

Boundaries

Defining Boundaries

October 9, 2016 / Dan Solofra

Doing Good to All

¹ Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ² Carry each other's burdens, and in this way you will fulfill the law of Christ.

³ If anyone thinks they are something when they are not, they deceive themselves. ⁴ Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, ⁵ for each one should carry their own load. **Galatians 6:1-5, NIV**

Boundaries are _____ that limit the sphere of an activity.

Boundaries are _____ for healthy interaction with other people.

¹ Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. **Galatians 6:1 NIV**

A boundary lets me know _____ I can go to help without getting _____ myself.

² Carry each other's **burdens**, and in this way you will fulfill the law of Christ. **Galatians 6:2, NIV**

²⁸ "Come to me, all you who are **weary and burdened**, and I **will give you rest**. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light." **Matthew 11:28-30, NIV**

Some _____ are so heavy that there is no way we can carry them by ourselves.

_____ must carry our _____ sin burden.

We help each other with _____ burdens.

³ If anyone thinks they are something when they are not, they deceive themselves. ⁴ Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, **Galatians 6:3-4, NIV**

God also has boundaries – here are a couple.

#1 _____ your own actions against God's law.

#2 Don't _____ yourselves with others.

#3 Each person must carry his/her own _____.

⁵ for each one should carry their own load. **Galatians 6:5, NIV**

We will set a boundary to determine what is a _____ and what is a _____. This will help us decide whether to help with a burden or to encourage someone as they carry his/her load.

MEMORY VERSE

² Carry each other's burdens, and in this way you will fulfill the law of Christ, **Galatians 6:2, NIV**

Bottom line: Jesus has carried our sin burden and given us the joy of loving one another. Having God-pleasing boundaries allows me to carry my load and to help others with their burdens.

What's your next step today?

Mark it on your Communication Card.



Boundaries: Defining Boundaries | October 10-15

Getting Started: Did you have to share a bedroom growing up – was it a good or bad experience?

Back to Sunday:

In your own words, what is a boundary?

Why are boundaries not only a good, but also essential to have in interactions with other people?

What is a burden? What role does Christ play in our lives with burdens?

Digging Deeper:

Read Psalm 38:1-11 In verse 4 the psalmist guilt is described as a “burden that is too heavy to bear.”

What are the physical evidences described in these verses of someone living in the guilt of sin? (which of these have you seen in the lives of a person caught in sin today?)

Why is the “burden” of guilt really a blessing from God?

Read Psalm 38:15-22 In these verses the psalmist turns to the Lord for help. Why is confession a necessary place to start in laying down the burden of sin?

Sin is sometimes called a trespass. How does this fit in our conversation of boundaries?

This psalm ends with a prayer for the Lord to come quickly. In your opinion does this psalm offer any resolution for the person with a burden of guilt? Why or why not?

Read 1 Peter 5:6-7 Why does anxiety actually come from having improper boundaries with God?

Why is humility also an important part of setting boundaries?

Taking it home:

Analyze: Jeff has decided to charge his son rent because the Bible says, “Each person should carry his own load” His wife disagrees saying, “We need to help him carry his burden”. Which parent is correct?

How does a healthy Growth Group encourage its members to carry their own load and share each other’s burdens?

If there is time:

Think of one area in your life where you have a good boundary with another person – describe what it looks like.

Think of an area where you have an unclear boundary – what types of pain or conflict come as a result of it?

Close with Prayer