



BOUNDARIES

1. Introduction

- Jesus never burned out in His ministry because He understood this principle

2. Jesus, in his Incarnation, had Limits that he Accepted

- **Basic Needs.** He ate healthy foods, got the sleep he needed and even took naps, took time to relax, and did a lot of walking (Matt 4:6-7; 26:18, 20; Jn 12:2).
- **Support from Friends.** He sought the company of friends (Matt 26:36-38).
- **Solitude.** He withdrew from the crowds to go away on retreat, alone or with friends
- **Singular Focus (This people, this place, this time).** He left one city to go to another because he couldn't be in two places at the same time (Mk 1:38).
- **Pace of Life.** He was never in a hurry, except to go to Jerusalem and embrace his cross (Jn 11:6; Mk 10:32).
- **Abandon Outcomes.** Jesus was tempted to become paralyzed with fear about the cross. Satan and his demons, along with many people who hated him, were trying to kill him. Would he make it to the cross to die for us, to be "lifted up" publicly so as it draw people to God? He let go. He chose not to force things, but to trust the Father's will. He abandoned to the Father the outcomes of his sufferings and trials to come, as he always did. (Mk 14:32-42)

3. Jesus Said No to Inappropriate Behavior

- **Demands.** He withdrew from the crowds who wanted him, for one-on-one time with the Father (Lk 5:15-16).
- **Abuse.** He fought his way through the crowd that was trying to throw him off a cliff for claiming to be the Messiah (Lk 4:28-30).
- **Entitlement.** He didn't give in to his mother and brothers who tried to use their relationship with him to pull him away from the crowd he was ministering to (Matt 12:46-50).
- **Baiting Questions.** When the religious leaders asked him baiting questions to make him look foolish he answered with incisive questions of his own (Matt 21:23-27, 22:15-22).
- **Cynicism.** He said no to Herod's mocking demand, "Show us a sign that you are the Son of God." (Lk 23:8-9).

- **Manipulation.** He said no to Peter and the disciples who had an inappropriate agenda for Jesus to a political king or military warrior rather than a sacrificial lamb. (Matt 16:23).
- **Pride.** He didn't heal those who were too proud to trust Him (Matt 13:58)

4. Jesus Taught us Examples of how to be Setting Boundaries

- **Personal Prayer Time:** “But when you pray, go into your room, close the door and pray to your Father, who is unseen” (Matt 6:6).
- **Be Honest and Direct (Don't Pressure People or Try to Get Them to Do Things):** “Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one” (Matt 5:37).
- **Set Priorities:** “No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other” (Lk 16:13).
- **Please God, Not People:** “How can you believe if you accept praise from one another, yet make no effort to obtain the praise that comes from the only God?” (Jn 5:44).
- **Obey God:** “What do you think? There was a man who had two sons. He went to the first and said, 'Son, go and work today in the vineyard.' 'I will not,' he answered, but later he changed his mind and went. Then the father went to the other son and said the same thing. He answered, 'I will, sir,' but he did not go. Which of the two did what his father wanted?” “The first,' they answered” (Matt 21:28-31).

5. Keep the Biblical order

- God
- Spouse
- Family
- Others

6. Summary

God wants balance in our lives