



Series: Better Relationships

Sermon: Part 3: Better Boundaries With Those Around Us

Date: Sunday, October 29th, 2023

And God said to them, “Be fruitful and multiply and fill the Earth and subdue it, and have dominion over the fish of the sea and over the birds of the Heavens and over every living thing that moves on the Earth.” (Genesis 1:28)

Meeting our needs are meant to be our responsibility and not someone else’s responsibility.

Boundaries Make It Clear As To:

1. Who _____ what

2. Who _____ what

3. Who is _____ or accountable for what

Above all else, guard your heart, for everything you do flows from it. (Proverbs 4:23)

Boundaries Allow Us To:

1. Know when to say yes to something and no to something else

2. Lovingly confront people and have tough talks with them

Once we know what we are responsible for, we can start to own what we are responsible for.

_____ problems happen whenever someone is not responsible for what they need to be in control of and now that responsibility falls on someone else to control.

We Are Responsible For:

1. Our feelings

2. Our attitudes, beliefs, values, and desires

3. Our behaviors and for our choices

4. Our limits

5. Our talents

6. Our thoughts

7. Our love

8. The health of our soul



We Can't Say No Because...

- a. We fear that there will be a loss of relationship
- b. We fear conflict/avoidance/anger from the other person
- c. The fear of guilt

They are stuck on the fact that because they have received something in the past, they now owe something in the future.

Developing Boundaries

- 1. Monitor how you have been _____
- 2. Practice using the word “_____” everyday
- 3. Know when to say _____
- 4. Find out who you are giving _____ to
- 5. _____ it

Bottom Line: *Having boundaries allows us to know who owns what, who controls what, and who is responsible or accountable for what.*

Questions to reflect on this week or with others:

- 1. What makes it hard for you to draw and keep boundaries?
- 2. Who do you have trouble saying “no” to? Why?
- 3. How has your irresponsibility or negligence become someone else’s responsibility to pick up the pieces at home, work, family, church, or somewhere else?
- 4. How has lack of boundaries allowed someone else’s irresponsibility to become your responsibility?
- 5. How do you differentiate between helping someone who can’t help themselves versus helping someone who doesn’t want to help themselves?

Songs used in service: Hymn of Heaven (Phil Wickham), Deliverer (North Point Worship), Trust In God (Elevation Worship), Won't Let Me Go (Sanctus Real), Who I Am (Ben Fuller)

-----Tear Here -----

Any prayer requests?

Name: _____ **Email (so we can follow up):** _____

What can we be praying for you about?