
The Power Of Boundaries (In Life)

August 10, 2025

2 Corinthians 6:14-18; 2 John 1:7-9

We Live In A Stress Filled World

I. Everyday in our nation

- A. Violent acts occur
- B. Deadly division destroys
- C. Philosophical anger divides
- D. Everyone seems to have an enemy
- E. Or everyone is someone's enemy
- F. Walking on egg shells
- G. Everyone's offended

II. Where is the peace?

- A. We all say we want peace
- B. Jesus talked about bringing us peace
 - 1. John 14:27
 - 2. John 16:33
- C. Some believers have experienced that peace
- D. Others feel they are in the storm

III. The primary factor that seeks to rob us of our peace

- A. People/relationships bless us or curse us
- B. When Jesus walked among humanity He encountered the same types of people as we do

IV. The 3 types of people we encounter

- A. The dysfunctional
- B. The toxic
- C. The demonically influenced
- D. How Jesus kept the peace in His life

- E. He created different boundaries for each type of person

V. 3 types of people I want you to meet

- A. Alice - who never says no
- B. Bill - the person who tries to do it all
- C. Mary - controlled, abused, & disrespected by her spouse
- D. What they all have in common
 - 1. Belief in Jesus
 - 2. No boundaries in life
 - 3. No peace in life
 - 4. No abundant life
 - 5. Life controlled by others

VI. Are boundaries biblical?

- A. Bible begins with boundaries
- B. No longer allowed in Garden
- C. Light & darkness don't mix
- D. Let your yes be yes, no be no

VII. 3 big questions

- A. Who robs us of our peace?
- B. How do we create boundaries?
- C. How do boundaries give us the peace that God wants us to have?

VIII. The dysfunctional person robs us of peace

- A. All of us are dysfunctional
 - 1. Healthy dysfunction
 - 2. Unhealthy dysfunction
- B. The dysfunctional person needs to know your boundary
 - 1. Let them know "That doesn't work for you"
 - 2. "I need to say no"
 - 3. Your lack of preparation is not my emergency
 - 4. You have to determine your boundary
 - 5. In a world of dysfunction boundaries are essential

- 6. They keep you safe, healthy, & at peace
- C. Boundaries must be communicated to the dysfunctional person

IX. The take away for boundaries with dysfunctional people

- A. They are essential
- B. They are biblical
- C. They are a tool
- D. They are declaring I am motivated by God, not guilt

X. The toxic person (more dangerous) 10 things to know

- A. Jesus faced these people
 - 1. Cruel
 - 2. Manipulative
 - 3. Abusive
 - 4. Disrespectful
 - 5. Controlling
 - 6. Saul of Tarsus
 - 7. Pilate
- B. Toxic people thrive in chaos
 - 1. Create storms to rob you of peace
- C. You can't reason with toxic people
- D. No version of you will ever be good enough to the toxic person
- E. Toxic people only include you because you are easy to disrespect, abuse, & manipulate
- F. Toxic people want to guilt you, twist your words, & make you feel as if peace is a luxury you don't deserve
- G. Toxic people thrive over your need to be understood
- H. Toxic people try to bait you emotionally
- I. They rarely listen to your words & use them against you
- J. They want you to feel unsafe, insignificant, or have no value

XI. How to set boundaries with toxic people - 7 things

- A. With toxic people you set a silent boundary
 - 1. No threats
 - 2. You act & shift

- 3. Explanations disappear
- 4. Emotional investment gone
- B. Stop replying, stop entertaining the chaos
- C. Silence, stillness, no reaction, & no access
 - 1. Mistreating you means that person doesn't have access to you
- D. Stop seeking their validation
- E. No confrontation, no speech, you have outgrown the need to argue
- F. No emotion
 - 1. The only thing they can control is what you give them
- G. You are not available for
 - 1. Their drama
 - 2. Their games
 - 3. They get no more chapters in your life

XII. What are the results?

XIII. The demonic influence creates 5 things

- A. Deception
- B. Division
- C. Denial of Jesus
- D. Doubt
- E. Doctrines of demons

XIV. The boundaries

- A. Expose with light
- B. Evangelize
- C. Encourage
- D. Exclude doctrines of demons

**Satan Doesn't Play Fair
His Job Is To Steal, Kill, & Destroy
Boundaries Are Essential
This Is How You Find Peace
Maintain Peace & Be At Peace**