

Boundaries Listening Guide:

1. A boundary is a property line.
 - a. It keeps good things in and bad things out.
2. Proverbs tell us to guard our heart because everything we do flows from it.
3. In Matthew 7, we learn to do unto others, what you would have them do to you.
4. We are to carry each other's burdens.
5. We are also responsible to carry our own load.
6. I can bear someone's burden by aching with them, listening to them, praying over them, pointing them to scripture.
7. Each person is responsible for their attitude and their effort.
8. The Holy Spirit convicts the world of sin, counsels/comforts/guides, intercedes for us, and produces fruit.
9. Saying no allows you to maximize your BEST yes.

Concepts adapted from Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud & John Townsend