



SERMON NOTES:

Like a muddied spring or a polluted well are the righteous who give way to the wicked.

– **Proverbs 25:26 (NIV)**

If it is possible, as far as it depends on you, live at peace with everyone.

– **Romans 12:18 (NIV)**

Do all that you can to live in peace with everyone.

– **Romans 12:18 (NLT)**

Boundaries begin with me.

Your challenges usually come from your choices.

No one will establish your boundaries for you.

Where there is no vision, the people cast off restraint

– **Proverbs 29:18 (BSB)**

I am allowed to do all things, but not everything is good for me to do! Even if I am free to do all things, I will not do them if I think it would be hard for me to stop when I know I should.

– **1 Corinthians 6:12 (NLV)**

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I must manage my relationships.

Timothy, please come as soon as you can. Demas has deserted me because he loves the things of this life and has gone to Thessalonica. Crescens has gone to Galatia, and Titus has gone to Dalmatia. Only Luke is with me. Bring Mark with you when you come, for he will be helpful to me in my ministry. I sent Tychicus to Ephesus. When you come, be sure to bring the coat I left with Carpus at Troas. Also bring my books, and especially my papers. Alexander the coppersmith did me much harm, but the Lord will judge him for what he has done. Be careful of him, for he fought against everything we said.

— **2 Timothy 4:9-15 (NLT)**

Jesus established boundaries. Even with people he loved.

Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns."

— **Matthew 16:22-23 (NIV)**

But Jesus often withdrew to lonely places and prayed.

— **Luke 5:16 (NIV)**

When I am full God can take me into broken places and I can change the environment.

Jesus never operated out of brokenness or need.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

— **Psalms 23:5 (NIV)**

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The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows].

— **John 10:10 (AMP)**

It's impossible for an empty cup to overflow.

DISCUSSION GUIDE:

1. Boundaries begin with us. Take some time to reflect on where you could establish better boundaries in your life.
2. Jesus established boundaries, even with people He loved. Are there well-meaning people in your life that you need to set boundaries with? How will you do that?
3. The word “no” will strengthen the right relationships and restrict the wrong ones. What areas of your relationships need to hear you say “no”?
4. Jesus never operated out of brokenness or need. He constantly refueled so that He could operate out of overflow. How are you refueling?
5. Healing, hope, and wholeness come from prayer. How are your prayers keeping you filled up?