

How to have a ~~perfect~~ *Healthy Family*

Myth: Perfect families do it all.

True: Healthy families have boundaries.

May 8, 2022

“The Son (Jesus) is the image of the invisible God. For in him all things were created: things in heaven and on earth, visible and invisible...all things have been created through him and for him. He is before all things, and in him, all things hold together.” (Colossians 1:15-17)

4 Lessons we can learn from Jesus to set up healthy boundaries:

- 1. We need to look to please God more than people.**

“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.” (Galatians 1:10)

- 2. You are responsible for your own boundaries.**

Hard truth: Whatever boundaries issues we currently have may be because we either allowed it or caused it.

- 3. You can do anything, but you can't do everything.**

“I have the right to do anything,” you say – but not everything is beneficial. “I have the right to do anything” – but not everything is constructive.” (I Corinthians 10:23)

- 4. Saying no is not a sin.**

If you are not healthy, nobody will follow your example, or worse yet, they will.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.