



TELL US YOUR STORY

The Joy of Living in a Community of Stories

Summary: A Man knows the great experience of joy that comes from living in a community that shares one another's stories.

Bible Verses: Matthew 5:37, Deuteronomy 30:15,16, Genesis 2:17, John 8:34, Genesis 4:7, James 4:7

Video Clips: YouTube – "Brene Brown Boundaries"

Music: "Redeemed" by Big Daddy Weave

Resources: *TO BE TOLD – Know Your Story, Shape Your Future* by Dan Allender and *THE STORIES WE TELL – How TV and Movies Long For and Echo the Truth* by Mike Cosper

March 17, 2016

"If I asked you to tell me your story, what would you say? God is the author of your life story. God is engaged in an ongoing creative work in your life. You are a story—a well-written, intentional story that is authored by the greatest Writer of all time, and even before time and after time. You are a living story that is meant to reveal and create glory. What makes your life a glorious bestseller is that the plot reveals not a mere moral or lesson but the very person and being of God." - Dan Allender, PhD, in *TO BE TOLD – Know Your Story – Share your Future*

Boundaries are a _____ part of the story of our lives! Jesus is our model - He was the most well-boundaried human being to ever walk the planet.

Boundaries are _____. Deuteronomy 30:15,16 - See, I set before you today life and prosperity, death and destruction.¹⁶ For I command you today to love the Lord your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the Lord your God will bless you in the land you are entering to possess.

Boundary failure brings _____. Genesis 2:17 - God commanded the Man, "You can eat from any tree in the garden, except from the Tree-of-Knowledge-of-Good-and-Evil. Don't eat from it. The moment you eat from that tree, you're dead (split)."

Boundary failure is _____. John 8:34 - Jesus answered them, "Truly, truly, I say to you, everyone who commits sin is the slave of sin (in bondage to)." Hebrew word for bondage is kabash - to tread down; negatively - to disregard (**abandonment/neglect**); to conquer, subjugate, violate (**invasion**) -- bring into bondage, force, keep under

Boundary failure occurs in two ways – _____.

When Invasion occurs the end result is _____ – internalized or externalized – rage.

When Abandonment/Neglect happens the end result is _____.

The _____ – "I will get the desires of my heart met through demands/force (anger driven) and I am in control of making it happen" (trauma driven emotion).

The 7 basic _____ of every human heart (God image in all of us):

- To Be Heard To Be Touched
- To Be Affirmed To Be Included
- To Be Blessed To Be Chosen
- To Be Safe

When these desires are not met we will come up with a strategy (subconscious) to make it happen –

Gen. 4:7 - But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

James 4:7 - What causes fights and quarrels among you? Don't they come from your desires that battle within you?

Redeemed – Big Daddy Weave

Seems like all I can see was the struggle
Haunted by ghosts that lived in my past
Bound up in shackles of all my failures
Wondering how long is this gonna last
Then You look at this prisoner and say to me "son
Stop fighting a fight that's already been won"

I am redeemed, You set me free
So I'll shake off these heavy chains
Wipe away every stain now I'm not who I used to be
I am redeemed

All my life I have been called unworthy
Named by the voice of my shame and regret
But when I hear You whisper, "Child lift up your head"
I remember oh God, You're not done with me yet

I don't have to be the old man inside of me
'Cause his day is long dead and gone
I've got a new name, a new life I'm not the same
And a hope that will carry me home

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; John 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.
- **Pace of Life.** He was never in a hurry, except to go to Jerusalem and embrace his cross (John 11:6; Mark 10:32).
- **Abandon Outcomes.** Jesus was tempted to become paralyzed with fear about the cross. 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. (Mark 14:32-42)

Jesus Said No to Inappropriate Behavior

- **Demands.** He withdrew from the crowds who wanted him, for His own self-care (Luke 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 (Luke 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 (Matthew 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 (Matthew 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." (Luke 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. (Matthew 16:23).
- **Pride.** He didn't heal those who were too proud to trust Him (Matthew 13:58).

