



Taking Control of My Life

PROBLEM IS NOT _____, IT IS _____

"In vain you rise early and stay up late, toiling for food to eat; for he grants sleep to those he loves." Psalm 127:2

WHAT ARE BOUNDARIES?

BOUNDARIES DEFINE OUR AREA OF _____

"Keep your heart with all diligence, for out of it spring the issues of life."
Proverbs 4:23

Anything that affects my _____ is my responsibility.

WHAT'S WITHIN MY BOUNDARIES?

Am I responsible for others? Or just myself?

I am responsible _____ others, but not _____ others

"Bear one another's burdens, and so fulfill the law of Christ." Galatians 6:2

"For each one shall bear his own load." Galatians 6:5

BIBLICAL EXAMPLES OF HEALTHY BOUNDARIES

"But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had compassion. So he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him." Luke 10:34

"On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, 'Take care of him; and whatever more you spend, when I come again, I will repay you.'" Luke 10:35

"The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." Jesus said to him, "Rise, take up your bed and walk." " John 5:7-8

HOW DO BOUNDARIES WORK?

Goal is to let _____ and keep _____

"Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. But avoid foolish and ignorant disputes, knowing that they generate strife." 2 Timothy 2:22-23

Boundaries consist of _____ and _____
SUMMARY OF BOUNDARY PROBLEMS

	CAN'T SAY	CAN'T HEAR
NO	Feels guilty and/or controlled by others; can't set boundaries	Aggressively or manipulatively violates boundaries of others
YES	Sets boundaries against receiving care of others	Sets boundaries against responsibility to love

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Are you ready to take control of your life?