

Between You & Me

Boundaries | Week 4

Hayden | Jan 29th and Feb 1st 2026 | Josh Austin



Boundaries are not a result of sin – they are part of God’s original design.

Genesis 2:16-17 (NIV)

And the Lord God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”

Main Idea: God-honoring boundaries cultivate God-honoring relationships.

*Important guardrails for this message:

Guardrail #1: Boundaries Are Not Weapons

Guardrail #2: Boundaries Are Contextual

SPECIAL NOTE: In situations of abuse or danger, boundaries are not about negotiation – they’re about safety. If you are in a relationship that is abusive, controlling, threatening, or unsafe – physically, emotionally, or spiritually – please talk with one of our staff members after service. We want to help you take a safe next step.

5 Truths About God-honoring Boundaries

TRUTH # 1 – God-honoring boundaries begin with identity – not guilt.

- **John 1:12 (ESV)**
But to all who did receive him, who believed in his name, he gave the right to become children of God...
- **Galatians 2:20 (ESV)**
I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me...
- **2 Corinthians 5:17 (ESV)**
Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

TRUTH # 2 – God-honoring boundaries keep love from becoming resentment.

- **Read:** Exodus 18

TRUTH # 3 – God-honoring boundaries clarify responsibility

- **Read:** Luke 15: 11-32
- **Proverbs 19:19 (ESV)**

A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again.

TRUTH # 4 – God-honoring boundaries distinguish the healthy from the toxic

- **Read:** Nehemiah 6:1–3

TRUTH # 5 – God-honoring boundaries balance access with responsibility

- **Mark 4:34 (ESV)**

He did not speak to them without a parable, but privately to his own disciples he explained everything.

- **Proverbs 4:23 (NIV)**

Above all else, guard your heart, for everything you do flows from it.

Process for Establishing God-honoring Boundaries:

1. Be prayerful (James 1:5)
2. Determine your desired outcome
3. Be direct and clear
4. Have your consequences ready – and use them if necessary.
5. When creating boundaries don't do it in isolation – do it in community

- **Proverbs 12:15 (ESV)**

The way of a fool is right in his own eyes, but a wise man listens to advice.

- **Proverbs 18 (ESV)**

Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.

