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The 10 Laws / Principals of Boundaries

Law 1 – The Law Of Sowing And Reaping: We Are Personally Responsible For Our Own Actions And The Consequences Of Those Actions. (1:06) - 84

Book:

- The law of cause and effect is a basic law of life. The Bible calls it the law of sowing and reaping, “You reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you so to the spirit, you will reap eternal life from God” (Gal 6:7-8). 84
- When God tells us that we will reap what we sow, he is not punishing us; He’s telling us how things really are. 84
- Sometimes, however, people don’t reap what they sow, because someone else steps in and reaps the consequences for them. 85
- Rescuing a person from natural plant consequences of his behavior enables him to continue in irresponsible behavior. 85
- Today we call a person who continually rescues another person a codependent. In effect, codependent, boundaryless people “co-sign the note” of life for the irresponsible person. Then they end up paying the bills - physically, emotionally, spiritually - and the spendthrift continues out of control with no consequences. 85
- Boundaries force the person who is doing the sewing to also do the reaping. 85
- Confronting an irresponsible person is not painful to him: only consequences are. 85

Law 2 – The Responsibility “For” And “To” Law:

We Are Responsible For Our Own Feelings, Actions, And Behaviors.

When We Take Responsibility For Someone Else, We Keep Them In An Immature State. (7:50) - 86

DVD:

- Can I freely give w/out resentment or compulsion? – my time, thoughts, encouragement, money, love
- Is this something they should be doing for themselves?
- Is the Fruit of my Love Rescue or Maturity
- Genesis 1:26-30 Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, all the earth, and over all the creatures that move along the ground." [27] So God created man in his own image, in the image of God he created him; male and female he created them. [28] God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." [29] Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. [30] And to all the beasts of the earth and all the birds of the

air and all the creatures that move on the ground--everything that has the breath of life in it--I give every green plant for food." And it was so.

- Psalm 90:10 The length of our days is seventy years--or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.
- Philip. 2:12-13 Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling, [13] for it is God who works in you to will and to act according to his good purpose.
- Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.
- Galatians 6:5 for each one should carry his own load.
- Luke 9:23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me.
- 2 Cor. 12:7-8 To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. [8] Three times I pleaded with the Lord to take it away from me.

Book:

- The law of responsibility includes loving others. The commandment to love is the entire law for Christians (Gal 5:13-14). Jesus' commandment, "Love each other as I have loved you" (Jn 15:12). Anytime you are not loving others, you are not taking responsibility for yourself; you have to own your heart. 86
- Problems arise when boundaries of responsibility are confused. We are to *love* one another, not *be* one another. I can't feel your feelings for you, I can't think for you, I can't behave for you, I can't work through the disappointment that limits bring for you. In short, I can't grow for you, only you can. The biblical mandate for our own personal growth is "continue to work out your Salvation with fear and trembling, for it is God who works in you to will and to act according to His good purpose" (Phil 2:12-13). You are responsible for yourself. I am responsible for me. 86
- Another aspect of being responsible "to" is not only in the giving but in the setting of limits on another's destructive and irresponsible behavior. 87
- A strong strand throughout the Bible stresses that you are to give to needs and put limits on sin. Boundaries help you do just that. 87

Law 3 – The Law Of Power And Powerlessness:

We Cannot Change Anybody Else, But We Can Change Ourselves With God's Help.
(14:00) - 87

DVD:

- Agree W/ The Truth About My Condition, Called "Confession." (16:50)
- Submit My Inability To Change To God And To Others For Their Help, My Poverty Of Spirit. (17:15)
- Search And Ask God To Show Us How Bad It Really Is. (18:54)
- Turn From Evil When I Find It, Called "Repentance." (21:06)
- Humble Myself And Ask God And Others To Help Me Meet My Needs. (22:14)
- Make Amends, Reconcile And Forgive. (23:31)

- Matthew 16:25 For whoever wants to save his life will lose it, but whoever loses his life for me will find it.
- Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
- Psalm 51:17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.
- Philip. 2:6-11 Who, being in very nature God, did not consider equality with God something to be grasped, [7] but made himself nothing, taking the very nature of a servant, being made in human likeness. [8] And being found in appearance as a man, he humbled himself and became obedient to death--even death on a cross! [9] Therefore God exalted him to the highest place and gave him the name that is above every name, [10] that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, [11] and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.
- Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. [24] See if there is any offensive way in me, and lead me in the way everlasting.
- 1 Tim. 1:15 Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners--of whom I am the worst.
- James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.
- Psalm 68:5-6 A father to the fatherless, a defender of widows, is God in his holy dwelling. [6] God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.
- Matthew 12:48 He replied to him, "Who is my mother, and who are my brothers?"
- Matthew 5:23-24 "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, [24] leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

