



**Forgive  
Luke 17**  
Week 7: Boundaries In Forgiveness  
WNC February 17, 2021

Need a handheld mic.  
Prep the white board  
Prep announcements  
Handouts

- **PRAYER BOARD**
- **ANNOUNCEMENTS**

**Luke 17: 1-10**

1 One day Jesus said to his disciples, “There will always be temptations to sin, but what sorrow awaits the person who does the tempting! 2 It would be better to be thrown into the sea with a millstone hung around your neck than to cause one of these little ones to fall into sin. 3 So watch yourselves! “If another believer sins, rebuke that person; then if there is repentance, forgive. 4 Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.” 5 The apostles said to the Lord, “Show us how to increase our faith.” 6 The Lord answered, “If you had faith even as small as a mustard seed, you could say to this mulberry tree, ‘May you be uprooted and thrown into the sea,’ and it would obey you! 7 “When a servant comes in from plowing or taking care of sheep, does his master say, ‘Come in and eat with me’? 8 No, he says, ‘Prepare my meal, put on your apron, and serve me while I eat. Then you can eat later.’ 9 And does the master thank the servant for doing what he was told to do? Of course not. 10 In the same way, when you obey me you should say, ‘We are unworthy servants who have simply done our duty.’”

**RECAP:**

**Forgiveness: 2/10<sup>th</sup>, 2/17<sup>th</sup> (Gone), 2/24<sup>th</sup>, 3/3<sup>rd</sup>, 3/10<sup>th</sup>**

1. ***Forgiveness as Worship: The Six Challenges of Forgiveness in Luke 17 (add Communion notes to this: Communion = celebration of forgiveness, Communion is worship.)***  
**Forgiveness is not ‘a choice’ for Christians:**  
 #1.) LIVE a lifestyle that does not cause others to stumble (Matthew 18:6; Mark 9:42)  
 #2.) GUARD your heart.  
 #3.) GUARD your heart so you can rebuke while taking no offense  
 #4.) Living as a forgiven person comes with responsibilities.  
 #5.) ASK for supernatural help  
 #6.) **Forgiveness is an act of duty....forgiveness is an act of Worship**
2. ***What Forgiveness Is/What Forgiveness is Not***
3. ***The Role of Anger in Forgiveness: Is it legitimate?*** THE BLESSING OF ANGER
4. ***Forgiving Oneself (Understanding Your Salvation) – Begins with understanding GRACE***  
 I. The Tension of Self Esteem (Pride V.S. Self Love? Acceptance? Embrace? Respect.)  
 II. What Give Us Value?  
 III. Resiliency  
 Understanding you are on purpose Psalm 139:13-16 **I.Am.On Purpose.**
5. ***Living IN Equity***  
 Filling our Jesus sized spaces with people instead of Him. Causes us to need them too much and stops healthy conflict. Leaving our Jesus sized spaces empty. Causes us to island ourselves off and begin the walk down the road of isolation.
6. ***Good Grief [2/10]***
7. ***Boundaries in Forgiveness [2/17]***
8. ***Necessary Endings: The Wise, The Foolish, The Evil [2/24]***
9. ***Addressing Conflict: Peace Maker v.s. Peace Lover/Making Judgements [3/3]***
10. ***The Art of Relinquishing Control [3/10]*** Love yr Enemies notes from MNBS
  - *Celebrating Communion as an ACT of FORGIVENESS [slaps us with forgiveness each time we enter into this ordinance].*

**Boundaries in Forgiveness: THE BLESSING OF BOUNDARIES**



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4 points

What are boundaries?

Why do we need them?

What does this have to do with forgiveness?

