

Sunday, July 28th, 2024
1000 Oaks Bible Church

Cultivating Healthy Relationships:
“Boundaries”

* INTRODUCTION

A. We are in a summer series: “Cultivating Healthy Relationships” Matthew 22:37-38 And He said to him, “You shall love the LORD your God with all your heart, and with all your soul, and with all your mind.’

38 This is the great and foremost commandment.

39 The second is like it, ‘You shall love your neighbor as yourself.’

B. A characteristic of healthy relationships is setting appropriate **Boundaries**. Boundaries are personal limits that individuals set for themselves to protect their own well-being, values, and testimony within a relationship.

* They act as **Border Crossings** in your heart and mind.



1



17FT 6IN

2



3



17FT 6IN

PA

CAUTION
SPEED
BUMPS
AHEAD

R43-6071

TEXAS
KCK-5951

C. A boundary is like an invisible line that separates you from others on an emotional, intellectual, and spiritual level. It is what you believe is acceptable or what is unacceptable.

D. Establishing the right boundaries for relationships is massively important. If you do not set and uphold them you become vulnerable to the standards and values of those without the LORD in their life.

* Birds of a feather flock together.



E. Proverbs 25:28 A person without self-control is like a city broken into and left without walls. Simply – If you do not guard your boundaries you are left wide open for attack.

I. THE EXAMPLE OF PETER

A. When we see Peter in the Gospels we see a Bold person. He would typically be the first to answer questions Jesus asked, he was the only disciple who got out of the boat to walk on the waves, he was the first disciple to enter the empty tomb, etc.

B. At the last supper, as Jesus explained He was about to be arrested and executed, Peter said (Luke 22:33)
But he said to Him, “LORD, with You I am ready to go both to prison and to death!”

C. So Peter is a leader among the apostles and frequently exhibits Bold behavior. But watch what happens when his boundaries drop...

C. Luke 22:54-61 Having arrested Him, they led Him away and brought Him to the house of the high priest; but Peter was following at a distance.

55 After they had kindled a fire in the middle of the courtyard and had sat down together, Peter was sitting among them.

56 And a servant-girl, seeing him as he sat in the firelight and looking intently at him, said, "This man was with Him too."

**C. Luke 22:54-61 57 But he denied it, saying,
“Woman, I do not know Him.”**

**58 A little later, another saw him and said, “You
are one of them too!” But Peter said, “Man, I am
not!”**

**59 After about an hour had passed, another man
began to insist, saying, “Certainly this man also was
with Him, for he is a Galilean too.”**

C. Luke 22:54-61 ⁶⁰ **But Peter said, “Man, I do not know what you are talking about.” Immediately, while he was still speaking, a rooster crowed.**

61 The LORD turned and looked at Peter. And Peter remembered the word of the LORD, how He had told him, “Before a rooster crows today, you will deny Me three times.”

62 And he went out and wept bitterly.

1. Peter had said “**with You**” but now: following at a distance.

2. Next we see Peter sitting among the people who had helped arrest Jesus. Peter denies even knowing Jesus. Be careful whose “campfire” you sit around. “Birds of a feather...”

* Show me your friends, I will show you your future.

3. When Peter was accused of “**being one of them**” he denies his testimony as being a follower of Christ.

4. After Peter’s third denial his faith is in utter shambles, like fragments of a boat that had crashed on a rocky shore. I Timothy 1:19 **...you must hold firmly to faith and a good conscience, which some have rejected and so have suffered shipwreck in regard to the faith**

5. Peter did not have firmly established **boundaries**, he was not holding firmly to faith, he was rejecting what his conscience told him was wrong... and the result was a horrible faith shipwreck.

D. The same man who earlier that night said, “**LORD, with You I am ready to go both to prison and to death!**” now is repeatedly denying Jesus. Seems unlikely, near impossible. How can this be?

E. The answer is *Boundaries*. While walking with Jesus, Peter had not developed his own boundaries – he was leeching off Jesus. A teenager can grow up in a home and merely echo what the parents believe but not develop their own spiritual boundaries.

F. Peter, without established boundaries, was vulnerable to the values of those people he was with.

*** I Corinthians 15:33 Do not be deceived: “Bad company corrupts good morals.”**

II. OTHER BIBLE PASSAGES

A. Proverbs 13:20 One who walks with wise people will be wise, But a companion of fools will suffer harm.

*** Who are the people who influence you; in person or through their persona?**

B. Proverbs 27:6 Faithful are the wounds of a friend; profuse are the kisses of an enemy.

C. Amos 3:3 Can two walk together, except they be agreed?

*** A military squad, a band, a dance group, etc. all must be in the exact same cadence or beat. Who do you see yourself walking with? What direction are they headed? Be involved with Christian friends!**



* CURBSIDE

A. As you seek to cultivate healthy relationships make sure you establish Non-negotiable Boundaries well in advance.

B. Psalms 1:1-2 **Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;**
2 **but his delight is in the law of the LORD, and on his law he meditates day and night.**

**C. Here is a verse that reinforces Why - Proverbs 27:17
As iron sharpens iron, so one person sharpens
another. Someone is sharpening you...**

D. Set biblical boundaries in your heart

**1. Proverbs 27:19 As in water face reflects face,
so the heart of man reflects the man.**

**2. Proverbs 4:23 Keep thy heart with all
diligence; for out of it are the issues of life.**