

## 1 **Intro**

Boundaries are a method of distinguishing individual rights, responsibilities and identity.  
 They reflect what God loves, and what He hates  
 Boundaries are not a method of control, but a setting of honor

## 2 **God's Boundary System**

God gives boundaries through His Word  
 He establishes a relationship formula – a method for us to remain close to Him  
 Through boundaries He assigns the weight of His holy nature, and also assigns the depth of His love  
 Boundaries protect, but above all love  
 They seek redemption as the goal of everything

## 3 **The function of boundaries**

What boundaries Do:  
 Boundaries protect  
 Boundaries identify ownership and property  
 Boundaries affirm personal rights and responsibilities  
 Boundaries legitimize what's "okay" and what's not "okay"  
 Boundaries can offer consequences

## 4 **The function of boundaries**

What Boundaries Don't Do:  
 Boundaries don't change the heart  
 Boundaries aren't designed to control another person's behavior. If I am trying to force my own outcome in the situation, I am engaged in controlling behavior, and now have breached a boundary myself.  
 Boundaries aren't walls - we don't completely block people out, we learn to let God provide us with the wisdom of how to protect ourselves, while still injecting His love whenever possible.

## 5 **Six Important Principles About Boundaries**

### 6 **#1 Boundaries protect good and hate evil**

We aren't fighting flesh and blood enemies, but we are dealing with spiritual battles happening in the spiritual realm  
 God is pursuing people, and so is Satan  
 To not have a method to call evil evil, and good good, we can end up promoting evil by allowing it

That's why we must differentiate truth from lies  
 God's holy nature makes a stand; He will not condone evil.

7  **Becoming an Enabler**

When we are vulnerable to wanting people to love and accept us, we can actually enable bad behavior

We enable when we defend the bad behavior by removing any consequence, thus prevent that person from having to face their wrongful choices

The drug addict or behaviorally unhealthy person especially has to feel the consequence, and the person that inhibits that process inhibits their growth, and inhibits their ability to come to God.

Because consequences are good and necessary to grow and mature, our enabling is a major boundary violation.

8  **#2 - Boundaries are based on free will**

God respects us – He gives us free will and designed us to function with that same freedom in our relationship with others.

Allowing someone to choose means they could destroy their own life or hurt us; this is why the allowing of free will is so difficult

By honoring choice, we let people reap the benefits or consequences of their own decisions.

9  **#3 - Boundaries are based on love.**

All God's boundaries are for our well being. They are somehow set in place to benefit us or protect us or others from harm.

God's boundaries don't simply try to dictate our behavior or force us to change or comply to an expectation, they care deeply about us as beloved children – and are written from the heart of a Loving Father.

Boundaries offer us direction that will lead us into abundance, not hurt us.

10  **#4. Boundaries Are Built on the Basis of Individual Rights**

We have the rights!

To exercise free will and choice

To be who God made us to be - my identity and value is in Him

To not have to live under the influence of another person's bad behavior or be forced to participate

To say no to things that compromise our beliefs

11  **#5. Boundaries Are Built on the Basis of Individual Rights, continued**

We have the right to:

To feel and act based on our own intellect and spiritual convictions, even it opposes another person.

To be safe from physical harm

To pursue dreams, to find joy, to live in peace, and to have balance in our relationships, despite what those close to us chose to do.

WHAT WE CLAIM AS A RIGHT, WE MUST GIVE OTHERS THE SAME RIGHTS

## 12 #6. Boundaries uphold individual responsibility

Three different people in a relationship - God, ourselves and the other person.

We need to learn to own our own responsibility, let God own His and let the other person own theirs.

We can't take over and own other people's sin issues - that's not our responsibility to do so

## 13 #7 Boundaries impose consequences when they are breached

This means the very mechanism of boundary is to separate "what's okay" from "what's not okay"

Consequences are necessary in order to enforce important boundaries that have serious consequences

Consequences ask for respect of the person or institution who set the boundary

Consequences are intended to be a teaching tool - not merely punishment - they are a set up for grace, forgiveness and restoration

## 14 What to Do Next

Boundaries the residue of deeper issues – the heart cannot and will be changed and healed by learning boundaries

The level of preciousness we assign ourselves will determine our boundaries. However, God is after a heart moved by love, not just asserting our own rights

We must not mistake boundaries as a license to meet our needs, and not care for others.

## 15 Writing a Boundary

It's important that our motives are right

It's important that our heart and spirit are moved, that we are not just being legalistic or behaviorally focused.

It's important that we set them up ahead of time and then stick to them in the heat of the moment

We need to use them to protect "our side" of the fence, not continue to "hop over" in their yard and dictate their behavior.

Boundaries will automatically begin to change when our soul and spirit become healthy. It's not just a maybe, we WILL change in this area as we continue to pursue recovery.