

SESSION 1 – WHAT IS A BOUNDARY?

Matthew 5:3-6 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

[4] Blessed are those who mourn, for they will be comforted.

[5] Blessed are the meek, for they will inherit the earth.

[6] Blessed are those who hunger and thirst for righteousness, for they will be filled.

Issue of "Boundary Conflicts"

IDEA OF WHAT IS NOT WORKING: TRYING HARDER, BEING NICER, AND TAKING RESPONSIBILITY FOR OTHERS DOESN'T MAKE OUR LIVES WORK BETTER.

BOUNDARIES ARE A "PROPERTY LINE." THEIR PURPOSE IS TO HELP US KNOW WHAT WE ARE RESPONSIBLE FOR AND WHAT WE ARE NOT RESPONSIBLE FOR.

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

THE FUNCTIONS OF A BOUNDARY ARE TO:

**KEEP GOOD IN AND BAD OUT, ACT AS AN ALARM SYSTEM,
HELP US TO WITHDRAW, AND
PROTECT OUR FREEDOM.**

EXAMPLES OF BOUNDARIES INCLUDE:

**SKIN/BODY
WORDS (TRUTH)
GEOGRAPHICAL DISTANCE**

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.

**TIME
EMOTIONAL DISTANCE, AND
OTHER PEOPLE**

THE THREE TREASURES (REFERRED TO AS FAB): ULTIMATE RECOVERY / OWNERSHIP

**FEELINGS
ATTITUDES (including Convictions, Beliefs, Doctrine, and Reality), AND BEHAVIOR**

2 Cor. 5:10 For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad. (35:20)

Proverbs 6:16-19 There are six things the Lord hates, seven that are detestable to him:

[17] haughty eyes, a lying tongue, hands that shed innocent blood,

[18] a heart that devises wicked schemes, feet that are quick to rush into evil,

[19] a false witness who pours out lies and a man who stirs up dissension among brothers.

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.

Proverbs 22:3 A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.

Eccles. 4:9-12 Two are better than one, because they have a good return for their work: [10] If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! [11] Also, if two lie down together, they will keep warm. But how can one keep warm alone? [12] Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Matthew 6:21 For where your treasure is, there your heart will be also.

Matthew 13:45-46 "Again, the kingdom of heaven is like a merchant looking for fine pearls. [46] When he found one of great value, he went away and sold everything he had and bought it.

SESSION 2 – PROBLEMS AND SYMPTOMS

CLINICAL SYMPTOMS INCLUDE:

DEPRESSION

RESENTMENT

RAGE OR ANGER

OBSESSIVE AND COMPULSIVE BEHAVIORS

RELATIONAL SYMPTOMS STEM FROM A SENSE OF

LOSS OF FREEDOM

DIRECT

MANIPULATIVE RELATIONSHIP

AND LOSS OF LOVE

FUNCTIONAL SYMPTOMS INCLUDE:

INABILITY TO COMPLETE A GOAL OR TASK

EXTREME DISORGANIZATION

LOW ENERGY LEVEL

PROBLEMS OF CONCENTRATION

CLINICAL SYMPTOMS

Matthew 7:16-19 By their fruit you will recognize them. Do people pick grapes from thorn bushes, or figs from thistles? [17] Likewise every good tree bears good fruit, but a bad tree bears bad fruit. [18] A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. [19] Every tree that does not bear good fruit is cut down and thrown into the fire.

Matthew 16:6 "Be careful," Jesus said to them. "Be on your guard against the yeast of the Pharisees and Sadducees."

Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.

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.

Proverbs 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

Proverbs 25:28 Like a city whose walls are broken down is a man who lacks self-control.

RELATIONAL SYMPTOMS

Matthew 14:13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns.

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

FUNCTIONAL SYMPTOMS

Genesis 1:27 So God created man in his own image, in the image of God created he him; male and female created he them.

Exodus 18:1-27

Romans 12:4-8 Just as each of us has one body with many members, and these members do not all have the same function, [5] so in Christ we who are many form one body, and each member belongs to all the others. [6] We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. [7] If it is serving, let him serve; if it is teaching, let him teach; [8] if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.

Eph. 2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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.

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.

1 John 5:1-3 Everyone who believes that Jesus is the Christ is born of God, and everyone who loves the father loves his child as well. [2] This is how we know that we love the children of God: by loving God and carrying out his commands. [3] This is love for God: to obey his commands. And his commands are not burdensome.

SESSION 3 – LAWS OF BOUNDARIES, PART 1

LAW 1 – THE LAW OF SOWING AND REAPING: WE ARE PERSONALLY RESPONSIBLE FOR OUR OWN ACTIONS AND THE CONSEQUENCES OF THOSE ACTIONS

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

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.

LAW 3 – THE LAW OF POWER AND POWERLESSNESS: WE CANNOT CHANGE ANYBODY ELSE, BUT WE CAN CHANGE OURSELVES WITH GOD'S HELP

Agree w/ the truth about my condition, called "Confession"

Submit my inability to change to God and to others for their help, my poverty of spirit

Search and ask God to show us how bad it really is

Turn from evil when I find it, called "Repentance."

Humble myself and ask God and others to help me meet my needs.

Make amends, reconcile and forgive.

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.

LAW 4 – THE LAW OF RECEIVING OTHERS’ BOUNDARIES: WE NEED TO LEARN TO HEAR OTHER PEOPLE’S NO.

Grieve our wish to control other people

As I respect boundaries I will become more dependent on God and others.

As I embrace the boundaries of others I will love more.

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.

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

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.

SESSION 4 – LAWS OF BOUNDARIES, PART 2

LAW 6 – THE LAW OF EVALUATING THE PAIN CAUSED BY YOUR BOUNDARIES: THERE IS A DIFFERENCE BETWEEN HURT AND HARM. Make a distinction between hurting someone and harming someone

When we allow someone to experience pain we help them see that the hurt is due to their character structure

Expect anger and guilt messages from others.

As others stay with me in my "no," there's more love

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.

LAW 7 – THE LAW OF PROACTIVE VERSUS REACTIVE BOUNDARIES: PROACTIVE MEANS FREELY CHOOSING TO LOVE, ENJOY, AND SERVE ONE ANOTHER. REACTIVE MEANS LETTING SOMEONE ELSE DEFINE AND DIRECT WHO WE ARE AND WHAT WE DO

Proverbs 17:9 He who covers over an offense promotes love, but whoever repeats the matter separates close friends.

LAW 8 – THE LAW OF ENVY: ENVY IS SEEING THE GOOD AS THAT WHICH WE DO NOT HAVE.

Envy is defined as seeing the good as that which I do not have

We need to grieve what we cannot have.

We need to be able to look inward and take responsibility for our misery.

We need to actively seek what we can't have and appreciate it.

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.

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

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. [23] After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone, [24] but the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. [25] During the fourth watch of the night Jesus went out to them, walking on the lake. [26] When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

[27] But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

[28] "Lord, if it's you," Peter replied, "tell me to come to you on the water."

[29] "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. [30] But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" [31] Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why

did you doubt?" [32] And when they climbed into the boat, the wind died down. [33] Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

LAW 10 – THE LAW OF EXPOSURE: INTERNAL BOUNDARIES NEED TO BE VISIBLE AND COMMUNICATED TO OTHERS

Law of Exposure – Grumbling, Explosions, Victimization

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."