Book:

- 1. You have power to agree with the truth about your problem. In the Bible this is called "confession." To confess means to "agree with." You have the ability to at least say "that is me." 87
- 2. You have the power to submit your inability to God. You always have the power to ask for help and yield. You have the power to humble yourself and turn your life over to Him. 88
- 3. You have the power to search and ask God and others to reveal more and more about what is within your boundaries. 88
- 4. You have the power to turn from the evil that you find within you. This is called repentance. 88
- 5. You have the power to humble yourself and ask God and others to help you with your developmental injuries and leftover childhood needs. 88
- 5. You have the power to seek out those that you have injured and make amends. 88

- On the other side of the coin, your boundaries help define what you do not have power over: everything outside of them! 88
- Serenity Prayer: “God me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” 88
- One thing you can do is but there’s a trick. You cannot get them to change, you must change yourself so that their destructive patterns no longer work on you. Change your way of dealing with them; they may be motivated to change if their old ways no longer work. 89

***Law 4 – The Law Of Receiving Others’ Boundaries: (The Law of Respect)
We Need To Learn To Hear Other People’s No. (24:16) - 89***

DVD:

- Grieve Our Wish To Control Other People. (28:16) When someone says “no” to me, are they bad or am I sad?
- As I Respect Boundaries I Will Become More Dependent On God And Others. (29:23)
- As I Embrace The Boundaries Of Others I Will Love More. (31:07)
- Matthew 7:3-5 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? [4] How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? [5] You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.
- James 3:1-2 Not many of you should presume to be teachers, my brothers, because you know that we who teach will be judged more strictly. [2] We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.
- Matthew 7:12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.
- Matthew 19:16-22 Now a man came up to Jesus and asked, "Teacher, what good thing must I do to get eternal life?" [17] "Why do you ask me about what is good?" Jesus replied. "There is only One who is good. If you want to enter life, obey the commandments." [18] "Which ones?" the man inquired. Jesus replied, " 'Do not murder, do not commit adultery, do not steal, do not give false testimony, [19] honor your father and mother,' and 'love your neighbor as yourself.'" [20] "All these I have kept," the young man said. "What do I still lack?" [21] Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." [22] When the young man heard this, he went away sad, because he had great wealth.
- 2 Peter 3:9-10 The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. [10] But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything in it will be laid bare.

Book:

- We fear that others will not respect our boundaries. We focus on others and lose clarity about ourselves. Sometimes the problem is that we judge others boundaries. 89
- This is where the law of respect comes in. As Jesus said, “so in everything, do to others what you would have them do to you” (Mt 7:12). 90
- “Where the spirit of the Lord is, there is freedom” (2 Cor 3:17). If we’re going to judge it all, it needs to be by the “perfect law that gives freedom” (Js 1:25). 90
- Our real concern with others should not be “are they doing what I would do or what I want them to do?” but “are they really making a free choice?” When we accept other’s freedom, we don’t get angry, feel guilty, or withdraw our love when they set boundaries with us. When we accept others freedom, we feel better about our own. 90

Law 5 – The Law of Motivation:

Boundaries help us gain control of our own lives and fulfill what we were created for – love.

When we have the proper motivation we experience freedom and responsibility.

(32:03) - 90

DVD:

- 2 Cor. 9:7 Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.
- Romans 12:19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.
- Isaiah 29:13 The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is made up only of rules taught by men.
- 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.

- False motives and fears that keep us from setting boundaries: 91
- 1. Fear of loss of love, or abandonment. 91
- 2. Fear of others anger. 91
- 3. Fear of loneliness. 92
- 4. Fear of losing the “good me” inside. 92
- 5. Guilt. 92
- 6. Payback. 92
- 7. Approval. 92
- 8. Overidentification with the others loss. 92
- The point is this: we were called into freedom, and this freedom results in gratitude, and overflowing heart, and love for others. To give bountifully has great reward. It is truly more blessed to give than to receive. If your giving is not leading to cheer, then you need to examine the law motivation. 92
- The law motivation says this: freedom first, service second. If you serve to get free of your fear, you are doomed to failure. Let God work on the fears, resolve them, and create some healthy boundaries to guard the freedom you were called to. 92

Law 6 – The Law of Evaluating the Pain Caused by Your Boundaries: (Law of Evaluation)

There is a difference between hurt and harm. (00:36) (story of letting son go to jail for drugs)

DVD:

- Make A Distinction Between Hurting Someone And Harming Someone;
- (Hurt / Pain Does Not = Harm Or Injury; Pain Is A Teacher / Healer)
- When We Allow Someone To Experience Pain We Help Them See That The Hurt Is Due To Their Character Structure. (4:45)
- Expect Anger And Guilt Messages From Others. (6:12)
- As Others Stay With Me In My “No,” There’s More Love. (6:56)

- Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.
- Proverbs 15:5 A fool spurns his father's discipline, but whoever heeds correction shows prudence.
- Matthew 18:15-17 "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. [16] But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' [17] If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.

