



**NOTE: if you are reading these notes in conjunction with the podcast, please understand that the notes I compile to answer questions are NOT the same format as notes intended to be read or taught from. I am linking these as a simple courtesy for your further consideration and study. THESE ARE FAR FROM COMPLETE OR COMPREHENSIVE.**

PREFACE:

WE ARE ASSUMING LEGAL THINGS ARE BEING DEALT WITH LEGALLY (more later

TODAYS DISCUSSION IS ABOUT THE AVERAGE CHURCH GOER AND ALL THE RELATIONSHIPS THAT ARE DIFFICULT

## **WHAT IS THIS “BOUNDARIES” THING**

Establishing boundaries has been described as ***defining what is yours and not yours so you can own your life and choices***. It's like living inside a self-circumscribed circle that includes you and whatever it is you value.<sup>1</sup>

Boundaries are expectations and ***needs (???)*** in different areas of human experience ***that help a person feel safe and comfortable in their relationships***.<sup>2</sup>

ASPECTS:

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<sup>1</sup> <https://www.biblicalcounselingcoalition.org/2021/02/05/better-than-boundaries/#:~:text=It's%20in%20these%20relationships%20that,evil%2C%20perseveres%2C%20and%20forgives.>

<sup>2</sup> <https://www.pesi.com/blog/details/2169/understanding-the-six-types-of-boundaries>

- defining what we are comfortable with and how we want to be treated. They help protect our personal space, time, and emotional well-being.
- clearly communicating what is acceptable behavior and what isn't, ensuring that both parties **feel safe** (*does this really mean "happy"*) and respected.
- They prevent others from infringing on our emotional space
- They help maintain **healthy ???** relationships by ensuring that each person knows what is expected and what is off-limits.
- They involve recognizing and expressing our needs and limits, helping us avoid burnout and maintain balance in our relationships.<sup>3</sup>

## SUMMARY:

In short, boundaries help you define what you are comfortable with and how you would like to be treated by others. They apply to any kind of relationship you have – whether with a friend, family member, partner or anyone else in your life. ...Even though we talk about them in relation to other people, in some ways boundaries are really about your relationship with yourself; they help you honor your needs, goals, feelings and values.<sup>4</sup>

## CHRISTIAN VERSION:

*The book Boundaries by Dr. Henry Cloud and Dr. John Townsend presents the concept of boundaries as biblically based by integrating scriptural principles with psychological insights. Here's how the book supports boundaries as a biblical concept:*

### *1. God Himself Sets Boundaries*

*The book emphasizes that God established boundaries in creation and relationships:*

- **Genesis 1-2:** God created order and distinctions (e.g., land and sea, light and darkness).
- **Genesis 2:16-17:** God set a clear boundary for Adam and Eve regarding the Tree of the Knowledge of Good and Evil.

<sup>3</sup> CHAT GPT AI search of Google

<sup>4</sup> <https://www.loveisrespect.org/resources/what-are-my-boundaries/>

- **Job 38:8-11:** God set physical boundaries for the seas, demonstrating the principle of limits.

## 2. Personal Responsibility is Biblical

Cloud and Townsend highlight **Galatians 6:2 & 6:5**:

- **Galatians 6:2 (ESV):** "Bear one another's burdens, and so fulfill the law of Christ." (Helping others with overwhelming struggles.)
- **Galatians 6:5 (ESV):** "For each will have to bear his own load." (Taking personal responsibility for our own lives.)
- The book explains that while Christians should help others in times of great need, they should not take responsibility for things others must carry themselves.

## 3. Jesus Demonstrated Boundaries

The book shows how Jesus set boundaries:

- **Mark 1:35-38:** Jesus withdrew to pray and prioritized His mission over people's demands.
- **Matthew 12:46-50:** Jesus redefined family boundaries, emphasizing obedience to God over human expectations.
- **Luke 5:16:** Jesus often withdrew from crowds to be alone with the Father.
- **Matthew 10:14:** Jesus instructed His disciples to walk away from those who rejected them.

