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Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" "You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. **Genesis 3:1-7 (NIV)**

One of the first things God did was establish a boundary.

The first thing satan did was challenge that boundary.

Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. **Revelation 3:20 (NLT)**

WHAT ARE BOUNDARIES?

- The invisible property lines of my life!
- The basis of personal identity! What is me & not me!
- Where I stop and others start!
- They define who I am and for what I am responsible!
- Everything inside "MY circle" is MY responsibility!
- The key word with boundaries is the "R" word - RESPONSIBILITY!

He who is slow to anger is better than the mighty, and he who rules his own spirit than he who takes a city. **Proverbs 16:32 (NKJV)**

Better to be patient than powerful; better to have self control than to conquer a city. **Proverbs 16:32 (NLT)**

Whoever has no rule over his own spirit is like a city broken down, without walls. **Proverbs 25:28 (NKJV)**

A person without self-control is as defenseless as a city with broken down walls. **Proverbs 25:28 (NLT)**

THE SECRET TO GOD-HONORING BOUNDARIES:

Responsibility + Authority + Power

R > A R = A

Response-Ability = the ability to choose your response.

#1 Effect of Unhealthy Boundaries? A warped sense of responsibility.

WHAT DO HEALTHY BOUNDARIES LOOK LIKE?

- You know yourself, like yourself, and are able to be yourself!
- You have learned healthy ways to get your needs met.
- You are able to say NO and hear "No" w/o paralyzing fears.
- You take responsibility for the consequences of your choices.
- You have realistic expectations in your relationships.
- You are able to manage your emotional responses and cycles.
- You allow others to experience the consequences of their choices.
- You don't manipulate or attempt to control others.
- You recognize and resist the attempts of others to control you.

HOW DO I DEVELOP HEALTHIER BOUNDARIES?

1. START WITH YOUR CIRCLE!

- You don't have to wait on anyone else!
- Freedom comes from taking responsibility; bondage from giving it away
- Since you can't make anyone else change, change yourself so their behavior no longer works on you!

2. OWN YOUR EMOTIONS! THEY'RE IN YOUR CIRCLE!

- Emotions don't happen to us! They are an inner signal sending us energy and information prompting us to act.
- Your interpretation of an "event" determines your emotional response.
- Use the "Rock-In-The-Pond" Principle: If the ripples are bigger than the rock -- it's not the rock's fault!

3. BUILD A SUPPORT SYSTEM TO HELP YOU THROUGH THE PROCESS.

- Learn appropriate ways to get your needs met.
- Idol - anyone or anything you use to meet a need only God can meet.
- Find loving people who will speak the truth to you!

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free."

John 8:31-32 (NLT)

God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.