

Betrayal of Self

*Keep vigilant watch over your heart; that's where life starts.
Proverbs 4:23, The Message*

What is a boundary, and are you sure they're biblical?

1. Can we set limits and still be a loving person?
2. What are legitimate boundaries?
3. What if our boundaries upset others?
4. How do we respond when someone wants our time, love, energy, or money?
5. Why do we feel guilty or afraid when we consider setting a boundary?
6. How do boundaries relate to submission?
7. Are boundaries selfish?

In the next few weeks, we're going to answer these questions and more

Boundaries – a property line that defines where I end and begin, what is me and what is not me, defined by: skin, the body, words, geographical space, time, emotional distance, and other people.

Function of boundaries

Jesus told this simple story, but they had no idea what he was talking about. So he tried again. "I'll be explicit, then. I am the Gate for the sheep. All those others are up to no good—sheep stealers, every one of them. But the sheep didn't listen to them. I am the Gate. Anyone who goes through me will be cared for—will freely go in and out, and find pasture. A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of. John 10:6–10, The Message

The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Psalm 16:6-8 NIV

1. Keeps good things in and bad things out (skin as an example).
2. Boundaries function as an alarm.
3. Boundaries help us know when we need to withdraw and guide us in effectively pulling away.
4. Boundaries protect freedom (words as an example).
5. Boundaries protect our treasures—
 - a. emotions
 - b. attitudes (convictions, beliefs, doctrine, and reality)
 - c. behavior.

Boundaries are biblical and help define our responsibilities

Responsible to others

Responsible for ourselves

*Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their **burdens**, and so complete Christ's law. If you think you are too good for that, you are badly deceived. Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must **take responsibility for doing the creative best you can with your own life.** Galatians 6:1–4, The Message*

Burden – a responsibility so heavy that we are weighed down to the point of being crushed

Load – cargo, the responsibility of daily toil