

BOUNDARIES

(Much of the following is taken from Chip Judd's (Real Life Ministries) teaching on boundaries.)

Know yourself; Be yourself; Love yourself

- **Ephesians 2:10** For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
- **John 8:32** "Then you will know the truth, and the truth will set you free."
- The person's words that define you can become your god.
- Ultimate surrender to the sovereignty of God is self-acceptance.
- God created you. He knew you before the foundations of the world.
- **Jeremiah 1:5** "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."
- **Psalms 139:13 - 14** "for you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
- You teach what you know. You reproduce who you are
- Comparison is the root to inferiority.
- We are really good at pretending.

Change is Good

- Life is movement, growth and change. The moment you stop growing, you die. Stop coasting. Your brain is designed by God to engage change (new ways of doing things). Your brain goes into a depressed state if you don't continue to grow.
- Every promise from God provokes a process. Don't waste your pain. Learn something from it. There are no shortcuts to any place worth going. - Beverly Sill

Learn to Rest in God

- **Matthew 11: 28 – 30** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.
- Rest is not the absence of activity... It's being anchored by peace during the storm. Learning is a process.
- **Jesus Calms the Storm, Mark 4:35 – 41** That day when evening came, he said to his disciples, "Let us go over to the other side." **36**Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. **37**A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. **38**Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" **39**He got up, rebuked the wind and said to the

waves, "Quiet! Be still!" Then the wind died down and it was completely calm. **40**He said to his disciples, "Why are you so afraid? Do you still have no faith?" **41**They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

- **God is constantly working all things together to make us like Christ... We are more than conquerors... Romans 8:28 – 39** And we know that in all things God works for the good of those who love him, who have been called according to his purpose. **29**For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. **30**And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. **31**What, then, shall we say in response to this? If God is for us, who can be against us? **32**He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? **33**Who will bring any charge against those whom God has chosen? It is God who justifies. **34**Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. **35**Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? **36**As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." **37**No, in all these things we are more than conquerors through him who loved us. **38**For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, **39**neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

What are boundaries and why do we need them?

- Boundaries will help you enter into rest; raise healthier children; become more emotionally stable; release you and others from unrealistic expectations; free you from destructive relationships; help build a great marriage.
- **Proverbs 16:32** Better a patient man than a warrior, a man who controls his temper than one who takes a city.
 - Manage the person sitting in your chair.
- **Proverbs 25:28** Like a city whose walls are broken down is a man who lacks self-control.
- People suffer from trying to control or change others.
- Things you spend time and energy on, worry and think about: time management, children, work, spouse, the future, career. Money, etc.
- Three Types of Control:
 - Direct control - you determine the outcome - you are responsible for
 - Indirect - you can affect the outcome -you can influence
 - No control - find someone bigger than yourself that you can trust – God
 - Start to look at life with these three categories in mind.

- Stewardship involves responsibility (R), authority (A) and power
 - R before A
 - R = A
 - You cannot assert authority without taking care of your responsibilities. It's good to operate in a partnership (marriage, for example). The lowest form of authority is 'positional authority'. You can know how much authority you have by how much responsibility you have.
 - If you don't RULE it, don't judge it. You don't have to have an opinion about everything.
 - Outlaws exercise power without permission (authority).
- Hoola Hoop Example
 - Everything inside my circle is MY responsibility. Another circle surrounds my marriage, but we still have our own individual circles.
 - What is in my circle? Me and my emotions and God by invitation
 - My need for love is inside my circle. I am responsible for getting my need for love met.
 - God knocks before entering. We should do the same with others (knock, before entering). God comes in by invitation only.
 - God can meet all of my need for love.
 - Have an affair with God.
 - Take responsibility for getting your need met for love.
- Wrong Statements that we make
 - 'You make me mad' is a false statement.
 - No one can make you feel anything without your voluntary participation.
 - When you make statements like this you give others responsibility for your anger, thus you give someone the power and the authority to control you.
- Don't take on responsibility for something that's going on in others' circles. (i.e. where you don't have responsibility).
- Self-care is not selfish.
- Humility ... Not needing to be anything more than you are.
- Healthy boundaries allow you to get your needs met in a healthy way. Go to God first and most. Allow God to fill your bucket.
- If you have healthy boundaries, you can say no and hear no. It's ok to say NO. An internal NO cancels an external YES.
- If you have healthy boundaries, you don't control or manipulate others. You recognize and resist others attempts to manipulate you.
- If you have healthy boundaries, you are able to make and keep promises to yourself.

How to develop healthier boundaries:

- Start with your circle
- Freedom comes when I take responsibility; bondage comes from giving it away.
- Own your emotions... Emotions are meant to move us. Emotions are self-generated. They come from within us.
 - A (your action) + B (when I assign motive to someone else's action) = C (response)
 - Use rock and ripple example
 - Surround yourself with a supportive system; people who know how to get their needs met from God.
 - Find loving people who will speak the truth to you. Love you unconditionally but will speak the truth.
 - Clean up your language, meaning that you should speak for yourself and not others. Don't say things like, "you make me mad, happy, or sad".

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