Jesus Spoke the Truth in Love to those Stuck or Wrong

- **Exploitation.** He used a whip to clear out the temple (Matthew 21:12-17, John 2:12-16).
- **Addiction.** He told the Rich Young Ruler that he couldn't help him until he gave away the money that was controlling him (Matthew 19:16-21).
- **Misguided.** He rebuked the disciples who tried to keep the little children away from him and told them that they needed to emulate the children's faith (Matthew 19:13-15).

Jesus Had Expectations for People in Need

- **What do you want? Do you want to get well?** They needed to ask for what they needed and they needed to trust Him (Matthew 20:29-34). For 38 years the invalid at the Bethesda pool hadn't been able to get into the miracle waters. He felt helpless and sorry for himself. He expected someone to fix his problem. Jesus challenged him, "Do you want to get well? Get up! Pick up your mat and walk." It was up to him to be motivated and to take responsibility for himself (John 5:1-14).

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" (Matthew 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" (Matthew 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" (Luke 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?" (John 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" (Matthew 21:28-31).



TELL US YOUR STORY

TELL US YOUR STORY!

If I asked you to tell me your story, what would you say? God is the author of your life story. God is engaged in an ongoing creative work in your life. You are a story—a well-written, intentional story that is authored by the greatest Writer of all time, and even before time and after time. You are a living story that is meant to reveal and create glory. What makes your life a glorious bestseller is that the plot reveals not a mere moral or lesson but the very person and being of God.

- Dan Allender, PhD in *TO BE TOLD – Know Your Story – Share your Future.*

What's your story?

JESUS WAS WELL-BOUNDARIED!

MATTHEW 5:37

BOUNDARIES – HOW AM I LOVING?

To know yourself and be secure that you are loved is essential to all relationships and activities. The better your boundaries of self-awareness and self-definition are *the greater your capacity to offer empathy and love to others*. Good boundaries help you to care for others because you have a stable foundation to operate from and are not distracted or depleted by personal insecurities or blind spots. That's why it's not "selfish" or unloving to have boundaries and "take care of yourself."

".....love others as you love yourself"

BOUNDARIES – WHO AM I?

- Boundaries are a critical part of the story of our lives! Jesus is our model - He was the most well-boundaried human being to ever walk the planet.
- Boundaries are Life-giving to relationships.

Deuteronomy 30:15,16 - See, I set before you today life and prosperity, death and destruction.16 For I command you today to love the Lord your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the Lord your God will bless you in the land you are entering to possess.

BOUNDARIES – FOR GOOD OR EVIL!

1. Boundary failure brings relational death.

Genesis 2:17 - God commanded the Man, "You can eat from any tree in the garden, except from the Tree-of-Knowledge-of-Good-and-Evil. Don't eat from it. The moment you eat from that tree, you're dead (split)."

2. Boundary failure is relational bondage.

*John 8:34 - Jesus answered them, "Truly, truly, I say to you, everyone who commits sin is the slave of sin (in bondage to)." Hebrew word for bondage is kabash - to tread down; negatively - to disregard (**abandonment/neglect**); to conquer, subjugate, violate (**invasion**) -- bring into bondage, force, keep under*

BOUNDARIES – #FAIL!

- Boundary failure occurs in two ways – Invasion and Abandonment/Neglect.
- When Invasion occurs the end result is anger – internalized or externalized – rage.
- When Abandonment/Neglect happens the end result is control.
- The strategy – I will get the desires of my heart met through demands/force (anger driven) and I am in control of making it happen.