- **HANDOUTS WILL BE AT THE BACK TO GRAB ON YOUR WAY OUT OR ON THE WEBSITE THURSDAY. [www.realchurch.org/wednesday...](http://www.realchurch.org/wednesday...)**  
**All of this captured there, feel free to relax & absorb the info.**
- *Mention: this evening is NOT recorded, but we'll be discussing the information on our next Chew On This podcast, Joyce Rawleigh will be joining us.*
- *Tonight's material relying heavily on the book, Boundaries: When to Say YES, when to Say No, To take control of your life by Dr. Henry Cloud & Dr. John Townsend [personal recommendation]; Pastor Orleen's notes from the previous Forgiveness series.*
- **We'll end with sharing some boundary testimonies from The WNC.**

## 1. A. DEFINING BOUNDARIES:

### boundary

bound·a·ry [bówndəree, bówndree]

n

1. **border:** the official line that divides one area of land from another
  - Multinational companies operate across national boundaries.
2. **limit:** the point at which something ends or beyond which it becomes something else
  - pushing back the boundaries of human knowledge

[Early 17th century. Alteration of bounder, from bound<sup>4</sup> .]

### boundary (n)

**border**, frontier, borderline, state line, edge, limit, margin, periphery

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B. WHY DO WE NEED THEM: do I even need this skill?

- **Safety**

Above all else, guard your heart, for it is the wellspring of life. Pro. 4:23

- *What are some indicators I need help with boundaries?*

*Do any of these apply to you?*

- Sometimes I can actually be too cooperative when I don't really communicate my feelings of displeasure or disagreement.
- Strong-willed people seem to be able to wear down my resistance.
- I may state my opinion and preferences but that doesn't mean others will listen to me.
- I don't like conflict, and I'll usually do whatever is necessary to avoid it.



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- I have relationships where I put in more effort to make it work than the other person.
- Too many times I'll say yes when I'd really like to say no.
- In some of my closest relationships I'll sometimes don't say what I really feel.
- Sometimes it seems that others don't take me very seriously.
- I feel that people tend to take advantage of my good nature.
- Too often I feel manipulated by others.
- I feel frustrated that people don't consider my needs as well as I think they should.

### **C. WHAT DOES THIS HAVE TO DO WITH FORGIVENESS?**

Just like PO reminded us that anger has an important role in the forgiveness process, THE BLESSING OF ANGER, so boundaries have an important role as well.

Boundaries help us understand:

- *where we begin and end and where another begins and ends. [skin is our first boundary]*
- *Helps us to understand that God has given us*
  - *something to steward for Him*
  - *authority to steward for Him and*
  - *the power to care for it—*
    - *we should not be stewarding what He has entrusted to another [meddling, maybe domination, maybe manipulating others-intentionally or accidentally],*
    - *we should not be allowing others to steward what He has entrusted to us [subjugation and maybe being manipulated]*
  - *We will give an account for what He has entrusted to us and how we cared for it.*
    - *This includes ourselves—our bodies, our minds, our relationships, our influence, our calling, etc.*
- *Helps us understand what is our responsibility to care for and what is the others responsibilities to care for. So we take care of our responsibilities and leave others to care for their own responsibilities.*
  - *combats codependency [sometimes we take responsibility for things that are not ours to be responsible for.]*
  - *helps us know what to repent of if we have been committing sinful behavior and leave others to repent for themselves. [we say sorry and feel guilty about things that are not ours to be sorry for]*

If we have no boundaries, we are unstable, on unstable ground, not stable for others.

**James 1:8 A double minded man is unstable in all his ways.**

*b. To remember as we discuss:*



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- a. *This is usually messy.*
- b. *It is an imperfect process.*
- c. *It is in relationship, to ourselves, to God, and others.*
- d. *When sin is involved, repentance is necessary.*
  - i. *If no repentance, there can be no reconciliation.*
  - ii. *We only have the power to do what we can do. We have to leave others to do what only they can do.*
  - iii. *True repentance is recognized by changed behavior over time. Not an apology. That only shows intent, maybe.*
  - iv. *Sometimes there is reconciliation and sometimes other's behavior means no contact, a firm boundary.*
- e. *It builds over time and experience.*

### Before getting too far: [framing the conversation]

On the spectrum of life situations that need assistance, boundaries apply everywhere. Ranging from a minor modification boundary to an impenetrable wall for safety sake boundary.

Particularly where we're addressing ADDICTION, ABUSE, ADULTERY, please get assistance and support.

If you are in an abusive situation, there is help available.

