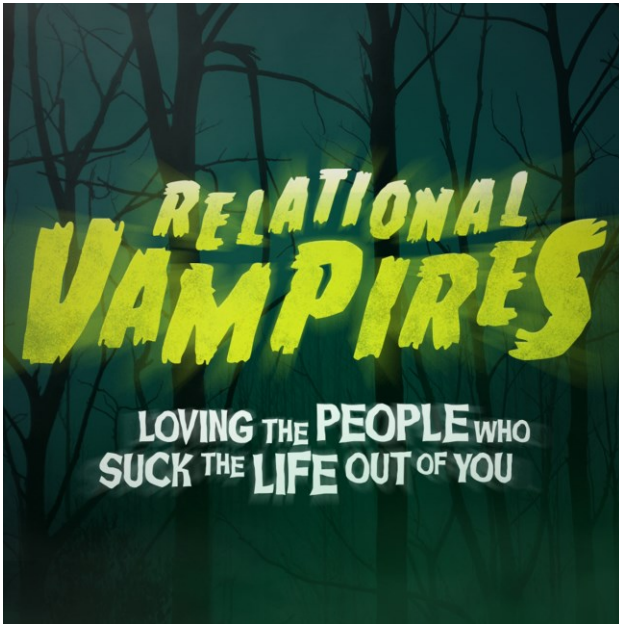


Relational Vampires

Part 5: Setting Healthy Boundaries



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Healthy Boundaries

Two Types of Trouble

1. _____ control.

"Let's behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissention and jealousy." (Romans 13:13)

2. _____ control.

"It is for freedom that Christ set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." (Galatians 5:1)

Two kinds of controlling people:

- The first kind controls by _____ .
- The second kind controls by _____ .

What's the solution?

- One word: _____ .

Boundary Basics

1. Love without _____ .

"Each person should carry their own load." (Galatians 6:5)

What does this mean? The original word for "load" literally means "backpack." What do we put in a backpack? All the things we need to get through a typical day (money, food, shelter, emotional health, etc.). Life goes well when we carry our own backpack. Life goes poorly when we start picking up other people's backpacks.

2. Learn to say _____ .

“All you need to say is a simple ‘Yes’ or ‘No.’” (Matthew 5:37)

What happens if the person asks, “But why?” Use these five magic words: “That doesn’t work for me.”

3. Give _____ .

“A hot tempered person must pay the penalty; rescue them, and you’ll have to do it all over again.” (Proverbs 19:19)

A certain percentage of the population will not respond to words. The only thing they will respond to is pain.

Next Week

Escaping the People-Pleaser Trap

Relational Vampires – Part 6