



DANIEL in the BOUNDARIES DEN

Learning to be Responsible & Take Ownership of Your Life

Are you in control of your life? Do people take advantage of you? Do you have trouble saying no? Christian men are often taught to be so loving and giving that they forget their own limits and limitations? Jesus taught that we need to know when to say YES and how to say NO. This study will guide you in how sound boundaries give you the freedom to walk as the loving, responsible, mature man God created and intended you to be. God gives us a model of such a mature man in Scripture through Daniel. While still a young man, Daniel travelled to Babylon with a group of young Israelite nobles, men of promise whom the conquering power felt could be of use in service. Daniel shows us how to set boundaries to faithfully walk with God in the middle of a secular world.

Highland Colony Men's Roundtable

www.MensTable.com

What is a Boundary?

A Man must be equipped to set boundaries

September 05, 2019

Bible Verses: Daniel 1:1-8; Proverbs 14:10; Galatians 6:1-5; Matthew 7:6; I John 1:8-10; James 5:16; Mark 7:21-23

Videos: NETWORK

I'm as mad as hell, and I'm not going to take this anymore! Speech from Network
<https://www.youtube.com/watch?v=ZwMVMbmQBug>

Music: ANGELICA HALE - TWICE GOLDEN BUZZER Fight Song

<https://www.youtube.com/watch?v=W9EcqmjOxuY>

Resources: *BOUNDARIES – When to Say Yes – How to say No to Take Control of Your Life* by Dr. Henry Cloud & Dr. John Townsend

WHAT ARE BOUNDARIES? - Daniel 1:3-8

Daniel – The Model of Boundaries

The book of Daniel is the story of some of God's people who are taken to live in Babylon. One of the main themes of the book is how people can live for God in a "pagan" land.

1. _____ → It was common practice to export the brightest and best of a nation, train them in their new land and then give them positions of responsibility. It made use of the new talent and reduced the chances of any rebellion from that nation (Daniel 1:3).
2. _____ → In the Bible, names are significant for showing people's identity. And these new names are specifically Babylonian—the one given to Daniel comes from the name of the Babylonian god! So, the issue here is whether Daniel and the others will be pressured into becoming Babylonians (Daniel 1:6).
3. _____ → Daniel seems happy to run with the education program and the new name—but in verse 8 he draws a line. It's not quite clear why he draws the line at this particular point, but the key aspect is that he does draw a line: he will not "defile" himself (Daniel 1:8).
4. _____ → Daniel made a resolution; literally it is that he 'set his heart' not to defile himself. Living in pagan world as we do with all kinds of pressure to conform, we need to set our hearts not to go along with the world.

Boundaries – Good Questions

1. Can I set limits and still be a loving person?
2. What are legitimate boundaries?
3. What if someone is upset or hurt by my boundaries?
4. How do I answer someone who wants my time, love, energy, or money?
5. Why do I feel guilty or afraid when I consider setting boundaries?
6. How do boundaries relate to submission?
7. Aren't boundaries selfish?

Boundaries – Life is Not Working!

1. _____ → When a person experiences large doses of isolation, helplessness, confusion, and guilt. Life is out of control.
2. Typical _____:
 1. Try harder!
 2. Be nice!
 3. Take responsibility for others.
3. _____ → God's model is the Creation mandate that was given to Adam and Eve (Gen. 1:28). We were created to take responsibility, or ownership – knowing what our job is, and *what isn't*.
4. _____ → Any confusion of responsibility and ownership in our lives is a problem of boundaries. The inability to set appropriate boundaries at appropriate times with the appropriate people can be very destructive.

Boundaries – What is a Boundary?

1. _____ → Boundaries define *what is me* and *what is not me*. A boundary shows me where I end and someone else begins, leading to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom. The Bible tells us clearly what our parameters are and how to protect them, but often our family, or other past relationships, confuses us about our parameters (Prov. 14:10).
2. _____ → We are responsible *to* others and *for* ourselves. Gal. 6:2 shows our responsibility *to* one another. The Greek word for burden means "excess burdens, or burdens that are so heavy that they weight us down. Gal. 6:5 shows we are responsible *for* ourselves. The Greek word for load means "cargo" or "the burden of daily toil." This word describes the everyday things we all need to do.
3. _____ → Boundaries helps us keep the good in and the bad out. They guard our treasures (Matt. 7:6) so that people will not steal them. They keep the pearls inside, and the pigs outside. Confessing pain and sin helps to "get it out" so that it does not continue to poison me on the inside (I John 1:9; James 5:16; Mark 7:21-23).

Action – Journal This!

