvantages of not setting limits in close relationships:
- e) Understand the benefits of setting limits in close relationships.