



# Life Is Complicated. We Can Help.

## Boundaries

#nplifeiscomplicated

Week 14

December 13, 2020

**Bottom Line:** Without boundaries you are not kind, compassionate, and generous; you are resentful, angry, and bitter.

**Icebreaker:** What was the #1 “don’t break this” rule in your home growing up? What would you say it is for you now?

**Key Verse:** *Above all else guard your heart, for everything you do flows from it.* Proverbs 4:23

The health of our relationship with ourselves, our relationship with God, and our relationships with others all depends on this issue of boundaries. Codependency is particularly driven by a lack of healthy boundaries in a relationship. But other addictions are also seriously affected by this. When I don’t establish healthy boundaries for myself and toward other people, I can feel used; I can feel violated; I can feel disrespected. My emotional state is affected, and negative emotions can take over my heart. Therefore, one aspect of our healing is learning how to set boundaries that minimize the resentment and pain. Boundaries are important.

Great relationships are patterned after Jesus. They are full of grace and truth. Truth is reality. Grace provides safety. Truth provides the structure we need so we don’t wreck our lives. Grace says I am for you. Truth says I need to give you some feedback, so you don’t ruin your life. Truth usually hurts before it helps. A person of humility wants to live in reality—in truth. Character gives you the ability to face reality. If we don’t do that, and lack appropriate boundaries, we will either be out of control or control others. You can develop skill in setting godly boundaries. **REFUSE TO RESCUE.** Knowing what you have responsibility for and what you don’t equals freedom. You help others, but don’t do for them what they can do for themselves. You let them own their consequences. **BE HONEST.** The moment you’re not able to be genuinely honest with others is the moment your boundaries begin to break down. Learn to have the tough talks, tell the truth, and receive the truth. **CLARIFY YOUR BOUNDARIES.** This is letting others know what is okay and what is not okay. Be kind, empathetic, and generous. If the person does not like your limits, empathize with them, be kind, but stand your ground. Be firm. **LOVE AT ALL TIMES.** Again, that’s the Jesus way. Jesus loves us with grace and truth. He loves us enough to tell us what is not working from a safe place. When we imitate Him and live with healthy boundaries, every relationship in our life will improve, and our self-satisfaction and respect will flourish. Our consistent witness for Christ will thrive as well.

### THINK IT OVER >>>

What was your personal, most significant takeaway from today’s message?

Do any of these questions hit home with you? Do you consistently have the feeling that you’re being used? Do you find your schedule getting busier and busier? Do you find yourself looking after others at the cost of your own health, family, and marriage? Do you lack compassion? Do you lack a generous spirit?

Guard your heart from exterior influences, but guard the joy and life of God from escaping your heart as well. How can you set up strategies to do this?

Do you personally lean toward grace or truth in your relationships?

When you have grace, you are a safe person. You communicate, “I care, and I am safe for you.” The second piece is truth: “I care so much for you that I would not let you ruin your life without offering input.”

### LOOK IT OVER <<<

Truth usually hurts before it helps. A person of humility wants to live in reality—in truth. Character gives you the ability to face reality. Reflect and discuss.

When we have inferior boundaries we either give control to others or take control over others. Which way do you lean?

We are responsible TO others and responsible FOR ourselves. Reflect and discuss.

Healthy boundaries mean we don’t do things for other people that they can do for themselves. But it does mean helping people with burdens that are too big for them to deal with alone. How do you know the difference?

What do you personally need to do to have godly, healthy boundaries? Which of the four steps mentioned above needs more attention?

# NEXT STEPS

1. Evaluate your life for areas and relationships that lack appropriate boundaries.
2. Pray daily for grace and truth to fill your life and relationships.
3. Practice saying some of the suggested statements when enforcing boundaries.

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Without boundaries you are not kind, compassionate, and generous; you are resentful, angry, and bitter.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: John 1:14

Tuesday: Galatians 6:7-8

Wednesday: John 3:18-21

Thursday: 2 Corinthians 7:8-9

Friday: John 2:24

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***

*(Don't forget to bring this paper to your next small group meeting)*