

**Ron Armstrong • September 14 & 15, 2019**

**Boundaries: My “No” is Broken**

**Matthew 22:35** One of them, an expert in the law, tested him with this question: **36** “Teacher, which is the greatest commandment in the Law?” **37** Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ **38** This is the first and greatest commandment. **39** And the second is like it: ‘Love your neighbor as yourself.’ **40** All the Law and the Prophets hang on these two commandments.”

**Matthew 7:1** “Do not judge, or you too will be judged. **2** For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. **3** “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? **4** How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye?”

**A. “Boundary” behavior is pretty predictable.**

1. Showing respect for boundaries creates an ATMOSPHERE of respect for boundaries. But it has to be respect for your own and theirs.
2. An unhealthy motivation for giving is a sign of a boundary violation. Such as:
  - a. Giving out of fear of not being loved, fear of anger, or fear of abandonment.
  - b. Needing approval.
  - c. Repaying an imaginary DEBT.
  - d. Guilt.
  - e. Giving should flow from a sense of FREEDOM, blessing, and gratitude.
3. Evaluating the impact our “new” boundary has on others is healthy and loving, but:

- a. Don’t assume hard means WRONG. Lots of “right” decisions are hard.
- b. The best boundaries are made through evaluation instead of REACTION.
- c. The right order is:
  - I. INFORMATION.
  - II. Evaluation.
  - III. Boundary decision.
  - IV. Boundary communication.

**B. What do I do when I’m the one violating my own boundaries?**

1. Look for SYMPTOMS, i.e., rage, relationship issues, health-damaging habits, addictions.
2. Look for ROOT causes such as:
  - a. Lack of training.
  - b. Rewarded destructiveness.
  - c. Fear of relationship, failure, or success.
  - d. Unmet emotional need.
  - e. Covering an emotional hurt.
3. Take OWNERSHIP. “This is my boundary problem, and it’s caused by my continued choices.”
4. Connect up with OTHERS. They are not there to fix us or save us, but life is more manageable in pairs and groups.
5. Search for a BETTER answer to addressing your real need then:
  - a. Start practicing.
  - b. Commit to keep going even if you fail multiple times.
  - c. Keep talking to others, praying, and encouraging yourself.