1. What are areas of life where you might need to set boundaries in order to not be conformed to the world, for instance work, family, house, hobbies, holidays, money or children?
2. How do you need God's help to see where you need to set your heart to live for God?
3. What will this look like in practice—where do you need to set a boundary with a person or a circumstance?

Bible Verses – The Message

Daniel 1:1-8 - ¹ It was the third year of King Jehoiakim's reign in Judah when King Nebuchadnezzar of Babylon declared war on Jerusalem and besieged the city. ² The Master handed King Jehoiakim of Judah over to him, along with some of the furnishings from the Temple of God. Nebuchadnezzar took king and furnishings to the country of Babylon, the ancient Shinar. He put the furnishings in the sacred treasury. ³ The king told Ashpenaz, head of the palace staff, to get some Israelites from the royal family and nobility ⁴ - young men who were healthy and handsome, intelligent and well-educated, good prospects for leadership positions in the government, perfect specimens! - and indoctrinate them in the Babylonian language and the lore of magic and fortunetelling. ⁵ The king then ordered that they be served from the same menu as the royal table - the best food, the finest wine. After three years of training they would be given positions in the king's court. ⁶ Four young men from Judah - Daniel, Hananiah, Mishael, and Azariah - were among those selected. ⁷ The head of the palace staff gave them Babylonian names: Daniel was named Belteshazzar, Hananiah was named Shadrach, Mishael was named Meshach, Azariah was named Abednego. ⁸ But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet.

Proverbs 14:10 - ¹⁰ The person who shuns the bitter moments of friends will be an outsider at their celebrations.

Galatians 6:1-5 - ¹ Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You

might be needing forgiveness before the day's out. ² Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. ³ If you think you are too good for that, you are badly deceived. ⁴ Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. ⁵ Each of you must take responsibility for doing the creative best you can with your own life.

Matthew 7:6 - ⁶ "Don't be flip with the sacred. Banter and silliness give no honor to God. Don't reduce holy mysteries to slogans. In trying to be relevant, you're only being cute and inviting sacrilege.

John 1:8-10 - ⁸ If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. ⁹ On the other hand, if we admit our sins - make a clean breast of them - he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing. ¹⁰ If we claim that we've never sinned, we out-and-out contradict God - make a liar out of him. A claim like that only shows off our ignorance of God.

James 5:16 - ¹⁶ Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.

Mark 7:21-23 - ²¹ obscenities, lusts, thefts, murders, adulteries, ²² greed, depravity, deceptive dealings, carousing, mean looks, slander, arrogance, foolishness - ²³ all these are vomit from the heart. There is the source of your pollution."

"Fight Song" by Rachel Platten

Like a small boat
On the ocean
Sending big waves
Into motion
Like how a single word
Can make a heart open
I might only have one match
But I can make an explosion
And all those things I didn't say
Wrecking balls inside my brain
I will scream them loud tonight
Can you hear my voice this time?
This is my fight song
Take back my life song
Prove I'm alright song
My power's turned on
Starting right now I'll be strong
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me
Losing friends and I'm chasing sleep
Everybody's worried about me
In too deep
Say I'm in too deep (in too deep)
And it's been two years
I miss my home
But there's a fire burning in my bones
Still believe
Yeah, I still believe
And all those things I didn't say

Wrecking balls inside my brain
I will scream them loud tonight
Can you hear my voice this time?
This is my fight song
Take back my life song
Prove I'm alright song
My power's turned on
Starting right now I'll be strong
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me
A lot of fight left in me
Like a small boat
On the ocean
Sending big waves
Into motion
Like how a single word
Can make a heart open
I might only have one match
But I can make an explosion
This is my fight song (Hey!)
Take back my life song (Hey!)
Prove I'm alright song (Hey!)
My power's turned on
Starting right now I'll be strong (I'll be strong)
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me
No I've still got a lot of fight left in me

Philip K. Hardin, M.A., M.Div.