## 4. Saying "No" is Biblical

The book teaches that setting limits and saying "no" is both biblical and necessary:

- **Matthew 5:37 (ESV):** "Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil."
- **Proverbs 25:17 (ESV):** "Let your foot be seldom in your neighbor's house, lest he have his fill of you and hate you." (Respects personal space.)
- **Titus 3:10 (ESV):** "As for a person who stirs up division, after warning him once and then twice, have nothing more to do with him." (Establishes relational limits.)

## 5. Boundaries Protect from Toxic Relationships

The book aligns with biblical warnings about avoiding destructive people:

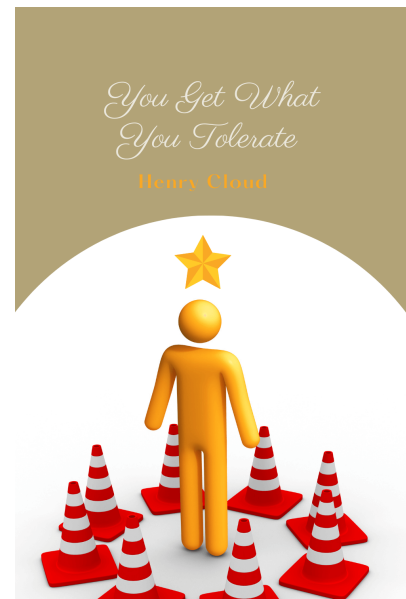
- **Proverbs 22:24-25:** Warns against befriending a hot-tempered person.
- **2 Thessalonians 3:10:** "If anyone is not willing to work, let him not eat." (Setting limits against enabling laziness.)

- **Matthew 18:15-17:** Jesus' process for dealing with unrepentant people, which includes creating distance if necessary.

#### 6. Love and Boundaries Work Together

The book explains that boundaries are not about selfishness but **stewardship**—protecting what God has entrusted to us:

- **Proverbs 4:23 (ESV):** "Keep your heart with all vigilance, for from it flow the springs of life." (Protecting our emotional and spiritual well-being.)
- Healthy boundaries allow us to love others **without enabling sin or manipulation**.



### INITIAL RESPONSE:

1. **"BOUNDARIES" is an "non biblical" and very imprecise term**

#### **NON BIBLICAL**

Anytime we attempt to live biblically while defining our lives, problems, or methods by non biblical wording (especially when it is a term that is loaded culturally and psychologically) we run the near certain risk of lack of clarity at best, but more likely, the risk of deviating from Scripture and its intent. (also seen in "abuse" "abandonment" "depression" etc.)

#### **IMPRECISE**

You may have a very precise and clear idea what you mean by terms such as "reformed" or "Baptist" or "Calvinistic" or "boundaries" or "abuse", but that in no manner insures that your use of that term is faithful to YOUR meaning in the mind of others

2. **"BOUNDARIES" is primarily a ME centered approach**

The basis laid out for discerning proper boundaries starts with the emotions of the victim and what the victim thinks he or she can handle or should have to handle. But rather than asking how much we feel we can handle, we should ask, "What does God

require of me in this situation?" The approach of Cloud and Townsend could inadvertently direct a person to think that he or she should seek to avoid all difficult circumstances.<sup>5</sup>

**3. "BOUNDARIES" tends to circumvent and drive the opposite direction of Scriptural mandates** (this will be the primary discussion later)

The gospel calls us as Christians to move towards our enemies with love, forgiveness, and truth, while Boundaries begins with a self-protective premise. ..., your ultimate goal should be to honor the God of reconciliation by seeking reconciliation with (*people*), just as Christ sought reconciliation with his enemies (Romans 5:6-11). Boundaries seems to focus more on what is comfortable for the (*me*), rather than calling the Christian towards holiness in the midst of significant suffering.<sup>6</sup>

**4. "BOUNDARIES" is not taught a last resort tool, but a total lifestyle lens in most cases**

ED WELCH ARTICLE

Everyone agrees that we should, at times, say no, but we don't. The question is, how prominent should this metaphor be in our relationships? In the Boundaries literature, the metaphor becomes a ruling one. It becomes a lens through which we see everything in relationships.<sup>7</sup>

Boundaries . . . are not intended to be a dominant, life-guiding metaphor for relationships. Instead, *breaking* relational boundaries is fundamental to life in Christ. Christians consider how we move toward others and surprise them with love. We reconcile, forgive, cover offenses. We *repent* of the personal boundaries we instinctively erect, and we pray for deeper insight into our oneness, as we are one body with Christ as the head. The zeal for unity and the tearing down of interpersonal boundaries are distinguishing marks of the church.<sup>1</sup>

