



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

Skills Needed to Create Boundaries

A Man learns the skills to create boundaries

October 24, 2019

Bible Verses: Daniel 3:1-30

Music: Sidewalk Prophets - Come To The Table

<https://www.youtube.com/watch?v=DXXxLwxfo0U>

Videos: Peyton Manning: Blind Side Spoof

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

Resources: *BOUNDARIES – When to Say Yes – How to say No to Take Control of Your Life* by Dr. Henry Cloud & Dr. John Townsend
Standing Your Ground – Messages on Daniel – A Call to Courage in an Age of Compromise by Bryan Chapell.

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. _____ → Daniel and Shadach, Meshach, & Abednego were willing to lose it all rather than compromise (Daniel 3). When the king ordered every subject of the kingdom to bow down and worship an idol erected out of Nebuchadnezzar's narcissistic arrogance, Daniel and his three friends counted the cost. They believed their God could deliver them from the fiery furnace but were still willing to lose everything; their status, affluence, positions, power, prestige, and even their lives, before they would compromise by worshiping a false god, or self-serving agenda. Their character meant more to them than all the wealth of the kingdom, and they were willing to lose everything before they compromised their character and the God-centered worship that shaped that character.

Boundaries – Skills Needed to Create Boundaries

You have a responsibility to own your life. Therefore, you need to learn the skills to create boundaries.

1. **Gain Awareness** > You need to be aware of your body, feelings, attitudes, behaviors, thoughts, behaviors, abilities, choices, wants, and limits. You need feedback from others to discover yourself.
2. **Define the Self** > You need to assert yourself. You begin by acknowledging what you feel, what you like, what you want, what you will do, what you think, and so on. Proclaim, "this is who I am!"
3. **Arrive at Negative Definitions** > You must always be ready to give a defense. Be ready to say who you are not.
4. **Develop the "NO" Muscle** > "NO" is like a muscle that needs to be developed.
5. **Stop Blaming Others** > It is empowering to take responsibility for the pain that you own.
6. **Refuse to Play Victim** > You have choices. Take responsibility for them and own them.
7. **Develop Persistence** > Goal-oriented behavior is a purposeful task that creates discipline and responsibility.
8. **Become Active, Not Reactive** > Passively responding to others sets you up to being reactive. You need to choose to live and give, not just love and give when it is required.
9. **Set Limits** > Stop enabling others to be self-centered and irresponsible.
10. **Choose Values** > Define who you want to be and where you want to go.
11. **Display Self-Control** > Bring structure to your life. Too many limits will rob you of yourself. There must be a balance between yourself and control.
12. **Accept Others** > Learn to accept others for who they are.
13. **Realize Separateness** > Develop separate times and interests with those you love.
14. **Be Honest** > Tell your loved ones what is really on your mind.
15. **Challenge Distortions** > Identify your distortions and act in accordance with the truth.

Action – Journal This!

1. Learning to create boundaries requires a safe place to learn to tell the truth. Where is your safe place where you can practice telling the truth?
2. Do you give yourself permission to feel anger? You have to be able to feel the anger when you're violated, manipulated, or controlled. Your inability to feel anger is generally a sign that you are afraid of the separateness that comes with telling the truth.
3. Where do you need to set a boundary with a person, thing or circumstance this week?

Bible Verses – The Message

Daniel 3:1-30 - 1 King Nebuchadnezzar built a gold statue, ninety feet high and nine feet thick. He set it up on the Dura plain in the province of Babylon. 2 He then ordered all the important leaders in the province, everybody who was anybody, to the dedication ceremony of the statue. 3 They all came for the dedication, all the important people, and took their places before the statue that Nebuchadnezzar had erected. 4 A herald then proclaimed in a loud voice: "Attention, everyone! Every race, color, and creed, listen! 5 When you hear the band strike up - all the trumpets and trombones, the tubas and baritones, the drums and cymbals - fall to your knees and worship the gold statue that King Nebuchadnezzar has set up. 6 Anyone who does not kneel and worship shall be thrown immediately into a roaring furnace." 7 The band started to play, a huge band equipped with all the musical instruments of Babylon, and everyone - every race, color, and creed - fell to their knees and worshiped the gold statue that King Nebuchadnezzar had set up. 8 Just then, some Babylonian fortunetellers stepped up and accused the Jews. 9 They said to King Nebuchadnezzar, "Long live the king! 10 You gave strict orders, O king, that when the big band started playing, everyone had to fall to their knees and worship the gold statue, 11 and whoever did not go to their knees and worship it had to be pitched into a roaring furnace. 12 Well, there are some Jews here - Shadrach, Meshach, and Abednego - whom you have placed in high positions in the province of Babylon. These men are ignoring you, O king. They don't respect your gods and they won't worship the gold statue you set up." 13 Furious, King Nebuchadnezzar ordered Shadrach, Meshach, and Abednego to be brought in. When the men were brought in, 14 Nebuchadnezzar asked, "Is it true, Shadrach, Meshach, and Abednego, that you don't respect my gods and refuse to worship the gold statue that I have set up? 15 I'm giving you a second chance - but from now on, when the big band strikes up you must go to your knees and worship the statue I have made. If you don't worship it, you will be pitched into a roaring furnace, no questions asked. Who is the god who can rescue you from my power?" 16 Shadrach, Meshach, and Abednego answered King Nebuchadnezzar, "Your threat means nothing to us. 17 If you throw us

