

Made New

Healthy Boundaries

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Sermon in a Sentence: Taking care of yourself is not selfish, it's stewardship

Application: If you feel vulnerable, over-committed, and have a hard time saying no? Do you take on other people's problems as your own? In this sermon we explore why we should cultivate boundaries in our lives. Boundaries support intimacy and give you the margin to live life on purpose in every area.

Me

My son Kadin was born on December 10th. 2 weeks later is a pretty important holiday, and as you can imagine EVERYONE wanted to see the new baby. I think we attended 6 parties in 3 days.

"Baby needs a new pair of shoes" "Daddy needs a new guitar"

Fast forward a few years and it was even worse. We had moved away, but still felt pressured to come back for Christmas, which was great, but it got to the point that the kids would unwrap a present and we would put it in a pile and just leave it in the box until we got home

What would you do in this situation?

It's easy to say cut back, but every party was people that we loved and who loved us. How do you cut that back?

Tension Set:

We (Exploring the tension)

- The more you're around people, the more opportunities there are for conflict.
- I have wants and needs, and you have wants and needs. When those things align it's great, when they don't it's not so great
- Some people will weaponize their circumstances to manipulate you (I've been so lonely)
- Some are oblivious to your needs, they only call when they want something
- Sometimes proximity means you have to work with someone
 - Imagine a shared backyard with no fence. You agree to each mow when you're able, and to keep the lawn free from dog poop. At first it works, but slowly you notice that you're mowing the lawn more often, and his dog only seems to poop on your doorstep.

- How do you handle this? You talk and he has great excuses, but the problem remains.
- I could yell at him, or tie his hands to the mower until he's finished.
- Or, I can reduce our interdependence and build a fence. Then he's free to mow or not as much as he wants and we've removed a source of tension from our relationship.

At their most basic, boundaries say "I'm responsible for myself and my choices, not you and your choices."

[SLIDE] Boundaries are biblical

Even God sets boundaries for us, and has boundaries that He won't cross:

- At Mt Sinai God set up a physical boundary around the mountain
- Also a spiritual and moral boundary with the 10 commandments
- In the garden
- In Mark 1 the disciples are looking for Jesus because "Everyone is looking for you". Instead of bowing to the crowd, Jesus first prioritized His time with God, and then they moved on to another town to continue His ministry.
- It is God's will for everyone to be saved, but He will not violate our free will, Rev 3:20- Behold I stand at the door and knock.

What is the big picture (sermon in a sentence):

[SLIDE] Taking care of yourself is not selfish, it's stewardship

The Bible tells us to love one another, love our enemies, be quick to serve/sacrifice for others.

Prov 3:17- Don't withhold good when it's in your power to do something

Rom 12:18 NRSV- If possible, live at peace with everyone

So you might get the idea that you don't matter, and your job is to please everyone else.

But there are so many reminders because we are mostly selfish.

God

Luke 10: 39-42 (NIV)

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

⁴¹ “Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

- Martha wanted everything to be perfect. She felt the weight of expectations.
- What was the better thing that Mary chose? She took time for herself to be with her Lord.

Luke 14: 28-30 (NIV)

²⁸ “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it? ²⁹ For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, ³⁰ saying, ‘This person began to build and wasn’t able to finish.’

- A couple chapters later Jesus is talking to the crowds that were following him
- The same Jesus who taught sacrificial love teaches us to stop and examine if we have the resources to fulfill the thing we want to do.
- Here’s the form the ridicule takes for the boundaryless person:
 - Develops health problems
 - Is constantly stressed out
 - Finally snaps under the weight
 - They isolate themselves, alienate their families
 - They earn a reputation of always running late, projects are half-done

[SLIDE] Choosing to say yes to one thing means saying no to something else.

- I said yes to being here, so I’m not in Hawaii right now
- My yes limited my options
- Boundaries define what is mine and not mine, what I’m responsible for and not responsible for

Psalm 139: 23-24 (NIV)

²³ Search me, God, and know my heart; test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

- God’s desire is that we learn to recognize the ways we’ve been hurt and our defects, whether self-inflicted or caused by others.
- Upon recognizing that, we need to move towards healing
- We need to ask God to reveal the pain of the past so we can have a better future

You

How do we set and communicate appropriate boundaries? How much time do you have?

Book recommendation: Boundaries by Henry Cloud and John Townsend

- 1- Resentment is our early warning sign, it lets us know a boundary might have been crossed
- 2- Visualize and Name Your Limits
 - a. What's causing stress or discomfort?
 - b. What do you look forward to and what do you dread each day?
 - c. Who or what gives you energy?
- 3- Openly communicate your boundaries
 - a. "I can only stay for an hour"
 - b. "I don't find those comments funny"
 - c. "We are going to have to agree to disagree"
- 4- Reiterate and Uphold Your Boundaries
 - a. Clarity is kindness.
 - b. Shifting boundaries will confuse people
 - i. You can't text after ____pm, but I'll respond just this time
- 5- Don't be afraid to say no
 - a. Saying yes to one thing is saying no to something else
- 6- Take time for yourself
 - a. For the next month, add an event to your calendar, then you can just say you have an appointment with an important person.
 - b. You can't pour from an empty cup

Signs of Healthy Boundaries	Potential Signs of Unhealthy Boundaries
Protect yourself from getting taken advantage of	Vulnerable to being "used" or taken advantage of
Own your time	Over-commit your time to others and leave little time for yourself
High self-esteem and self-respect	Lower self-esteem and critical inner dialogue
Prioritize time for yourself	Give a lot of their time to other people
You only take on responsibilities you can handle; you don't overcommit yourself	Feeling exhausted or burnt out by overwhelming commitments and responsibilities

Authentically say “no” if you don’t have the energy or capacity to do something	Have a hard time saying “no”
Set limits for others without feeling bad	Feel guilty for expressing boundaries
Strong sense of identity and direction	Change yourself to fit in with different people
Take care of your own problems and understand that you cannot heal other people’s issues for them	Take on other people’s problems as your own
You communicate your needs and wants; you prioritize your self-care	You put other people’s needs and wants before your own

My hope today is that you’ve been given the freedom to live your life on purpose.

Here’s the hard truth: God has a wonderful plan for your life, and so does everybody else.

Last week we said that Healthy Relationships start with a healthy me, and we can’t be healthy if you’re always living someone else’s agenda for your life.

It’s not easy, but it’s worth it, and God is here to help

Altar

If you want to know more about the incredible plan God has for you, I’m going to give you an opportunity to accept Jesus in your heart.

A lot of the tension that we talked about today is because we live in a fallen world because of sin.

All have sinned and fall short of the glory of God.