

SERMON NOTES & LIFE STEPS

June 1 & 2, 2019

Total Package: Healthy Boundaries Proverbs 4:23

Keys to Healthy Boundaries

James 1:5

1. Set _____ at a time after prayer & gather wise counsel.
2. Search _____ behind your boundaries.

Boundaries to consider:

1. Boundary Setting & Time

Matthew 5:37

- Plan your _____.
 - Create a _____.
- | Personal | Professional |
|----------|--------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Time Spent The Last 7 Days

2. Boundary Setting & Technology

1 Corinthians 10:23

- Set _____ limits
- Turn _____ off
- Read _____
- Create _____

3. Boundary Setting & Relationships

Proverbs 27:17

Marriage | Mark 10:9

- Select _____ friends.
- Protect the _____ of your spouse.
- Guard _____ with the others.
- Plan _____

Friends | Proverbs 13:20

- Name _____ friends
- Name _____ friends
- Name toxic friends

Dating | 2 Corinthians 6:14

- Know the _____ of dating
- Name personal _____
- Describe _____ I am looking for
- Name _____
- Find _____
- Set _____ boundaries

Parenting | Ephesians 6:4

- Know your _____ at every phase
- Know your _____ at every phase.

Toxic Relationships | Proverbs 22:24-25

- Understand _____
- Understand Your _____
- Gather _____

4. Boundary Setting & Emotions

Proverbs 3:5-8

- Mean what you say, say what you mean.
- Get specific to protect your mental health.
- Ask for help.
- Worship, Serve, & Grow Together.