### [HANDOUTS ON THE USHERS TABLE]

From talking with you, praying with you, to even working with you to design a Safety Plan, please reach out to Pr. Orleen, Jenni Gaskill, myself.

Please know that we're here to help.

\*\*\*\*\*

### 2. **Laws of boundaries**-[like understanding the laws of gravity, lol] [on the handout]

### 3. **Myths of boundaries**-awareness [on the handout]

#### **Myth #1: If I set boundaries, I'm being selfish.**

- *My testimony of becoming a Christian, thinking I had to say yes to everyone & all requests or I wasn't being a good Christian.*
- *Boundaries do not turn us from others-centeredness to self-centeredness. Appropriate boundaries actually increase our ability to care for others.*

It is a help to understand God meets our needs: Phil 4:12-13 & 19

Distinction between SELFISHNESS and STEWARDSHIP.

- *Our needs are our responsibilities.*
- *We cannot appropriately steward what God has called us to steward if we are spending our time stewarding what He has called another to care for. When we say yes to something, we are in effect saying NO to other things.*

#### **Myth #2: Boundaries are a sign of disobedience.**

- *Are people who say no or set limits in disobedience, or rebellion, or signal being unsubmitive to each other? NO*



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- *Often a lack of boundaries is a sign of disobedience.*
- *If we say yes when we should have said no, we move into a position of compliance. This is the same as lying. Our lips say yes, but our hearts say no.*

If we cannot say no, we can't say yes. Why?

It has to do with our motivation to obey, to love, or to be responsible. We must always say yes out of a heart of love. When our motive is fear, we love not.

Fearing people is a dangerous trap, but trusting the LORD means safety. Prov 29:25

### **Myth #3: If I begin setting boundaries, I will be hurt by others.**

Believing in boundaries but frightened of the consequences.

- *Can others respond to our boundaries with hurt, attack, or withdraw? Yes.*
- *God never gave us the power or right to control how others respond. Some will welcome our boundaries and others will hate them.*

Look at Jesus with the rich young ruler.

Jesus gave him instruction, a boundary for his heart and his response was to go away sad Matt 19:12

- *Boundaries are a litmus test for the quality of our relationships.*

If people only want our yes, our compliance, they do not respect our will, our opinion, our separateness.

Setting limits always has to do with the truth. People are free to respond as a wise person, a foolish person, or an evil person. We'll learn more about that next week.

### **Myth #4: If I set boundaries, I will hurt others.**

- *The misunderstanding of viewing boundaries as an offensive weapon, when in truth they are a defensive tool.*
- *This is the difference between hurt and harm.*

Could it hurt others to encounter our boundary? Yes. Is it a harm to them? NO

Remember God had no problem telling Paul no, He wouldn't take his thorn away.

### **Myth #5: Boundaries mean that I am angry.**

- *Sometimes when we begin setting boundaries, or initiate a new boundary with someone, we discover anger wrapped in there. We learned about this in the forgiveness process we've previously studied, anger is a indicator, a signal that something is amiss.*

**Our quiet time is vital here.** We need time with the word of God, time in prayer, asking questions of the Holy Spirit & being still to receive answers.

- *Why am I angry?*
- *Is there a face attached?*
- *What do I need to forgive this person of, specifically?*
- *Is there anything that I need to ask forgiveness for? From God? From others?*
- *Is the anger from someone or a situation from the past that I have not resolved with Jesus? [anger does not understand time.]*
- *Consider processing and praying with a trusted, mature Christian friend.*



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Anger also has an empowering effect and we can redirect that energy to work on solving our problems in healthy ways.

#### **Myth #6: When others set boundaries, it injures me.**

- *When we are on the receiving end of another's boundaries, it can feel like rejection, being unaccepted, unloved, unsupported.*

This is not always the case and we need to sift our feelings with the truth.

[remembering feelings are the caboose of the train, not the engine.]

- *We could be projecting hurt from the past into this situation. A caution.*
- *The inability to receive someone's boundary may signal there is an idolatrous relationship. Do I hold this person in a place that should only be occupied by God?*

#### **Myth #7: Boundaries cause feelings of guilt.**

The idea that because we have received something, we now owe something. The problem is the non-existent debt. What we receive, love, time, money, or anything that causes us to feel obligated, should be accepted as a gift.