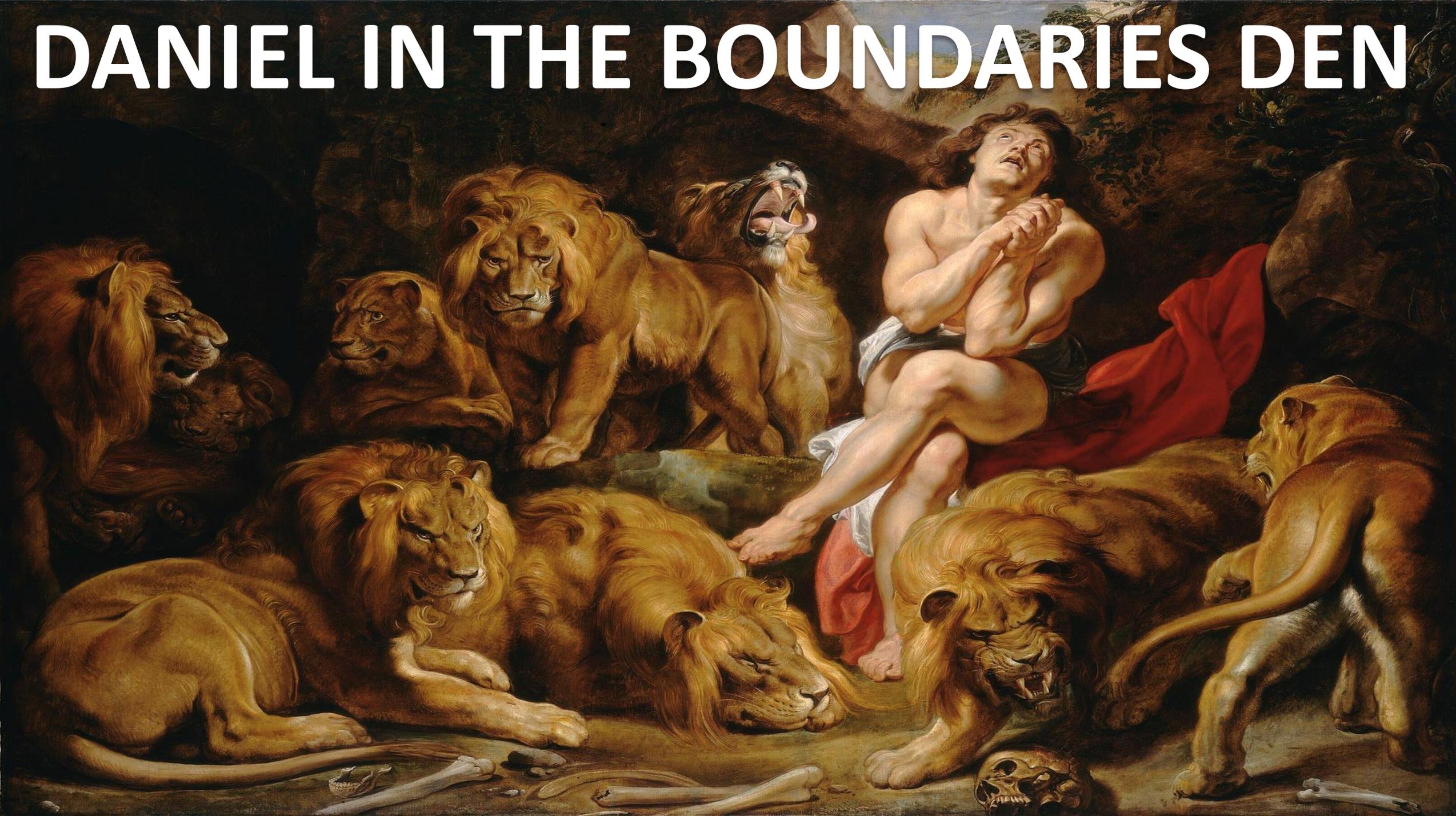
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WHAT ARE BOUNDARIES?

