

Boundaries Explained

Boundaries - Part 1

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A boundary is anything that designates where one thing ends and another begins.

Physical boundaries are easy to see.

Intangible boundaries can be harder to see but are **just as important.**

Boundaries define what is me and what is not me; where I begin and others end. They inform me of what I own and what I don't own; what I'm to take responsibility for and what I'm not responsible for.

Boundaries come from the very nature of God.

"¹⁵The Lord God placed the man in the Garden of Eden to tend and watch over it. ¹⁶But the Lord God warned him, "You may freely eat the fruit of every tree in the garden— ¹⁷except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die." Genesis 2:15-17 (NLT)

"Don't visit your neighbors too often, or you will wear out your welcome." Proverbs 25:17 (NLT)

"... Those unwilling to work will not get to eat." 2 Thessalonians 3:10 (NLT)

"If another believer sins against you, go privately and point out the offense." Matthew 18:15 (NLT)

"Let what you say be simply 'Yes' or 'No' ... " Matthew 5:37 (ESV)

"Don't let evil conquer you, but conquer evil by doing good." Romans 12:21 (NLT)

"Yes, I am the gate. Those who come in through Me will be saved. They will come and go freely and will find good pastures." John 10:9-10 (NLT)

When healthy boundaries are established and communicated, life flourishes.

When healthy boundaries are absent or violated, chaos, destruction and pain always follow.

- **Sometimes we don't have a boundary in an area of our life where we desperately need one.**
- **Sometimes we violate other people's boundaries.**
- **Sometimes we have a boundary where we shouldn't and the boundary we think is protecting us, is actually imprisoning us.**

Can you recognize boundaries in your life?

Where might you need to add some boundaries?

Where might you need to lower or remove some?