



## **5 Essentials to Preserve and Protect True Community: Essential 1 – Learn Healthy Boundaries**

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“The thief comes only to steal and kill and destroy; I have come that they may have life and have it more abundantly.” John. 10:10

“For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good. These, then, are the things you should teach...” Titus 2:11-15

- To preserve – to maintain
- To protect – to keep from harm
- Boundaries – limits that are set to protect each other and preserve the well-being of all.

Do boundaries restrict freedom?

- Freedom - The power or right to act, speak, or think as one wants without hindrance or restraint.
- Freedom - The power or right to act, speak, or think as one wants without infringing on another person's freedom.

What kinds of boundaries do we submit to?

- Societal Boundaries/Laws

“Everyone must submit himself to the governing authorities, for there is no authority except that which God has established.” Rom. 13:1

- Group Boundaries/Rules

“Though I am free and belong to no one, I have made myself a slave to everyone, to win as many as possible. To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law.” 1 Cor. 9:19-20

- Personal Boundaries/Matters of Conscience

“The man who eats everything must not look down on him who does not, and the man who does not eat everything must not condemn the man who does.” Rom. 14:3

Kingdom of God Boundaries

“We also know that the law is made not for the righteous but for lawbreakers and rebels, the ungodly and sinful, the unholy and irreligious...” 1 Tim. 1:9

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Gal. 5:22-23