Gift implies no strings attached. All that's needed is gratitude.

WE need to distinguish between those who are giving selflessly and those who are 'giving to get.'

If the giver is hurt or angered by a sincere thanks alone, the gift was probably a loan.

[there is a misunderstanding of meaning between you with what was given/exchanged.]

#### **Myth #8: Boundaries are permanent, and I'm afraid of burning my bridges.**

- *Remember that you own your boundaries, they don't own you.*

If you set limits with someone and they respond maturely and lovingly, you can renegotiate the boundary.

Additionally, you can change the boundary if you are in a safer place.

- *God chose not to destroy Ninevah after they repented. Jonah 3:10*
- *Paul rejected John Mark then years later requested his companionship. Acts 15:37-39; 2 Tim 4:11*

#### **4. Measuring Progress with Boundaries: where to start**

\*Depends on whether we are dealing with a wise person, a foolish person, or an evil person. We implement boundaries differently depending upon the person's established behavior. PO will unpack next week. [a caveat—interacting with evil people needs outside assistance.]





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### **Step #1: Resentment—Our early warning signal.**

One of the first signs you're beginning to develop boundaries is a sense of resentment, frustration, anger at the subtle, and not-so-subtle violations in your life.

[an alert that we are about to need the forgiveness process ☺ ]

- *People who do not get angry when they are being violated, manipulated, or controlled are at a deficit. When functioning properly, this warning light comes on warning us of an attack.*
- *An inability to get angry is generally a sign that we are afraid of the separateness that comes with truth. We fear that saying the truth about our unhappiness will damage the relationship. But when we acknowledge the truth is our friend, we give ourselves permission to be angry with violations, that can then be addressed.*

### **Step #2: A change of tastes—becoming drawn to boundary lovers.**

As we begin implementing healthy boundaries in our lives, we are drawn to people who can hear our no--

- *without being critical,*
- *without being hurt,*
- *without taking it personally,*
- *without running over our boundaries in a controlling or manipulative way.*

We find the room to be honest, authentic, loving individuals.

### **Step #3: Joining the family.**

Boundaries cannot be worked on in a vacuum.

- *We need others with the same biblical values of limit setting and responsibility to encourage us, practice with us, and stay with us.*
- *This is part of what can develop when we do our Christian life together—Christian word—fellowship. Be disciplined together, growing more mature together as we share life.*
- 

### **Step #4: Treasuring our treasures.**

We learn to be loving because we are loved.

1 John 4:19 We love because He first loved us.

- *Grace must come from the outside for it to develop inside.*
- *The opposite is true—we can't love when we aren't loved.*
- *Further, we can't appropriately value or treasure our souls when they haven't been valued or treasured.*

One reason why healthy family is so important-our basic sense of self, what is real and true about us, comes from our significant primary relationships.

That's why those who are unloved in childhood can be surrounded by caring people in their adult years and yet not able to share a deep sense of worthlessness.



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### **Above all else, guard your heart, for it is the wellspring of life. Pro. 4:23**

When we watch over our hearts, the home of our treasures, we guard them.

Whatever we don't value, we don't guard.

Our treasures:

Time

Money

Feelings

Belief

How do we want others to treat them?

How do we want others to NOT treat them?

### **Step #5: Practicing Baby Nos**

It bothers me when...

Invite your support to help you with this and observe the responses.

That you are working on being a truth teller, that you want to be closer in relationships and that you want to have discussions when needed for things that would cause a distance.

They will either warmly cheer you on and participate or they will resist. Either way you learn something about the truth of the relationship.

### **Step #6: Rejoicing in the Guilty Feelings**

- *A strange happening—a sign that you are becoming a boundaried person is often a sense of self-condemnation, critical self-judgement [yay] Why?*
- *Usually we have a weak conscience and an unbiblically harsh internal judge.*

We are recalibrating our internal framework toward a more healthy place.

When we feel like we're being awful, we need to realize we're so far over on the spectrum, that just behaving with normal, healthy boundaries feels wrong.

Takes time & practice to reset the feelings.

