

Boundaries
How to Measure Your Successes
Part 1
Session 9

1. ***You may feel resentment.***
 - A. As you begin to develop boundaries you may experience resentment, frustration, or even anger as you recognize when others are violating your boundaries.
 1. Remember, these feelings can be a “red light” to warn that there may be a boundary problem going on.
 - B. Check your own heart and ask, “Do I have a legitimate right to confront what I feel is a boundary violation?” Proverbs 4:23

2. ***Be ready to be drawn to those who have boundaries*** and will allow you to have them also and drawn away from those who have no limit-setting abilities and want to keep you from developing Godly boundaries.
 - A. People with healthy boundaries can hear “no” without becoming critical, hurt, or personalizing it.
 1. God created us free to love, belong, and to feel safe. We are to have a meaningful and close relationship with God and others. Colossians 3:12-14
 - B. When we have relationships in which we have freedom to set limits, something supernatural happens. It is only after we learn to say “no” that we can really say “yes”.
 1. Our “yes” then comes from a heart void of fear. 2 Corinthians 1:20
 2. We are driven by the love of God which allows us to be honest, authentic and loving individuals. 2 Corinthians 5:14

3. ***We may experience a change in our taste.*** As we develop an understanding that we are only responsible for ourselves, we will move away from those who want us to be responsible for them because they want to avoid taking responsibility for themselves.
 - A. We need others with the same biblical values of limit-setting and responsibility. Those who will encourage us, practice with us, and stay with us as we develop healthy limits.

4. ***Be prepared for your values to change.*** John 8:31-32
 - A. Only after you begin to see the value of setting limits will you recognize how healthy it is to take responsibility for yourself, and how destructive it is to take on being responsible for other adults.
 1. When a person has been treated as an extension of others he won’t value self-stewardship which means how he takes care of his own feelings, talents, thoughts, attitudes, behavior, body, and the resources God has entrusted to him.
 - B. We learn to be loving because we are loved. I John 4:19
 1. We cannot value others until we learn to value ourselves.

5. ***You may feel a sense of self-condemnation*** [feeling you are transgressing some important rule you learned along the way] as you practice healthy limits for yourself and others.
 - A. A lack of boundaries has made many people slaves. They struggle to make value-based decisions on their own because they often reflect the wishes of those around them.

Reference: Boundaries by Dr. Henry Cloud & Dr. John Townsend