

Establishing Boundaries

Lesson 03 of the series "I Can Do Hard Things"

A. Jesus taught that it was good to set boundaries.

"I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. And do not say, 'By the earth!' because the earth is his footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. Do not even say, 'By my head!' for you can't turn one hair white or black. Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one."

Matthew 5:34-37 (NLT)

Note: When we say "yes" to one thing, we are saying "no" to something else.

"Personal boundaries are what define your identity. They're like the property lines around a home. This is my property and that is not my property. This is me — what I value, am good at, believe, need, or feel — and that is not me." -soulshepherding.org

"For God gave us a spirit not of fear but of power and love and self-control." 2 Timothy 1:7 (ESV)

B. Jesus set personal boundaries for His own life.

1. Jesus wasn't pressured into doing what people wanted Him to do.

"Now Simon's mother-in-law was sick in bed with a high fever. They told Jesus about her right away. So he went to her bedside, took her by the hand, and helped her sit up. Then the fever left her, and she prepared a meal for them. That evening after sunset, many sick and demon-possessed people were brought to Jesus. The whole town gathered at the door to watch. So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak. Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, 'Everyone is looking for you.' But Jesus replied, 'We must go on to other towns as well, and I will preach to them, too. That is why I came.'" Mark 1:30-38 (NLT)

"You should know this, Timothy, that in the last days there will be very difficult times. For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God. They will act religious, but they will reject the power that could make them godly. Stay away from people like that!" 2 Timothy 3:1-5 (NLT)

2. Jesus didn't feel the need to solve everyone's problems.

"Then someone called from the crowd, 'Teacher, please tell my brother to divide our father's estate with me.' Jesus replied, 'Friend, who made me a judge over you to decide such things as that?' Then he said, 'Beware! Guard against every kind of greed. Life is not measured by how much you own.'" Luke 12:13-15 (NLT)

Note: We often refuse to set boundaries because we struggle to watch the people we love walk through painful things, and we wrongly believe that it is our responsibility to rescue them. Inevitably, we then get in between them and the consequences for their bad choices in an attempt to protect them...which DOESN'T WORK!

"I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way." 2 Corinthians 7:8-9 (NLT)

3. Jesus didn't feel obligated to keep helping people who didn't really want help.

"So when the crowd saw that neither Jesus nor his disciples were there, they got into the boats and went across to Capernaum to look for him. They found him on the other side of the lake and asked, 'Rabbi, when did you get here?' Jesus replied, 'I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs.'" John 6:24-26 (NLT)

"Even while we were with you, we gave you this command: 'Those unwilling to work will not get to eat.'" 2 Thessalonians 3:10 (NLT)

4. **Jesus understood His need for connection with the Father and His need for rest. Sometimes He prioritized His needs over the needs of others, and He did so without apology or feeling guilty.**

"The report of his (Jesus) power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer."

Luke 5:12-16 (NLT)

"But when you pray, go into your room, close the door and pray to your Father, who is unseen..."

Matthew 6:6 (NIV)

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." Exodus 20:8-11(NIV)

Tommy Green • 01-22-23 • tommy.green@gracefm.org