



**Boundaries: Liberation Through Limits # 8**  
**Internalize Your Boundaries**  
**By Louie Marsh, 2-21-2016**

<sup>4</sup> *that each one of you know how to control his own body in holiness and honor, 1 Thessalonians 4:4 (ESV)*

**My Personal Problem Area Check List:**

1) \_\_\_\_\_

<sup>19</sup> *Their end is destruction, **their god is their belly**, and they glory in their shame, with minds set on earthly things. Philippians 3:19 (ESV)*

2) \_\_\_\_\_

<sup>10</sup> *For the **love of money** is a root of all kinds of evils. It is through this craving that some have wandered away from the faith... 1 Timothy 6:10 (ESV)*

3) \_\_\_\_\_

<sup>15</sup> ... <sup>16</sup> **making the best use of the time**, because the days are evil. <sup>17</sup>... Ephesians 5:15-17 (ESV)

4) \_\_\_\_\_

<sup>5</sup> *The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty. Proverbs 21:5 (ESV)*

5) \_\_\_\_\_

<sup>36</sup> *I tell you, on the day of judgment people will **give account for every careless word they speak**, <sup>37</sup>... Matthew 12:36-37 (ESV)*

6) \_\_\_\_\_

<sup>13</sup>... **The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.** 1 Corinthians 6:13 (ESV)

7) \_\_\_\_\_

<sup>16</sup> ... <sup>17</sup> **If anyone destroys God's temple, God will destroy him.** For God's temple is holy, and you are that temple. 1 Corinthians 3:16-17 (ESV)

**Why Can't I Make My "No" Stick?**

1) I am my own \_\_\_\_\_ !

<sup>15</sup> *For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup>... <sup>17</sup>...<sup>18</sup> For I know that **nothing good dwells in me, that is, in my flesh**. For I have the desire to do what is right, but not the ability to carry it out. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I keep on doing. Romans 7:15-19 (ESV)*

2) I \_\_\_\_\_ when I need \_\_\_\_\_ the most!

<sup>10</sup> *And he said, "I heard the sound of you in the garden, and **I was afraid**, because I was naked, **and I hid myself**." Genesis 3:10 (ESV)*

3) I rely on my own \_\_\_\_\_

<sup>20</sup> *If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—<sup>21</sup> "Do not handle, Do not taste, Do not touch"<sup>22</sup> (referring to things that all perish as they are used)—according to human precepts and teachings? <sup>23</sup> **These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of **no value in stopping the indulgence of the flesh****. Colossians 2:20-23 (ESV)*

<sup>17</sup> *For Christ did not send me to baptize but to **preach the gospel**, and not with words of eloquent wisdom, **lest the cross of Christ be emptied of its power**.* 1 Corinthians 1:17 (ESV)

• Instead I must rely on \_\_\_\_\_

<sup>13</sup> *I can do **all** things through him who strengthens me.* Philippians 4:13 (ESV)



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