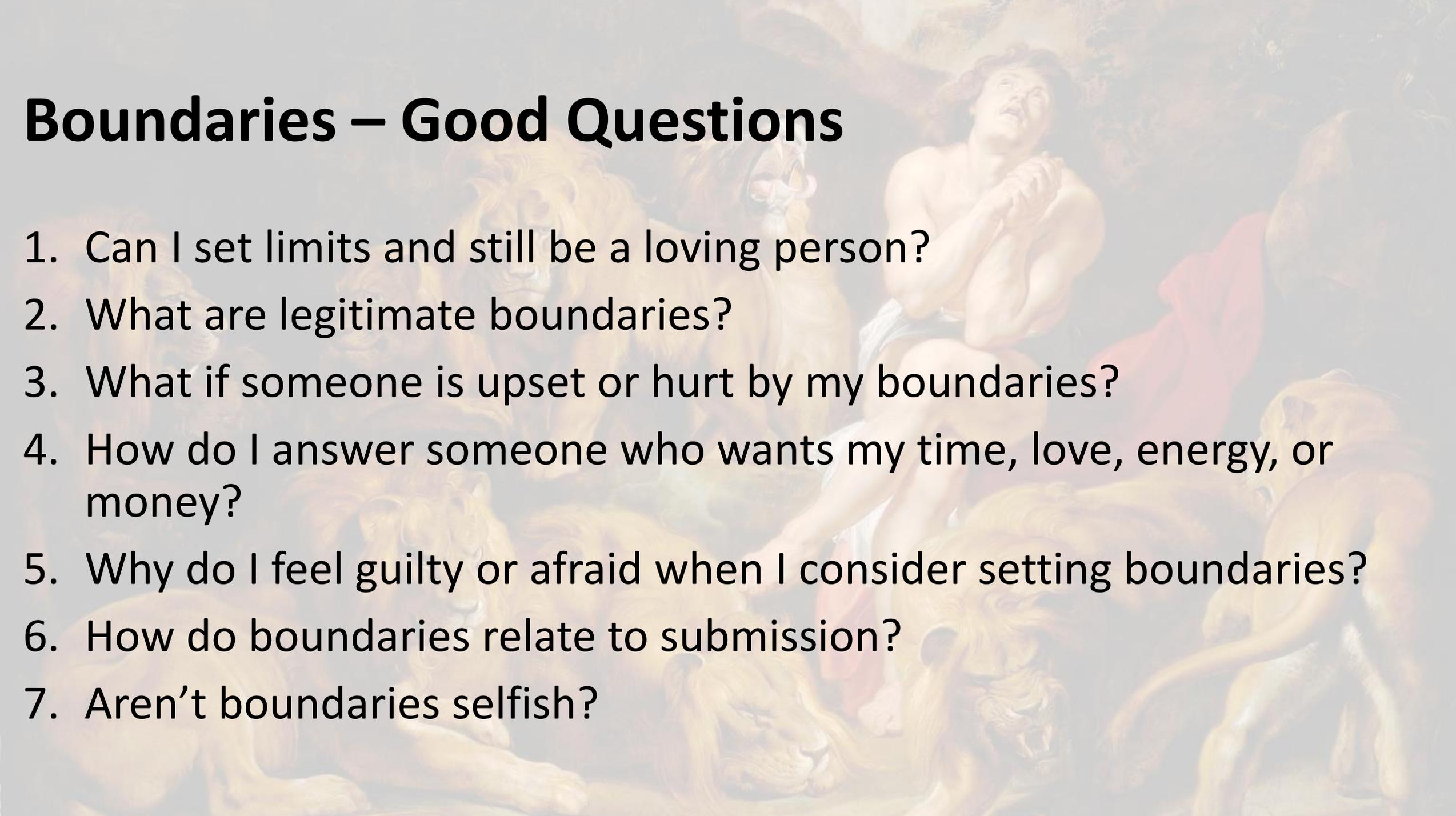
Daniel 1:3-8

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1. **Pressure to Conform** → It was common practice to export the brightest and best of a nation, train them in their new land and then give them positions of responsibility. It made use of the new talent and reduced the chances of any rebellion from that nation (Daniel 1:3).
2. **New Names** → In the Bible, names are significant for showing people's identity. And these new names are specifically Babylonian—the one given to Daniel comes from the name of the Babylonian god! So the issue here is whether Daniel and the others will be pressured into becoming Babylonians (Daniel 1:6).
3. **Drawing the Line** → Daniel seems happy to run with the education program and the new name—but in verse 8 he draws a line. It's not quite clear why he draws the line at this particular point, but the key aspect is that he does draw a line: he will not "defile" himself (Daniel 1:8).
4. **Setting Your Heart** → Daniel made a resolution; literally it is that he 'set his heart' not to defile himself. Living in pagan world as we do with all kinds of pressure to conform we need to set our hearts not to go along with the world.

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Boundaries – Life is Not Working!

1. **The Problem** → When a person experiences large doses of isolation, helplessness, confusion, and guilt. Life is out of control.
2. Typical **Wrong Solutions**:
 1. Try harder!
 2. Be nice!
 3. Take responsibility for others.
3. **Take Ownership for Your Life!** → God's model is the Creation mandate that was given to Adam and Eve (Gen. 1:28). We were created to take responsibility, or ownership – knowing what is our job, and *what isn't*.
4. **Need for Boundaries** → Any confusion of responsibility and ownership in our lives is a problem of boundaries. The inability to set appropriate boundaries at appropriate times with the appropriate people can be very destructive.

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for
2. **To and For** → We are responsible *to* others and *for* ourselves. Gal. 6:2 shows our responsibility *to* one another. The Greek word for burden means “excess burdens, or burdens that are so heavy that they weight us down. Gal. 6:5 shows we are responsible *for* ourselves. The Greek word for load means “cargo” or “the burden of daily toil.” This word describes the everyday things we all need to do.
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Action – Journal This!

1. What are areas of life where you might need to set boundaries in order to not be conformed to the world, for instance work, family, house, hobbies, holidays, money or children?
2. Why is it so hard to set personal boundaries?
3. Where do you need to set a boundary with a person, thing or circumstance this week?