

MAYBRIDGE
COMMUNITY CHURCH







FLOURISH
Boundaries

FLOURISH Boundaries

"Setting boundaries inevitably involves taking responsibility for your choices. You are the one who makes them. You are the one who must live with their consequences. And you are the one who may be keeping yourself from making the choices you could be happy with."

- Henry Cloud

BOUNDARIES...

-  Tell us where something or someone begins and ends
-  Protect us, keeping the good in and the bad out
-  Create clarity and help us understand a situation
-  Limit our choices and behaviours

WALLS AND DOORS

A house is a useful illustration to understand boundaries. We have walls and fences around our gardens or homes to protect us from danger and enable us to choose who comes in. What happens within our fence is our responsibility.

CONSEQUENCES

"A man reaps what he sows."

- Galatians 6:7

"The one who is unwilling to work shall not eat."

- 2 Thessalonians 3:10

These verses aren't written as a punishment, but as a statement of reality. Problems come when we step in and reap what others have sown.

GOD AND BOUNDARIES

- ✿ Genesis 1-3 is a study in boundaries.
- ✿ God tells us who He is and who He is not.
- ✿ He tells us what He likes and dislikes, what He allows and doesn't
- ✿ God limits what is allowed in His back yard

WHAT IS MINE AND WHAT IS YOURS?

As Christians we are commanded to love one another and to live sacrificially, but this does not mean we can't say, 'No!' sometimes. We are responsible to others but not for them.

"Carry each other's burdens, and in this way you will fulfil the law of Christ." - Galatians 5:2

But also...

"Each one should carry their own load." - Galatians 5:6

We have to understand what lies within our boundaries as our responsibility, as well knowing what isn't.

YOUR LOAD



YOUR BURDENS

There are times when we have challenges that are too much – and it is genuinely OK to ask for help and to give it.



DISCUSS

- ✿ How easy do you find it to set boundaries?
- ✿ Are there areas of your life where you need to set firmer boundaries?
- ✿ Can you think of an example where it's hard to tell if something is a 'load' or a 'burden' and discuss it as a group?

BOUNDARY PROBLEMS

COMPLIANTS Can't say no.	CONTROLLERS Can't hear no.
AVOIDANTS Can't say help.	NON-RESPONSIVE Can't hear help.

DISCUSS

- ✿ Which of the four boundary problems do you identify with?
- ✿ Which of these are more socially acceptable do you think?
- ✿ Do you find it easier to set boundaries at work or at home?
- ✿ How as a group can you support each other??

RESOURCES

Boundaries Series
Safe People

Dr Henry Cloud and Dr John Townsend
Dr Henry Cloud and Dr John Townsend