

## **BOUNDARIES, limits, defining area of ownership, an assigned place of responsibility, consequences**

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Matt 7:6 - "Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces.

Mark 5:18 - As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. <sup>19</sup> Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you." <sup>20</sup> So the man went away

John 11: So the sisters sent word to Jesus, "Lord, the one you love is sick." <sup>4</sup> When he heard this, Jesus said, "This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it." <sup>5</sup> Now Jesus loved Martha and her sister and Lazarus. <sup>6</sup> So when he heard that Lazarus was sick, he stayed where he was two more days, <sup>7</sup> and then he said to his disciples, "Let us go back to Judea....Lord," Martha said to Jesus, "if you had been here, my brother would not have died.

Matt 10:16 - Behold, I am sending you out as sheep in the midst of wolves, so be wise as serpents and innocent as doves

PS 104:8 they flowed over the mountains, they went down into the valleys, to the place you assigned for them. You set a boundary they cannot cross;

JN 2:23 Now while he was in Jerusalem at the Passover Feast, many people saw the miraculous signs he was doing and believed in his name. <sup>24</sup> But Jesus would not entrust himself to them, for he knew all men. <sup>25</sup> He did not need man's testimony about man, for he knew what was in a man.

JOB 14:5 Man's days are determined; you have decreed the number of his months and have set limits he cannot exceed.

PR 25:26 Like a muddied spring or a polluted well is a righteous man who gives way to the wicked. Like a city whose walls are broken down is a man who lacks self-control.

PS 122:5 There the thrones for judgment stand, the thrones of the house of David. "May those who love you be secure. May there be peace within your walls and security within your citadels."

2 Tim. 1<sup>14</sup> Guard the good deposit that was entrusted to you--guard it with the help of the Holy Spirit who lives in us.

Exod. 19:12 Put limits for the people around the mountain and tell them, "Be careful that you do not go up the mountain or touch the foot of it. Whoever touches the mountain shall surely be put to death.

EX 23:31 "I will establish your borders from the Red Sea to the Sea of the Philistines, and from the desert to the River. I will hand over to you the people who live in the land and you will drive them out before you. <sup>32</sup> Do not make a covenant with them or with their gods. <sup>33</sup> Do not let them live in your land, or they will cause you to sin against me, because the worship of their gods will certainly be a snare to you."

Acts 17:26 From one man he made every nation of men, that they should inhabit the whole earth; and he determined the times set for them and the exact places where they should live

1 Cor. 15:32 "Let us eat and drink, for tomorrow we die." Do not be misled: "Bad company corrupts good character."

ZEC 2:1 Then I looked up--and there before me was a man with a measuring line in his hand! <sup>2</sup> I asked, "Where are you going?" He answered me, "To measure Jerusalem, to find out how wide and how long it is." Then the angel who was speaking to me left, and another angel came to meet him <sup>4</sup> and said to him: "Run, tell that young man, 'Jerusalem will be a city without walls because of the great number of men and livestock in it. <sup>5</sup> And I myself will be a wall of fire around it,' declares the LORD, 'and I will be its glory within.'

### What are Healthy Boundaries?

1. Not taking on (absorbing) other people's feelings. When you get angry, it doesn't mean that I have to
2. Respecting myself and others
3. Saying No without feeling guilty
4. Saying, "I need time", or "Slow down"
5. Being safe from physical, emotional, physical or sexual abuse
6. Being touched how and when I choose
7. Communicating my needs and expecting them to get met
8. Responsible for my behavior and holding others responsible for theirs.
9. Normal benefits and consequences / both good and bad (sowing and reaping)
10. Healthy evaluations of life's activity.
11. Being humble or submissive without being passive.
12. Exercising meekness without weakness. Having strength under control.
13. The right to have my personal convictions or values that may differ from yours.

### "MYTHS" about setting boundaries :

1. I am being selfish if I set them.
2. Healthy Boundaries are hateful a sign of rebellion.
3. When I set them, I am responsible if others get offended by them.
4. Healthy Boundaries cause others to feel guilty or shamed.
5. Healthy Boundaries are always permanent and Unchangeable.
6. Healthy Boundaries cause conflict and burn bridges with others.

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TRUTH : people who complain about healthy boundaries, usually do not respect themselves or honor others. They act passive-aggressive and are often co-dependent in relationships.