

Boundaries-A Boundary-less Life -September 8, 2019
Scripture: Galatians 6.1-6

Galatians 6.1-6 (NIV)

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ²Carry each other's burdens, and in this way you will fulfill the law of Christ. ³If anyone thinks they are something when they are not, they deceive themselves. ⁴Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, ⁵for each one should carry their own load. ⁶Nevertheless, the one who receives instruction in the word should share all good things with their instructor.

Luke 5.15-16 (NIV)

¹⁵Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶But Jesus often withdrew to lonely places and prayed.

Read and Discuss

Introduction

Pastor Jacob started his new series called Boundaries. The next several weeks will be all about the biblical idea of establishing and keeping healthy boundaries. God designed us to live within boundaries so that we can have freedom—freedom to do what God has for us to do. One key boundary impacts how we relate to other people. We carry each others burdens (think: boulders) but not each other's load (think: backpack). The load we carry on our own is our feelings and our needs in the day-to-day life. We are responsible **to** others. We are not responsible **for** others. If we carry everyone else's feelings and needs, we will burn out. God created boundaries so that we can live a free life for God and others.

Engage the Scripture

- Pastor Jacob described a boundary-less day when he lost control of his schedule. Have you ever had a day like that? What boundaries (time, space, financial, relationship, moral) do you have the most difficult time with? What problems can be created when you lose control of boundaries?
- God demonstrated the use of boundaries by stopping work at the end of each day of creation (Genesis 1) and even rested for a day at the end of the first week. And Jesus made a practice of withdrawing from the crowds when he needed space. (Luke 5.15-16) How easy is it for you to create space for rest and to hear from God? What keeps you from separating yourself from the crowd?

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- Read Galatians 6.1-6. Compare verse 2 with verse 5. While these verses sound contradictory, each one addresses a different part of our reality. A burden is different than a load. A burden is large and requires assistance. A load is that which you carry with you in your day-to-day travels—your feelings, your daily toil. Others burdens and your own toil are your responsibility, another person's load is not. Pastor Jacob put it in these terms: "This is me." "That's not me." As you think through the last week of your life, what are some things to which you could have said, "That's not me"?

Prayer

Even when you help to carry the burdens of others, you are not alone. List some of those burdens you are helping to carry. In prayer, give them to God.

List some of the loads that you are carrying for others and need to set down. In prayer, give them to God.