



Big Idea: Boundaries aren't just good things, they are "God things."

Scripture: Genesis 1:3-6 NLT, Genesis 2:15-17 NLT, Psalm 139:13-16 NLT, Proverbs 4:23-27 NLT, Ephesians 4:32 NLT, Luke 5:16 NLT

INTRO

Do any of you have pets? I'd love for you to imagine that you've just brought home a brand-new puppy. You buy food and toys for this puppy, and you spend lots of time with him. You take him out on walks every day and even let him sleep in your bed. You love him and you take really good care of him. Now, if your backyard was not fenced in, would you let that puppy run free in your backyard? I know that I would not. I'd be afraid that he would run off and get lost or even worse, get hit by a car. I would make sure that my backyard was completely fenced in before I allowed a puppy to run around freely.

A fence is a type of boundary, and we put it up to keep the puppy safe, because we love him, and he has value to us. It also keeps danger out, protecting the puppy.

This week and next we're going to talk about boundaries. Today, we're going to talk about why we set boundaries and next week we will dive into how we set a boundary.

TENSION

According to the dictionary, a boundary is a line that marks the limits of an area. Some people think that boundaries are set to keep people out, but they're actually set to keep good things in. I've also heard other people think that setting a boundary is selfish or controlling. The opposite is actually true. A boundary is set out of love.

TRUTH

Here are some more truths about boundaries:

1. Boundaries are from God.

Boundaries are good and they're something that God created.

Let me read to you from Genesis chapter 1

“Then God said, “Let there be light,” and there was light. And God saw that the light was good. Then he separated the light from the darkness. God called the light “day” and the darkness “night.” And evening passed and morning came, marking the first day. Then God said, “Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth.” And that is what happened. God made this space to separate the waters of the earth from the waters of the heavens. God called the space “sky.” And evening passed and morning came, marking the second day.” Genesis 1:3-6 NLT

God set natural boundaries when He created the Earth. He put a boundary between light and dark, and the water and the land, and the heavens and the Earth. If you turn in your Bible to the next chapter, you can see another boundary God set.

“The Lord God placed the man in the Garden of Eden to tend and watch over it. But the Lord God warned him, “You may freely eat the fruit of every tree in the garden - except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.” Genesis 2:15-17 NLT

He told both Adam and Eve not to eat from a certain tree in the garden. It was not because He didn't want them to have good things. In fact, it was quite the opposite. God had created so many good and beautiful things in the garden for them to enjoy. God also spent time with Adam and Eve. The Bible says they even took walks together. He put a boundary up because if they ate from that tree, it would cause a separation from Him.

Unfortunately, as we all know, both Adam and Eve chose to eat from the forbidden tree. They chose to cross and break the boundary God had set. Because they did, not only did it cause a separation between them and God, which was awful, there were other consequences as well.

2. Boundaries are set because of value.

God set a boundary in the Garden of Eden because He loved Adam and Eve. They were His creation, and they were precious to Him. Like I shared with you before, I would put up a boundary with a fence for a puppy because I love him.

If you had a really old figurine at your house, you probably wouldn't notice it much. Sure, you would dust it to keep it clean, but unless there was sentimental value you probably wouldn't cry if it broke. However, if you suddenly found out that figurine was worth \$50,000 you would take care of it differently. You'd probably move it to a place where it would be safe or put it in a glass box because it now has value to you.

David wrote this in the book of Psalms.

“You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.” Psalm 139:13-16 NLT

God created you and I with intention and care. He put thought into every single detail. You and I are valuable. We set boundaries because we're valuable.

When we set boundaries, we are protecting our hearts and minds and keeping the good things in. Our hearts and minds are precious, and the Bible has so many verses that talk about how important it is to protect them.

In Proverbs it says,

“Guard your heart above all else, for it determines the course of your life. Avoid all perverse talk; stay away from corrupt speech. Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.” Proverbs 4:23-27 NLT

3. Providing healthy boundaries is an act of love.



Big Idea: Healthy boundaries are something you set to protect your well-being, to help you feel safe, to feel respected and to feel valued.

Scripture: Acts 15:36-41 NLT, Genesis 1:26a NIV, Colossians 4:6 NLT, Ephesians 4:29 NLT, Matthew 22:36-39 NLT

SURFACE

How would you define a boundary?

SERIOUS

Do you think you have healthy boundaries in your life? Why do you feel that way?

Why do you think people take advantage of others who don't have boundaries?

SPIRITUAL

Why do you think it's important to clearly communicate a boundary?

(Student Pastor's name) said that it's important to share your boundaries with your community. What is the difference in sharing vs gossiping? How can you make sure you're not gossiping?

What are some areas in your life (without gossiping or throwing someone else under the bus) that you need help with in setting a boundary? Discuss and come up with responses and set an actual boundary together.