

Boundaries

Session 1

Jesus said... ““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.” (Matthew 11:28-30)

1) Boundaries: Physical World

In the physical world, boundaries are easy to see. Fences, signs, walls, moats with alligators, manicured lawns, and hedges are all physical boundaries. In their differing appearances, they give the same message: THIS IS WHERE MY PROPERTY BEGINS. The owner of the property is legally responsible for what happens on his or her property. Nonowners are not responsible for the property. (Boundaries, 31)

- We know there are boundaries in the spiritual world, but why do you think they are harder to see? Why they can be harder to be defined?
- Why do Christians struggle with setting boundaries... what are their concerns?

2) Boundaries Define us

- They show where one person ends and where someone else begins.
- Important: knowing what I own and take responsibility for will give me freedom.

However, if I do not take ownership of my life, as God’s Child, then my choices and options become very limited.

“Each heart knows its own bitterness, and no one else can share its joy” (Proverbs 14:10)

The reality is that we have to deal with our own soul, and boundaries help define what that is. If we do not learn what are right parameters or what is wrong parameters for our life, our life path will be filled with much pain.

3) We Are Responsible To Ourselves & Others

Remember: Jesus example is one of sacrificial love, as he denied himself in order to for you what you could not do for yourself.

What does that look like for us for today?

²Carry each other’s burdens, and in this way you will fulfill the law of Christ. ³ If anyone thinks they are something when they are not, they deceive themselves. ⁴ Each one should test their own

actions. Then they can take pride in themselves alone, without comparing themselves to someone else, ⁵ **for each one should carry their own load.** (Galatians 6:2-5)

The Dilemma...

No one can do certain things for us, and there are certain things that we should not do for others, as we need to let them carry their own load with God.

What examples in life a person must take responsibility for and not place that burden on someone else?

a) Greek word for “burden”

Means: “Excess Burdens”; burdens so heavy that they weigh us down.

When the burden is crushing us like a heavy boulder, we should not be expected to carry this burden by ourselves.

b) Greek word for “load”

Means cargo, or the burden of daily toils.

In other words: the daily things that we all need to do.

* The problem: When people act as if their “boulders” are daily loads, and they shouldn’t have to carry them by themselves.

Food For Thought:

If we are suffering and experience an emotional drain, is it because you are taking other people’s loads?

Deployment:

- What boundaries do you feel need to exist in the spiritual world; the boundaries that God created us to have?
- When have you followed Christ’s example of sacrificial love and denied yourself in order to do for others what they could not do for themselves?
- When have you acted as if your “boulders” are your daily load and refused help? If this is something that is happening today, what steps will you take to seek help?
- When have you acted as if your “daily load” is a boulder that you shouldn’t have to carry? Is this something that happens in the present?
- What have these questions helped you see about yourself, and what will you do with what you learned?

* Resource: Henry Cloud & John Townsend, “Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life”