

It's Not You.
It's Me.

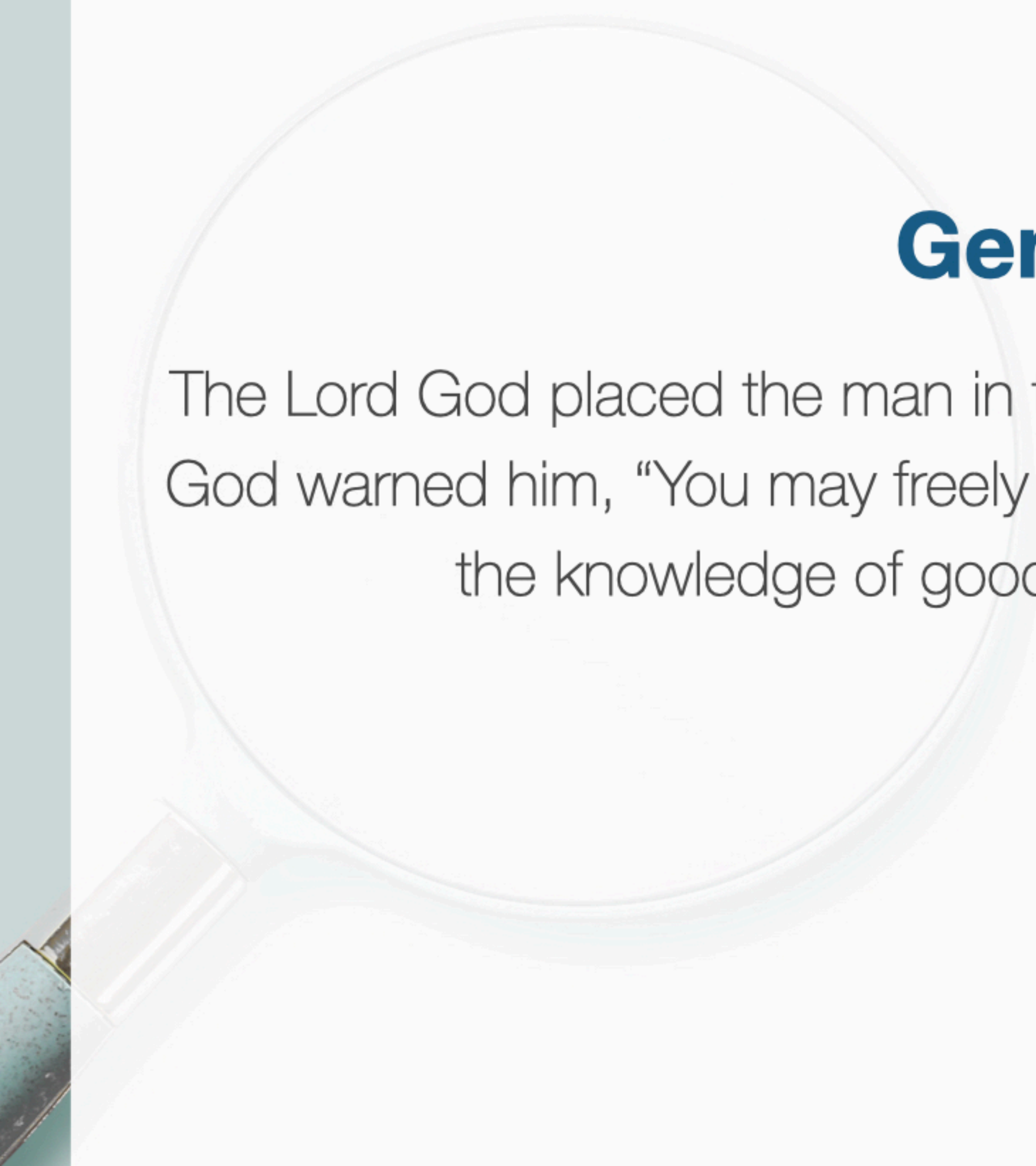
RELATIONSHIPS SERIES



A fountain pen and a yellow pencil are positioned in the upper left corner of the image. The fountain pen is silver and the pencil is yellow with a sharpened lead tip. Below them, a faint, light gray circular outline is visible on the white background. The word "Boundaries" is written in a large, bold, black serif font, centered horizontally and partially overlapping the circular outline.

Boundaries

IT'S NOT YOU. IT'S ME.



Genesis 2:15-17 (NLT)

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.”

healthy relationships need **loving boundaries**



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What Is A Boundary?

A boundary is a relational property line that defines what is:

me vs you

my responsibility vs your responsibility

my control vs your control



1. The Unhealthy Giver

people who give without loving boundaries



no boundaries because...

it feels unloving to say no

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Jesus set boundaries

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat. So they left by boat for a quiet place, where they could be alone.

Mark 6:30-32 (NLT)

A pair of glasses and a pen are visible in the top left corner of the slide, resting on a white surface. The glasses have a dark frame and a clear lens. The pen is silver with a yellow and orange tip. The background of the slide is a light blue-grey color.

Jesus set boundaries

for personal self care (Mark 6:30-32, Luke 5:15-16)

• Jesus said no to inappropriate behaviour (Luke 4:28-30)

Jesus spoke the truth in love (Matthew 21:2-17)

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healthy boundaries

Boundaries are not selfish. Boundaries helps us define our own property line so we can take

- care of ourselves and be good stewards of who we are.



2. The Unhealthy Protector

people who use boundaries as walls

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boundaries become walls when...

The purpose of boundaries is to serve me.

I need walls so that I don't get inconvenienced, hurt, disappointed or anxious.

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2. The Unhealthy Protector

Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Galatians 6:2-3 (NLT)



healthy boundaries

The purpose of boundaries is to help me serve my relationships better.

I am not just responsible for me. I am responsible to love others.



3. The Unhealthy Taker

people who take from others by crossing boundaries



crossing boundaries because...

You are responsible for me and how I react.

You need to change for me to not feel and behave this way.

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3. The Unhealthy Taker

Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to **bear his own load**.

Galatians 6:2-5 (ESV)

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healthy boundaries

Boundaries define what I am responsible for.

I respect other people's boundaries when I take responsibility for me.