**THE HONEST "BIG IDEA" OF BOUNDARIES:**

**My life should be happy and without stress that others bring ... so ...**

- 1. I will let others know what I do and don't want from them so I can enjoy my life**

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<sup>5</sup> Why the Counsel of "Boundaries" Can Be Unhelpful to the Christian by Paul Tautges, January 22, 2019

<sup>6</sup> Why the Counsel of "Boundaries" Can Be Unhelpful to the Christian by Paul Tautges, January 22, 2019

<sup>7</sup> Boundaries in Relationships, Ed Welch

2. I will let others know that they are not welcome in my life if they don't do what I ask

## WHAT BIBLICAL PRINCIPLES GUIDE MY RELATIONSHIPS

*I don't care what your life situation is ... you ALWAYS start with truth and you ALWAYS hold YOUR thoughts and YOUR emotions in a holding cell to get "theologically sober" ... they are probably dead wrong usually.*

*You MUST look through the lens of Scripture ... ALWAYS. It does not make the battle, nor the decisions easier, but it does set you on the trajectory of knowing what is right and what will honor God. This is the ONLY purpose we have in life.*

**Be VERY wary and alert to worldly wisdom**

*If it's the New York Times best seller ... it is not promoting God's glory and confronting sin. If the world embraces it ... RUN*

**Proverbs 14:12 (ESV) — 12** There is a way that seems right to a man, but its end is the way to death.

3. *I take a term and twist scripture to make the TERM seem valid biblically ... then it's a downhill slide to easily and quickly accept all that the term encompasses*
4. *I take the worlds car and I put a bible reference bumper sticker on it. If I can get 4-5 verse references to appear to stick long enough I can open the flood gate that this is now a Biblical concept*

**Be VERY alert to my own selfish desires**

<sup>ESV</sup> **Matthew 16:24** Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. <sup>25</sup> For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

**Jeremiah 17:9 (ESV) — 9** The heart is deceitful above all things, and desperately sick; who can understand it?

**James 4:1–3 (NLT) — 1** What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? 2 You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you

don't ask God for it. 3 And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.

## Be alert to my own bitterness, unforgiveness, and partiality

**HUMILITY ... Matthew 7:3-5** Why do you see the speck that is in your brother's eye, but **do not notice the log that is in your own eye?** <sup>4</sup> Or how can you say to your brother, 'Let me take the speck out of your eye,' when **there is the log in your own eye?** <sup>5</sup> You hypocrite, **first take the log out of your own eye,** and then you will see clearly to take the speck out of your brother's eye.

**PARTIALITY ... James 2:1 (NLT) — 1** My dear brothers and sisters, how can you claim to have faith in our glorious Lord Jesus Christ **if you favor some people over others?**

View them through God's eyes

**Matthew 25:34–40 (NLT) — 34** "Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. **35** For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. **36** I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' **37** "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? **38** Or a stranger and show you hospitality? Or naked and give you clothing? **39** When did we ever see you sick or in prison and visit you?' **40** "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"

## you must love them ... even though they are the hardest to love

**Mat 5:43-48** <sup>43</sup> "You have heard that it was said, 'You shall love your neighbor and hate your enemy.'

<sup>44</sup> But I say to you, **Love your enemies and pray for those who persecute you,**

<sup>45</sup> so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

<sup>46</sup> **For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?**

<sup>47</sup> **And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same?**

<sup>48</sup> You therefore must be perfect, as your heavenly Father is perfect.

## pursue kindness and peace

**Rom 12:14-21** <sup>14</sup> **Bless those who persecute you; bless and do not curse them.**

<sup>15</sup> Rejoice with those who rejoice, weep with those who weep.

<sup>16</sup> **Live in harmony with one another.** Do not be haughty, but associate with the lowly. Never be wise in your own sight.

<sup>17</sup> **Repay no one evil for evil, but give thought to do what is honorable in the sight of all.**

<sup>18</sup> **If possible, so far as it depends on you, live peaceably with all.**

<sup>19</sup> Beloved, **never avenge yourselves**, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

<sup>20</sup> To the contrary, **"if your enemy is hungry, feed him; if he is thirsty, give him something to drink;** for by so doing you will heap burning coals on his head."

