

Healthy Relationships- A Life With Boundaries

Romans 12:18 “If it is possible, so far as it depends on you, live peaceably with all”. (NRSV)

1. Boundaries in Your Relationship With God

- a. Boundaries provide security and define what is best for you and expected of you.
Deuteronomy 30:19 “Today I have given you the choice between life and death, between blessings and curses... Oh, that you would choose life, so that you and your descendants might live!”
Psalm 19:8 “The commandments of the LORD are right, bringing joy to the heart. The commands of the LORD are clear, giving insight for living.
- b. God made relationship with Him possible.
Romans 5:11 “So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.”
- c. Your relationship with God flows completely out of love...God’s love for you and your love for Him.
Mark 12:30 “Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.”

2. Boundaries Within

- a. Your Thoughts
2 Corinthians 10:5 “...and we take captive every thought to make it obedient to Christ.”
Psalm 119:29 “Keep me from lying to myself...”
- b. Your Heart
Proverbs 4:23 “Guard your heart above all else, for it determines the course of your life.”
- c. Your Actions: Self-Control
Proverbs 25:28 “A person without self-control is like a city with broken-down walls.”

3. Boundaries With Your Family

- a. Separate but connected.
- b. Family can be friends.

4. Boundaries In Your Friendships

- a. Unhealthy Friendships
 - Friends that pull you away from your relationship with God
 - Controlling or Manipulating Friends
- b. Healthy Friendships
 - True friendship is to be truly known and to be truly loved.
 - Friends give and receive.
Proverbs 3:27 “Do not withhold good when it is in your power to do it.”
 - Differences are healthy.
 - Forgiveness is different from reconciliation.
- c. Abusive or Destructive Relationships
 - Accept the reality of who the other person is.
 - Choose to forgive the past...it cannot be changed.
 - Set boundaries
 - Let go, including limiting or ending the relationship when necessary or possible.

5. Setting Boundaries

- a. Boundaries reflect your values, beliefs and convictions.
- b. You only have the power to change yourself.
- c. Setting boundaries moves you toward healthy relationships.
 - Do not ignore your boundaries to “keep the peace”.
- d. Respect the boundaries of others.
Matthew 7:12 “Do to others what you would like them to do to you.”
- e. God will help you as you set healthy boundaries.
Romans 15:5 “May God, who gives this patience and encouragement, help you live in complete harmony with each other...”

6. Boundaries and Your Kids

- a. Set boundaries and rules that reflect who you want your kids to become.
 - Reasonable and age appropriate
 - Character building
 - Explain the “why” for boundaries and expectations
 - Not co-dependent
 - Consistency, consistency, consistency!
- b. Discipline is applying appropriate consequences when boundaries have been disobeyed.
 - The goal of discipline is to raise responsible, thoughtful, balanced adults.
 - **Proverbs 29:17** “Discipline your children, and they will give you peace; they will bring you the delights you desire.”
 - **Proverbs 13:24** “Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them.”
- c. Step Children
 - Do not overstep your role.
 - Communicate expectations and boundaries when they are under your roof.
 - Choose your battles.
- d. PRAY for your kids!

7. Boundaries in Dating

- a. Don’t date out of desperation or loneliness.
- b. Set boundaries of sexual purity in your dating!
I Corinthians 6:18-20 “Run away from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. Or don’t you know that your body is the temple of the Holy Spirit who lives in you... So you must honor God with your body.”
- c. Wait for God’s best in your life!

8. Boundaries at Work

- a. Guard against:
 - Too much overtime
 - Taking work stress home
 - Expecting work to define your purpose for being
 - Negative attitudes
- b. **Colossians 3:23** “Work willingly at whatever you do, as though you were working for the Lord, rather than for people.”