

THIS WEEK AT THF

Tuesday

700-900pm ▶ **THF COLLEGE - Worship Service**
Meets at THF

Wednesday

700-815pm ▶ **THF STUDENTS - Worship & Small Groups**
Youth Cafe' opens at 6:30pm

Thursday

6:30-7:30am ▶ **MEN'S FELLOWSHIP & BIBLE STUDY**
Meets in the THF Mall

UPCOMING

APR 9
EASTER SUNDAY
9:30AM & 11:00AM SERVICES

MAY 7
TRADITIONAL WORSHIP SERVICE
9:30AM
FAMILY JAM
11:00AM

PRINTING YOUR GIVING STATEMENT

www.theheightsfellowship.org

- Click Connect Link
- Click Online Member Portal
- Click Infellowship (Log in or create an account)
- Change year to 2022
- Click View

Please continue to check all of our social media outlets and our website for updates to weekly activities and Sunday Services.

www.theheightsfellowship.org



FINANCIAL STEWARDSHIP

	<i>Week of 3/12/23</i>	<i>Year to Date</i>
Budget Giving	\$16,404.23	\$168,242.59
Budget Needs	\$17,106.00	\$171,060.00

Free wifi: THFGuest No password needed.



THE BOUNDARY KILLERS

You get what you tolerate.
- Henry Cloud

DO THE BOUNDARIES TEST

What do you mean 'Boundary?'

Boundary - a line or a **LIMIT** that identifies or defines where 'you' end and someone else begins. **6 TYPES OF BOUNDARIES**

Boundaries are Everywhere!

We see it in **CREATION** - Job 26:7-10;38:8-20; Psalm 74:17;Prov 8:29

We see it in the division of **NATIONS** Acts 17:26;Exodus 23:31-33

We see it in **GOVERNMENTAL AUTHORITY** Romans 13:1-4

We see it in **PERSONAL PROPERTY** Deuteronomy 19:14;27:17

We even see it in **SOCIAL JUSTICE** Proverbs 15:5;23:10

Our **SOULS AND PERSONALITIES** have boundaries too!

Watch over your heart with all diligence, for from it flow the springs of life.

THINGS WE ARE TO GUARD Proverbs 4:23

Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom. - Henry Cloud

- PERSONAL BOUNDARIES ARE WHAT DEFINE YOUR IDENTITY**
- prevent **CHAOS** in our personal lives
 - promote **HEALTH** in our personal lives
 - protect us from **SELF DESTRUCTIVE TENDENCIES**
 - prompt us to take **RESPONSIBILITY** for our personal lives

Where there are no boundaries, there is bondage!

Even Jesus Set Boundaries in His Life! **JESUS NEVER BURNED OUT**

The greater your boundaries of self-awareness and self-definition are, the greater your capacity to offer empathy and love to others! - Bill Gaultiere

→ Jesus accepted that He had **PERSONAL LIMITS**

He needed physical things: *nourishment, rest, time away, focus*

36 He was already in the boat, so they started out, leaving the crowds... 37 But soon a fierce storm arose. High waves began to break into the boat until it was nearly full of water. 38 Jesus was sleeping at the back of the boat with his head on a cushion.

CF JN 4:6;MATT 4:1; JN 11:35 Mark 4:36-38

→ Jesus did not **OVEREXTEND** Himself

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed. Luke 5:15-16 niv **CF MATT 14:22-23;15:39;MARK 1:35-37**

→ Jesus said **NO** to **INAPPROPRIATE** behavior

14 When the people saw the sign that he had done, they said, "This is indeed the Prophet who is to come into the world!" **CF LUKE 4:28-30**

15 Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the mountain by himself. John 6:14-15 esv

→ Jesus spoke **TRUTH** in **LOVE** when He needed to Psalm 85:10

to people in **POWER** Matthew 21:12-17;John2:12-16

to His **FAMILY** Mark 3:20-21,31-35

to His **DISCIPLES** Matthew 16:23;19:13-15

to people **SEEKING** truth John 3;Matthew 19:16-21

Jesus shows us that boundaries are not just **HEALTHY**...they can be **HOLY!**

How Do Our Boundaries Get Crossed?

- NOT **RESPECTING** your **TIME**
- Doing something they **KNOW** you do not like
- **GUILTING** you for saying no
- **DISRESPECTING** your **PRIVACY**

What do you do?

First, **TELL THEM ASSERTIVELY...even REPEATEDLY**

Second, **DISTANCE** yourself from them

Third, **DON'T QUIT YOUR BOUNDARY**

Setting Boundaries

#1 - Never 'boundary at' someone...boundaries are about **YOU**

#2 - Determine what you will **ACCEPT** and **NOT ACCEPT**

The way to know if a boundary is godly or destructive:

EXAMINE THE MOTIVE

#3 - Create boundaries from **GOD'S WORD** John 17:17;Proverbs 22:8

#4 - Does the boundary -

- express a clear **LIMIT** for you?
- assist you in the ability to articulate **TRUTH**?
- allow you to **RESPECT** other's boundaries?
- give you the ability to take **RESPONSIBILITY** for your life?
- **EMPOWER** you to actively live your life?

Boundaries

I asked some of our THF Counselors the following:

I'm doing a message on 3/19 as part of the Serial Killer series on *boundaries*. I would really value your Top 5 Pro Tips regarding boundaries that you share with people when you counsel.

Jim Archer

- 1) cell phones across the room at bedtime. Never within reach of the bed.
- 2) peace is important. When making plans or making a choice, there should be an active effort to follow a path of peace. Careful adding anything to the calendar (events or people) that consistently threatens peace. So many of us struggle with anxiety because we fail to make peace a priority. We value industry and achievement over peace and pay the price.
- 3) do the most important things first. Don't let low priority tasks gobble up your time.
- 4) anything that prevents you from being present with the people with you should be viewed as a threat.
- 5) be careful with people who enjoy conflict. If there is an absence of conflict, you'll become the next target.
- 6) anything that forces you to be inside on a pretty day should be questioned

Randy Bunyard

- 1- Relationships: Be Present
- 2- Financial: Implement a Budget
- 3- Time: It's ok to say NO
- 4- Activities: Rest is Important
- 5- Emotional: Respond, don't React