Trusted, matured Christian friends are a great help with this.

PO for me.

### **Step #7: Practicing Grownup Nos**

Practicing baby no's helps us build up the internal stability to begin with the more complicated boundary-busters in our lives.

Remembering our target: becoming more like Christ.

**Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is. 1 John 3:2**





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The target is not to control someone else's behavior or their choices.

Consider prayerfully making a list of your significant relationships and what specific treasures are being violated in these relationships.

Prayerfully asking what specific boundaries need to be set to protect these treasures?  
Inviting a trusted, mature Christian friend in this process with you.

- **PART OF THE PRACTICE IS:**
  - *WHAT ARE THE CONSEQUENCES TO A VIOLATED BOUNDARY?*
  - *DO WE DETACH AND TO WHAT DEGREE?*

### **Step #8: Rejoicing in the absence of guilty feelings**

1 Tim 3:9 Keep hold of the deep truths of the faith with a clear conscience.

With practice, you recognize a shifting allegiance spiritually and emotionally from listening to a harsh internal judge to responding from biblical values of love, responsibility, and forgiveness.

### **Step #9: Loving the boundaries of others.**

When we love others boundaries:

- *we confront our own selfishness and omnipotence*
- *we increase our capacity to care about others*
- *we can celebrate their ability to be real and authentic with us, no hidden agendas, no begrudging no's.*

### **Step #10: Freeing our no and our yes.**

We live true to ourselves and others.

Not dominating or being dominated.

### **Step #11: Mature boundaries—value driven goal setting.**

Trials will come, complications will come, people who want their agenda served instead of yours will come.

But we don't have to live in fear.

A person with mature limits understands those things will come and knows that a boundary will be ready to be enacted.

Not for attack or punishment. But to protect and develop the time, talents, and treasures God has entrusted to us.

This material goes hand in hand with Week 5: Living In Equity. Good to review those notes as well.

### **End with boundary testimonies:**

1. *What made you recognize you needed to put a boundary in place?*
2. *What was the boundary?*
3. *How was it initially received? [you lived!!]*



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4. *Has there been a healthier shift in the relationship over the long term as a result of your boundary setting?*
  - Kathy Kirkup
  - Joyce Rawleigh
  - Todd Gaskill-my sharing from phone conversation, he's out of town.

### RECAP 4 POINTS:

1. *Defined Boundaries*
2. *Laws of Boundaries*
3. *Myths of Boundaries*
4. *Mapping Progress with Boundary Setting*

And we heard testimony of real people, putting boundaries in place.

It's a process.

It is healthy and biblical.

We can do this.

We actually must do this to be obedient to the Lord in how He wants us to interact with others.



Go practice.

### PRAY

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### NOTES:

Scriptural Road to Boundary Setting:

Ephesians 4:32

<sup>32</sup> And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Ephesians 4:31

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

Ephesians 4:26-27

<sup>26</sup> "Be angry, and do not sin": do not let the sun go down on your wrath, <sup>27</sup> nor give place to the devil.



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Ephesians 4:15

NRSV

<sup>15</sup> But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Ephesians 4:25-32

<sup>25</sup> Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. <sup>26</sup> "Be angry, and do not sin": do not let the sun go down on your wrath, <sup>27</sup> nor give <sup>7</sup>place to the devil. <sup>28</sup> Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. <sup>29</sup> Let no corrupt word proceed out of your mouth, but what is good for necessary <sup>8</sup>edification, that it may impart grace to the hearers. <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, wrath, anger, clamor, and evil speaking be put away from you, with all malice. <sup>32</sup> And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

NLT

<sup>25</sup> So put away all falsehood and "tell your neighbor the truth"\* because we belong to each other. <sup>26</sup> And "don't sin by letting anger gain control over you."\* Don't let the sun go down while you are still angry, <sup>27</sup> for anger gives a mighty foothold to the Devil.

<sup>28</sup> If you are a thief, stop stealing. Begin using your hands for honest work, and then give generously to others in need. <sup>29</sup> Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

<sup>30</sup> And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he is the one who has identified you as his own, guaranteeing that you will be saved on the day of redemption.

<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. <sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.