



# SUN GROVE CHURCH

## "Remarkable" Wk. 4: Values, Boundaries & Self Control

*(Proverbs 25:28)*

- If we can't learn to set healthy boundaries, we will never be able to say "YES" and be fully present, fully alive, and fully engaged with what matters most.
- A healthy boundary is placed between wisdom and foolishness, rather than between you and me.

### Why is setting healthy boundaries so difficult?

- We don't want to disappoint or upset others.
- We like being busy and feeling needed.
- We want to be liked.
- We've forgotten what we value most.
- If we fail to say "NO, I am unable to do that" in our vocabulary, we'll always just be answering the "squeaky wheel."
- Setting a boundary is key to the second greatest command of "loving your neighbor as yourself."



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## Proverbs 25:28

- Self-control protects yourself and the ones you love from becoming a broken-down defenseless wreck of regret.
- “No” is the foundation in which we can build our “Yes.”

## Values, Narrative, Behaviors

- What can we do to better align our behaviors with our values?

## Value Driven

- Luke 19:10
- Matthew 20:28
- Jesus was laser-focused, a man of discipline, and a man on a mission whose behaviors aligned with His values and tell the story of his radical love for us!

## Saying “Yes”

- Pre-determine what your values are and live from the inside out.
- Encounter God.
- Grow in Community.
- Live Our Calling.