

SESSION 5 – THE MYTHS ABOUT BOUNDARIES

1 – “I’M BEING SELFISH.” THERE IS A DIFFERENCE BETWEEN BEING SELFISH AND BEING SELF-CENTERED.

Leviticus 19:18 " Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the Lord.

Philip. 2:3-4 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. [4] Each of you should look not only to your own interests, but also to the interests of others.

2 Cor. 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 – “I’M BEING DISOBEDIENT.” WE ARE ACCOUNTABLE TO GOD, NOT PEOPLE.

Luke 6:26 Woe to you when all men speak well of you, for that is how their fathers treated the false prophets.

John 10:11-16 "I am the good shepherd. The good shepherd lays down his life for the sheep. [12] The hired hand is not the shepherd who owns the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. [13] The man runs away because he is a hired hand and cares nothing for the sheep.

[14] "I am the good shepherd; I know my sheep and my sheep know me-- [15] just as the Father knows me and I know the Father--and I lay down my life for the sheep. [16] I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd.

3 – “IF I SET LIMITS, I’M GOING TO LOSE LOVE.” FEAR OF BEING ABANDONED, YET LIVING WITHOUT BOUNDARIES USUALLY MEANS WE AREN’T REALLY CONNECTED TO OTHERS

John 15:5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

Eccles. 4:10 If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

Genesis 2:18 The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

Luke 6:26 Woe to you when all men speak well of you, for that is how their fathers treated the false prophets.

Hebrews 5:14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

4 – “IF I SET BOUNDARIES, I WILL HURT OTHERS.” BOUNDARIES ARE DEFENSIVE TOOLS, NOT OFFENSIVE WEAPONS – OUR INTENTION IS IMPORTANT.

Romans 5:20-21 The law was added so that the trespass might increase. But where sin increased, grace increased all the more, [21] so that, just as sin reigned in death, so also grace might reign through righteousness to bring eternal life through Jesus Christ our Lord.

Romans 6:1 What shall we say, then? Shall we go on sinning so that grace may increase?

5 – “BOUNDARIES MEAN I’M ANGRY.” ACTUALLY, BOUNDARIES HELP US TO BE LESS ANGRY

Proverbs 13:24 He who spares the rod hates his son, but he who loves him is careful to discipline him.

6 – “WHEN OTHERS SET BOUNDARIES, IT INJURES ME.” RELATIONSHIPS CONSIST OF A BALANCE OF TOGETHERNESS AND SEPARATENESS, IN THAT ORDER.

Proverbs 31

7 – “BUT THEY’VE DONE SO MUCH FOR ME.” LOVE IS A FREE GIFT WITHOUT A PRICE TAG OR I.O.U.

Love is always a Free Gift.

When you respond to love in guilty compliance, you are not being loving

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.

8 – “BOUNDARIES ARE PERMANENT.” BOUNDARIES ARE ALWAYS OPEN TO CHANGE BY THE BOUNDARY SETTER.

SESSION 6 – A COURSE OF RECOVERY

1 – IDENTIFY SICKNESS: A NEED TO ADMIT YOU HAVE A PROBLEM BEFORE YOU CAN GET HELP.

2 – CONNECTION: A NEED TO BE IN RELATIONSHIPS WITH GOD AND OTHERS.

3 – IDENTIFY NEEDS: ADMIT TO UNMET NEEDS IN YOUR LIFE – CONNECTION, SEPARATENESS OR BOUNDARIES, RESOLVING THE GOOD-BAD SPLIT, OR ADULTHOOD

4 – RECEIVE THE GOOD: ACCEPT THE GRACE OF GOD INCARNATED IN PEOPLE.

5 – ROOTS AND GRIEVE: AVOID THE REPETITION COMPULSION.

6 – FORGIVENESS: ACCEPT GOD’S FORGIVENESS AND IN TURN BE ABLE TO FORGIVE YOURSELF AND OTHERS.

7 – OWNERSHIP: ACCEPT RESPONSIBILITY FOR YOUR FEELINGS, ATTITUDES, AND BEHAVIOR.

8 – SAYING NO TO THE BAD: PRACTICE SAYING NO TO “SAFE” PEOPLE BEFORE YOU SAY NO TO “UNSAFE” PEOPLE.

9 – FAILURE: BE WILLING TO ACCEPT IT AS PART OF THE STRUGGLE OF TRYING TO SOMETHING NEW.

10 – RETURN TO STEP 1: WHEN CONFRONTING YOUR FAILURE, BE WILLING TO BEGIN THE PROCESS AGAIN AS YOU MOVE TOWARD RECOVERY

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.

Eph. 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Proverbs 26:11 As a dog returns to its vomit, so a fool repeats his folly.

