St. Andrew’s Lutheran Church

*Discipleship class:* **CHANGES THAT HEAL**, by Dr. Henry Cloud

Session 3: *“Boundaries”* (Property Lines)

Second developmental step

* Say “no” to bad things
* Say “no” to some good things (set limits)

God has boundaries

It is for freedom that Christ died *(Galatians 5:1)*

Characteristics of good boundaries:

* Ownership
* Self Control
* Responsibility (accountability)
* Permeability (not walls) – let good in *(Psalm 101)*, let bad out (pain, hurt, anger)

Enabling/co-dependency

Rebuke neighbor, do not be partial*: Leviticus 19:17, 15 •* If a man will not work: *II Thess. 3:10 •*

Giving: *II Corinthians 9:7 •* Good Samaritan: *Luke 10:30-35 •* Paul: *Philippians 2:4 •* Let your

yes be yes: *Matthew 5:37 •* Do not rescue: *Proverbs 19:19*

Causes of boundary problems:

* Physical or sexual abuse
* Emotional abuse; being manipulated, controlled
* Not given choices

Manage consequences of children’s choices

*Romans 8:5-6, 12-15(?)*

Steps for solution:

* Take ownership of feelings, attitudes, behaviors, choices; stop blaming outside world
* Plug into support system
* Identify the fear
* Face the fear
* Be assertive; say no
* Know your wants; communicate them

Exodus theme: We were slaves; God freed us; He gave us laws (boundaries) so we will do well

Questions:

1. Where do I experience boundary problems?
2. What are the fears that cause them?
3. What boundaries do I need to set?

A thought: “Forgive us our trespasses…” Trespass = violation of boundaries

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*Marian Schwartz Land: 209-474-0565 • Cell/text: 209-479-0224 • 10/04/15*