Book:

- You need to evaluate the effects of setting boundaries and be responsible to the other person, but that does not mean you should avoid setting boundaries because someone responds with hurt or anger. 94
- We need to evaluate the pain caused by our making choices and empathize with it. 94
- We cause pain by making choices that others do not like, but we also cause pain by confronting people when they are wrong. But if we do not share our anger with another, bitterness and hatred can set in. We need to be honest with one another about how we are hurt. “Speak truthfully to one another, for we were all members of one body” (Eph 4:25). 94

Law 7 – The Law Of Proactive Versus Reactive Boundaries:

Proactive Means Freely Choosing To Love, Enjoy, And Serve One Another.

Reactive Means Lettering Someone Else Define And Direct Who We Are And What We

Do. (7:50) - 95

DVD:

- Am I free do something based on my motivation vs. someone else’s?
- Proverbs 17:9 He who covers over an offense promotes love, but whoever repeats the matter separates close friends.

Book:

- Boundaries: beginning to be proactive, instead of reactive. This is where you are able to use the freedom you gain through reacting to love, enjoy, and serve one another.

Proactive people show you what they love, what they want, what their purpose, and what they stand for. 96

- While reactive victims are primarily known by their “against” stances, proactive people do not demand rights - they live them. Power is not something you demand or deserve, it is something you express. The ultimate expression of power is love; it is the ability not to express power, but to restrain it. Proactive people are able to “love others as themselves.” They have mutual respect. They are able to “die to self” and not “return evil for evil.” They have gotten past the reactive stance of the law and are able to love and not react . 96

Law 8 – The Law of Envy:

Envy Is Seeing The Good As That Which We Do Not Have. (15:30) - 97

- Envy Is Defined As Seeing The Good As That Which I Do Not Have. (15:50)
- Learning To Counter W/ “Thankfulness” Gratitude
- We Need To Grieve What We Cannot Have. (19:36)
- We Need To Be Able To Look Inward And Take Responsibility For Our Misery. (20:12)
- We Need To Actively Seek What We Can’t Have And Appreciate It. (21:03)

DVD:

- Romans 6:17 But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted.

Book:

- Envy defines “good” as “what I do not possess,” and hates the good that it has. 97
- The problem with envy is that it focuses outside our boundaries, onto others. If we are focusing on what others have or have accomplished, we are neglecting our responsibilities and will ultimately have an empty heart. Look at the difference in Gal 6:4: “Each one should test his own actions, then he can take pride in himself, without comparing himself to somebody else.” 97
- Envy is a self-perpetuating cycle. Boundaryless people feel empty and unfulfilled. They look at others sense of fullness and feel envious. Thus time and energy needs to be spent on taking responsibility for their lack and doing something about it. 97
- These people are questioning themselves instead of envying others. Your envy should always be a sign you that you are lacking something. 99

Law 9 – The Laws of activity:

Boundaries are created in our lives when we do something.

We must take the initiative and accept the responsibility for our feelings, attitudes, and behaviors. (23:00) - 99

DVD:

- Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Matthew 14:22-33 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed

them, he went up on a mountainside by himself to pray. When evening came, he was there alone, but the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. During the fourth watch of the night Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

Book:

- Human beings are responders and initiators. 99
- Consider the contrast in the parable of the talents. The ones who succeeded were active and assertive. They initiated and pushed. The one who lost out was passive and inactive. 99
- The sin God rebukes is not trying and failing, but failing to try. Trying, failing, and trying again is called learning. 99

Law 10 – The Law Of Exposure:

Internal Boundaries Need To Be Visible And Communicated To Others. (29:30) - 100

- Law of Exposure – Grumbling, Explosions, Victimization (33:19)

DVD:

- Eph. 5:13-14 But everything exposed by the light becomes visible, [14] for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."

Book:

- The law of exposure says that your boundaries need to be made visible to others and communicated to them in relationship. We have many boundary problems because of relationship fears. We are beset by fears of guilt, not being liked, loss of love, loss of connection, loss of approval, receiving anger, being known, and so on. These are all failures in love, God's plan is that we learn how to love. 100