Eccles. 7:2 It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of every man; the living should take this to heart.

Luke 7:36-38 Now one of the Pharisees invited Jesus to have dinner with him, so he went to the Pharisee's house and reclined at the table. [37] When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume, [38] and as she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

Exodus 20:4-6 “You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. [5] You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, [6] but showing love to a thousand generations of those who love me and keep my commandments.

Matthew 12:43-45 "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. [44] Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. [45] Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there.

And the final condition of that man is worse than the first. That is how it will be with this wicked generation."

Psalm 1:3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

Hebrews 5:14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Luke 22:31-34 "Simon, Simon, Satan has asked to sift you as wheat. [32] But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers."

[33] But he replied, "Lord, I am ready to go with you to prison and to death."

[34] Jesus answered, "I tell you, Peter, before the rooster crows today, you will deny three times that you know me."

Luke 22:54-62 Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance. [55] But when they had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. [56] A servant girl saw him seated there in the firelight. She looked closely at him and said, "This man was with him."

[57] But he denied it. "Woman, I don't know him," he said.

[58] A little later someone else saw him and said, "You also are one of them."

"Man, I am not!" Peter replied.

[59] About an hour later another asserted, "Certainly this fellow was with him, for he is a Galilean."

[60] Peter replied, "Man, I don't know what you're talking about!" Just as he was speaking, the rooster crowed. [61] The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: "Before the rooster crows today, you will disown me three times." [62] And he went outside and wept bitterly.

John 1:4-5 In him was life, and that life was the light of men. [5] The light shines in the darkness, but the darkness has not understood it.

Romans 7:15-20 I do not understand what I do. For what I want to do I do not do, but what I hate I do. [16] And if I do what I do not want to do, I agree that the law is good. [17] As it is, it is no longer I myself who do it, but it is sin living in me. [18] I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. [19] For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. [20] Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

Genesis 19:26 But Lot's wife looked back, and she became a pillar of salt.

SESSION 7 – RESISTANCES TO BOUNDARIES

FOUR EXTERNAL RESISTANCE SOURCES:

1 – ANGER: A NATURAL OUTCOME OF BEGINNING THE BOUNDARY PROCESS – WE NEED CONNECTIONS WITH GOD AND OTHERS TO HANDLE IT AND WE MUST ACTIVELY SET LIMITS UPON IT.

EXPECT ANGER

YOU NEED CONNECTION

ACTIVELY SET LIMITS

2 – GUILT: IS REALLY RAGE IN DISGUISE – IT NEEDS TO BE PROCESSED WITH SOMEONE AND DOES NOT NECESSARILY NEED TO BE ACCEPTED AS YOUR PROBLEM.

**GUILT IS RAGE
PROCESS YOUR BAD SELF
WORK THROUGH YOUR NEED TO REPAIR**

3 – PHYSICAL: USE AVAILABLE RESOURCES TO DEAL WITH IT; BE EMPOWERED TO CONFRONT IT; DO NOT BE SUBDUED INTO “SUBMISSION” TO IT.

**USE THE RESOURCES OF THE LAND
VICTIMS NEED EMPOWERMENT
THIS IS NOT ABOUT SUBMISSION**

4 – PAIN OF OTHERS (REAL OR ENTITLED): EVALUATED YOUR MOTIVE AND THE OTHER’S PAIN.

**EVALUATE SETTING THE LIMITS
IS THEIR PAIN REAL
IS THEIR PAIN ENTITLED**

FIVE INTERNAL RESISTANCE SOURCES

1 – UNMET NEEDS: TAKE OWNERSHIP FOR THEM AND ALLOW GOD TO FILL YOU

2 – UNRESOLVED GRIEF: IT IS HARD TO MAKE RIGHT CHOICES WHEN YOU ARE EXPERIENCING LOSS OR GRIEF. IDENTIFY IT AND WORK THROUGH IT.

3 – FEAR OF THE UNKNOWN: TAKE A LEAP OF FAITH TO FACE THE UNCERTAINTIES OF TOMORROW

4 – EXTERNAL FOCUS: BLAMING SOMEONE ELSE INSTEAD OF ACCEPTING PERSONAL RESPONSIBILITY

5 – GUILT: BE DISCERNING AS TO ITS SOURCE.

John 11:12 His disciples replied, "Lord, if he sleeps, he will get better."

Luke 14:28-30 "Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? [29] For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, [30] saying, 'This fellow began to build and was not able to finish.'

Deut. 32:35 It is mine to avenge; I will repay. In due time their foot will slip; their day of disaster is near and their doom rushes upon them."

