

# Good Fences Make Great Neighbors

## 1. Why are Healthy Boundaries Necessary?

- They tell us who we are and what we are responsible for

*Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.* Galatians 6:2-5

- They let the good in and keep the bad out

*Above all else, Guard your heart, for everything you do flows from it.* Proverbs 4:23

## 2. The Difference between a Load and a Burden

*For even when we were with you, we gave you this rule: "The one who is unwilling to work shall not eat."* 2 Thessalonians 3:10

## 3. Learning to have healthy boundaries

- It starts in Childhood

*Parents do not exasperate your children; instead, bring them up in the training and instruction of the Lord.* Ephesians 6:4

- **It continues through all of Adulthood**

*When the disciples found Jesus, they said, "Everyone is looking for you." But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came."*  
Mark 1:37-38 NLT

#### **4. Knowing the Difference between Hurt and Harm**

*Now I am happy, but not because I hurt your feelings. It is because God used your hurt feelings to make you turn back to him, and none of you were harmed by us.*

2 Corinthians 7:9 CEV

#### **5. Boundaries help us to say YES and NO to the right things**

*All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.*

Matthew 5:37

*Listen! I am standing and knocking at your door. If you hear my voice and open the door, I will come in and we will eat together.*

Revelation 3:20 CEV