BOUNDARIES – DESIRES OF OUR HEART

The 7 basic desires of every human heart (God image in all of us) –

To Be Heard

To Be Affirmed

To Be Blessed

To Be Safe

To Be Touched

To Be Included

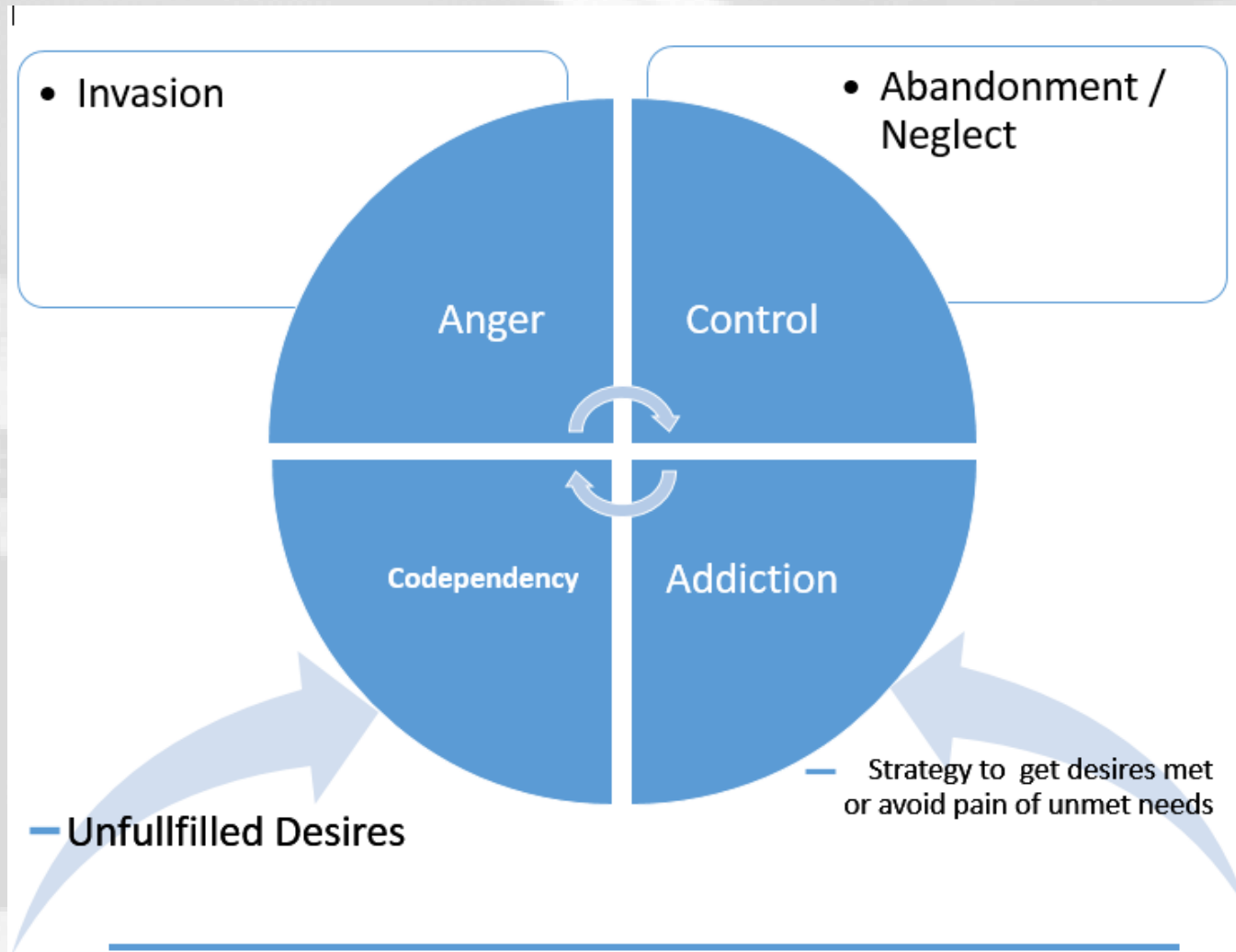
To Be Chosen

When these desires are not met we will come up with a strategy to make it happen – Addition or codependency.

*Gen. 4:7 - But if you do not do what is right, sin is crouching at your door; it **desires** to have you, but you must rule over it."*

*James 4:7 - What causes fights and quarrels among **you**? Don't they come from **your desires** that battle **within you**?*

BOUNDARY FAILURE



*7 Desires of Every Human Heart (God Image in all of us)
To Be Heard, Affirmed, Blessed, Safe, Touched, Included, Chosen*

ACTION: Journal This!

1. How have boundaries worked in my story?
2. Do I respect myself enough to have boundaries?
3. What do I need to become well-boundaried?

What's your story?