1 John 2:16 For everything in the world--the cravings of sinful man, the lust of his eyes and the boasting of what he has and does--comes not from the Father but from the world.
Luke 10:38-42 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. [39] She had a sister called Mary, who sat at the Lord's feet listening to what he said. [40] But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

[41] "Martha, Martha," the Lord answered, "you are worried and upset about many things, [42] but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Hebrews 11:1-40 Now faith is being sure of what we hope for and certain of what we do not see. [2] This is what the ancients were commended for.

[3] By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

Hebrews 12:1-2 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. [2] Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Genesis 3:11-13 And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

[12] The man said, "The woman you put here with me--she gave me some fruit from the tree, and I ate it."

[13] Then the Lord God said to the woman, "What is this you have done?"

The woman said, "The serpent deceived me, and I ate."

Romans 7:21-25 So I find this law at work: When I want to do good, evil is right there with me. [22] For in my inner being I delight in God's law; [23] but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. [24] What a wretched man I am! Who will rescue me from this body of death? [25] Thanks be to God--through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.

Hebrews 10:19-22 Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, [20] by a new and living way opened for us through the curtain, that is, his body, [21] and since we have a great priest over the house of God, [22] let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Matthew 10:34 "Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword.

SESSION 8 – BOUNDARIES AND YARDSTICKS

Inch 1 – Resentment

Inch 2 – Join the family

Inch 3 – Look for a change of

Inch 4 – Begin treasuring the

Inch 5 – Baby NO's

Inch 6 – Rejoicing in the guilt

Inch 7 – Grown-up no's

Inch 8 – Guiltless boundaries

Inch 9 – Love other's boundaries

Inch 10 – A free no leads to a free yes

Inch 11 – Mature boundaries

Inch 12 – Service

Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. [29] Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. [30] For my yoke is easy and my burden is light."

Eph. 4:15-16 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. [16] From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Psalms 101:6 My eyes will be on the faithful in the land, that they may dwell with me; He whose walk is blameless will minister to me.

Ruth 3:9 "Who are you?" he asked. "I am your servant Ruth," she said. "Spread the corner of your garment over me, since you are a kinsman-redeemer."

1 Cor. 12:1-31 Now about spiritual gifts, brothers, I do not want you to be ignorant. [2] You know that when you were pagans, somehow or other you were influenced and led astray to mute idols. [3] Therefore I tell you that no one who is speaking by the Spirit of God says, "Jesus be cursed," and no one can say, "Jesus is Lord," except by the Holy Spirit.

[4] There are different kinds of gifts, but the same Spirit. [5] There are different kinds of service, but the same Lord. [6] There are different kinds of working, but the same God works all of them in all men.

[7] Now to each one the manifestation of the Spirit is given for the common good. [8] To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, [9] to another faith by the same Spirit, to another gifts of healing by that one Spirit, [10] to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. [11] All these are the work of one and the same Spirit, and he gives them to each one, just as he determines.

[12] The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. [13] For we were all baptized by one Spirit into one body--whether Jews or Greeks, slave or free--and we were all given the one Spirit to drink.

[14] Now the body is not made up of one part but of many. [15] If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. [16] And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. [17] If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? [18] But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. [19] If they were all one part, where would the body be? [20] As it is, there are many parts, but one body.

[21] The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" [22] On the contrary, those parts of the body that seem to be weaker are indispensable, [23] and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, [24] while our presentable parts need no special treatment. But God has combined the members of the body and has given greater honor to the parts that lacked it, [25] so that there should be no division in the body, but that its parts should have equal concern for each other. [26] If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

[27] Now you are the body of Christ, and each one of you is a part of it. [28] And in the church God has appointed first of all apostles, second prophets, third teachers, then workers of miracles, also those having gifts of healing, those able to help others, those with gifts of administration, and those speaking in different kinds of tongues. [29] Are all apostles? Are all prophets? Are all teachers? Do all work miracles? [30] Do all have gifts of healing? Do all speak in tongues? Do all interpret? [31] But eagerly desire the greater gifts.

And now I will show you the most excellent way.

Matthew 21:28-32 "What do you think? There was a man who had two sons. He went to the first and said, 'Son, go and work today in the vineyard.'

[29] " 'I will not,' he answered, but later he changed his mind and went.

[30] "Then the father went to the other son and said the same thing. He answered, 'I will, sir,' but he did not go.

[31] "Which of the two did what his father wanted?"

"The first," they answered.

Jesus said to them, "I tell you the truth, the tax collectors and the prostitutes are entering the kingdom of God ahead of you. [32] For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him.

Galatians 5:23 gentleness and self-control. Against such things there is no law.

Luke 10:30-37 In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he fell into the hands of robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. [31] A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. [32] So too, a Levite, when he came to the place and saw him, passed by on the other side. [33] But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. [34] He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, took him to an inn and took care of him. [35] The next day he took out two silver coins and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

[36] "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?"

[37] The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."