
Healthy Boundaries

*Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23*

Symptoms of Unhealthy Boundaries

- ❑ Irritability / Hypersensitivity
- ❑ Restlessness / Not sleeping
- ❑ Compulsive Overworking
- ❑ Emotional Numbness
- ❑ Escapist Behaviors
- ❑ Disconnected from our Identity or Calling
- ❑ Unable to attend to human needs
- ❑ Hoarding Energy
- ❑ Slippage in our Spiritual disciplines

Where our lack of Boundaries Starts

Unhealthy Thought Patterns

- I need to Perform
- I have to have it all together.
- I have to strive for the next thing (position, title, Church size).
- Believing Lies

Having the Mind of Christ

- I am Enough, Eph 2:10
- I can live Authentically with those I lead. 1 Cor 2:1-5
- I trust God & receive all that I have from my Father. 1 Peter 5:6-7
- Believing Truth

Where do we go from here?

1. Take our thoughts captive
2. Practice Spiritual Disciplines - Sabbath, Solitude, Prayer
3. Acknowledge that we are FINITE
4. Say No
5. Establish a Boundary Team

Taking our thoughts Captive

- Take time to think about what we are thinking about
- Replace lies with Truth
 - LIE - I am powerless
 - TRUTH - I have the Power to change
 - LIE - I need to be in control
 - TRUTH - I need to surrender to the Lord
 - LIE - I am self-sufficient
 - TRUTH - I need God & others to be healthy
- Meditate on God's word instead of our last conversation / decision

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10:5

Practice Spiritual Disciplines

- **Prayer** - *Jesus often withdrew to the wilderness for prayer. Luke 5:16*
- **Silence & Solitude** - *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." Mark 6:30-31a*
- **Sabbath** - *You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the Lord. Anyone who works on the Sabbath must be put to death. Exodus 31:15*

<https://youtu.be/DoUPfADMgAA?t=233>

Accept that we are FINITE - LIMITED

“When we refuse to live within limits, we are refusing to live with a basic reality of human existence.... I am human - a finite being living in the presence of an infinite God.” - Ruth Haley Barton

- Time
- Relationships
- Energy
- Capacity

Saying No

- No is a complete sentence.
- Only we can place value on our time.
- Saying No gives others the permission to do the same.
- How we live is the unspoken expectation we place on those we lead.

Who's on your Boundary Team?

- Pastor
- Mentor
- Leader
- Friends
- Personal Prayer Team

Resources

- Books
 - Strengthening the Soul of your Leadership, Ruth Haley Barton
 - Boundaries for Leaders, Dr Henry Cloud
 - Redeeming Your Time, Jordan Raynor
- Podcasts
 - Boundaries.me, Henry Cloud
 - Emotionally Healthy Leader, Pete Scazzero