

Relationships

(A Mess Worth Making)

desert breeze
community church



Saturday & Sunday, February 27/28, 2016 Ray Davis

“Boundaries”

Boundaries are property lines defining what you are responsible for and not responsible for. They also let the good in and keep the bad out. (Proverbs 4:23) We are responsible for our core values, thoughts, beliefs, feelings, passions, actions, time, talents, finances, sins, weaknesses, past hurts, etc. Is your life out of control? Do you try to control others? Do people take advantage of you? Do you take advantage of others? Do you have trouble saying no? Do you have a hard time asking for help?

Healthy Relationships Have a Balance of...

Ephesians 4:15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ. (John 1:14) There should be a mutual giving and receiving of both.

- Grace – Unmerited favor (2Cor 8:9; Rom 8:31-32)
- Truth – What’s real or what is (John 8:31-32, 14:6)

Boundary Problems:

Galatians 6:2, 5 v2 Bear one another’s burdens, and so fulfill the law of Christ. v5 For each will have to bear his own load.

“Burdens” = Gr. Weight beyond their ability to carry (dump truck).

“Load” = Gr. The burdens of everyday life we are responsible for (backpack).

- Compliant People—have a hard time saying “No”.
- Independent People—have a hard time asking for help.
- Controlling People—don’t respect other’s boundaries.
- Insensitive People—don’t hear the needs of others.

Boundary Skills:

Matthew 11:28-30 ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.

- 1) Always start with love. Jn 13:34-35
- 2) Love others without enabling. Gal 6:2, 5
- 3) Confront in love. Pro 27:6, 17
- 4) Learn to say “No” when it’s best. Matt 5:37
- 5) Be honest about your feelings and needs. Eph 4:25
- 6) Give consequences when necessary. Pro 19:19

2Cor 13:11 Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.

Growing Notes:

- 1) What are boundaries? Why are boundaries so important (Pro 4:23)?
- 2) Read Ephesians 4:15. What is the context of this verse? Healthy relationships have the balance of the mutual giving and receiving of what two characteristics? How does grace provide the safety and truth provide the structure we need for relationships?
- 3) Read Galatians 6:2, 5. What is the difference between v2 “burdens” and v5 “load”? What happens when we confuse these two? Review the four boundary problems. Which one(s) do you struggle with the most?
- 4) Read Matthew 11:28-30. What is the offer that Jesus makes in these verses? Review the list of boundary skills and corresponding verses. Which one(s) are your strengths and which one(s) are growth areas for you? What are some things you can begin to do this next week to be a more loving & truthful person? Pray.