<sup>21</sup> Do not be overcome by evil, but **overcome evil with good**.

### **forgive**

**Mat 18:21-22** <sup>21</sup> Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?"

<sup>22</sup> Jesus said to him, "I do not say to you seven times, but seventy-seven times."

**Mat 6:12-15** <sup>12</sup> and forgive us our debts, as we also have forgiven our debtors.

<sup>13</sup> And lead us not into temptation, but deliver us from evil.

<sup>14</sup> For if you forgive others their trespasses, your heavenly Father will also forgive you,

<sup>15</sup> but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

### **make war on YOUR sinful thoughts against them**

**Eph 4:29-32** <sup>29</sup> **Let no corrupting talk come out of your mouths**, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

<sup>31</sup> **Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.**

<sup>32</sup> **Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.**

### **pursue restoration**

**Matthew 5:22-24 (NLT)** — **22** But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. **23** "So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, **24** leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God."

### **submit to and grow in the difficult circumstances God has given to mold you** (*boundaries are designed to avoid or exit difficulty ... God has other plans.*)

**James 1:2-4 (NLT)** — **2** Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. **3** For you know that when your faith is tested, your endurance has a chance to grow. **4** So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

**Romans 5:3-4 (ESV)** — **3** Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, **4** and endurance produces character, and character produces hope,

***The key issue to weigh out is ... WHAT IS IT THAT I WANT TO PROTECT ... WHAT IS IT THAT GOD CALLS ME TO PROTECT***

The bible NEVER implies I should protect myself from hurt (boundaries are usually an avoidance tactic – Karen) they implement to feel its ok to do what they are doing.

***1 Corinthians 6:7 (NLT) — 7 Even to have such lawsuits with one another is a defeat for you. Why not just accept the injustice and leave it at that? Why not let yourselves be cheated?***

***Matthew 5:38–42 (NLT) — 38 “You have heard the law that says the punishment must match the injury: ‘An eye for an eye, and a tooth for a tooth.’ 39 But I say, do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. 40 If you are sued in court and your shirt is taken from you, give your coat, too. 41 If a soldier demands that you carry his gear for a mile, carry it two miles. 42 Give to those who ask, and don’t turn away from those who want to borrow.***

**THERE ARE ACTIONS WE ARE TOLD TO TAKE IN DIFFICULT SITUATIONS**

- **LEGAL** ACTIONS FOR PROTECTION – God has ordained government to protect. It is fully biblical to use the law for physical protection

ESV **1 Peter 2:13** Be subject for the Lord's sake to every human institution, whether it be to the emperor as supreme,<sup>14</sup> or to governors as sent by him to punish those who do evil and to praise those who do good.

- **CONFRONTING** SIN – we are not called to overlook all sin. Ultimately it is an option in some cases, but the primary teaching is to confront sin and seek repentance of believers

ESV **Galatians 6:1** Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.

ESV **Matthew 18:15** "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. (Mat 18:15 ESV)

- **CHURCH DISCIPLINE** – this is part of the confrontation process, but is also the beginning of the separating from sin process if not successful

ESV **1 Timothy 5:20** As for those who persist in sin, rebuke them in the presence of all, so that the rest may stand in fear.  
(1Ti 5:20 ESV)

(Mat 18:15-17 ESV)<sup>15</sup> "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.

<sup>16</sup> But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses.

<sup>17</sup> If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.

- **SEPERATION** FROM UNGODLINESS – though we are not allowed to be spiteful, unforgiving, vengeful, or angry ... NEITHER are we demanded by scripture to embrace and involve our daily lives with those who are ungodly and enemies.

We are instructed to avoid ungodly influences that would influence us to sin ... not difficult people that upset and anger us and “rob our happiness”

This doesn't mean you cant “set limits”

This doesn't mean you cant say no

This doesn't mean you cant make rules

    Parental rules

    Work rules

    Church rules

**What WE are NOT saying:**

- **Not saying the term is a sin (just unwise)**
- **Not saying we should go around correcting or judging others that DO use the term**
- **Not saying we cant have “rules” with others or separate from others ever**