in the fire, the God we serve can rescue us from your roaring furnace and anything else you might cook up, O king. 18 But even if he doesn't, it wouldn't make a bit of difference, O king. We still wouldn't serve your gods or worship the gold statue you set up." 19 Nebuchadnezzar, his face purple with anger, cut off Shadrach, Meshach, and Abednego. He ordered the furnace fired up seven times hotter than usual. 20 He ordered some strong men from the army to tie them up, hands and feet, and throw them into the roaring furnace. 21 Shadrach, Meshach, and Abednego, bound hand and foot, fully dressed from head to toe, were pitched into the roaring fire. 22 Because the king was in such a hurry and the furnace was so hot, flames from the furnace killed the men who carried Shadrach, Meshach, and Abednego to it, 23 while the fire raged around Shadrach, Meshach, and Abednego. 24 Suddenly King Nebuchadnezzar jumped up in alarm and said, "Didn't we throw three men, bound hand and foot, into the fire?" "That's right, O king," they said. 25 "But look!" he said. "I see four men, walking around freely in the fire, completely unharmed! And the fourth man looks like a son of the gods!" 26 Nebuchadnezzar went to the door of the roaring furnace and called in, "Shadrach, Meshach, and Abednego, servants of the High God, come out here!" Shadrach, Meshach, and Abednego walked out of the fire. 27 All the important people, the government leaders and king's counselors, gathered around to examine them and discovered that the fire hadn't so much as touched the three men - not a hair singed, not a scorch mark on their clothes, not even the smell of fire on them! 28 Nebuchadnezzar said, "Blessed be the God of Shadrach, Meshach, and Abednego! He sent his angel and rescued his servants who trusted in him! They ignored the king's orders and laid their bodies on the line rather than serve or worship any god but their own. 29 "Therefore I issue this decree: Anyone anywhere, of any race, color, or creed, who says anything against the God of Shadrach, Meshach, and Abednego will be ripped to pieces, limb from limb, and their houses torn down. There has never been a god who can pull off a rescue like this." 30 Then the king promoted Shadrach, Meshach, and Abednego in the province of Babylon.

Come to the Table By Sidewalk Prophets

We all start on the outside
The outside looking in
This is where grace begins
We were hungry, we were thirsty
With nothing left to give
Oh the shape that we were in
Just when all hope seemed lost
Love opened the door for us
He said come to the table
Come join the sinners who have been redeemed
Take your place beside the Savior
Sit down and be set free
Come to the table
Come meet this motley crew of misfits
These liars and these thief's
There's no one unwelcome here
So that sin and shame that you brought with you
You can leave it at the door
Let mercy draw you near
Come to the table
Come join the sinners who have been redeemed
Take your place beside the Savior
Sit down and be set free
Come to the table
Come to the table

To the thief and to the doubter
To the hero and the coward
To the prisoner and the soldier
To the young and to the older
All who hunger, all who thirst
All the last and all the first
All the paupers and the princes
All who fail you've been forgiven
All who dream and all who suffer
All who loved and lost another
All the chained and all the free
All who follow, all who lead
Anyone who's been let down
All the lost you have been found
All who have been labeled right or wrong
To everyone who hears this song
Ooh Come to the table
Come join the sinners you have been redeemed
Take your place beside the Savior
Sit down and be set free
Oooh Sit down and be set free
Come to the table
Come to the table
Sit down and be set free
Come to the table

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

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue – Fairhope, Alabama 36532
Phone: 601-925-0707

Email: phil@bpintl.org

Webpage: www.bpintl.org



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.

Skills Needed to Create Boundaries

Daniel 3:1-30

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. **CHARACTER** → Daniel and Shadach, Meshach, & Abednego were willing to lose it all rather than compromise (Daniel 3). When the king ordered every subject of the kingdom to bow down and worship an idol erected out of Nebuchadnezzar's narcissistic arrogance, Daniel and his three friends counted the cost. They believed their God could deliver them from the fiery furnace, but were still willing to lose everything; their status, affluence, positions, power, prestige, and even their lives, before they would compromise by worshiping a false god, or self-serving agenda. Their character meant more to them than all the wealth of the kingdom, and they were willing to lose everything before they compromised their character and the God-centered worship that shaped that character.

Boundaries – Skills Needed to Create Boundaries

You have a responsibility to own your life. Therefore, you need to learn the skills to create boundaries.

1. **Gain Awareness** > You need to be aware of you body, feelings, attitudes, behaviors, thoughts, behaviors, abilities, choices, wants, and limits. You need feedback from others to discover yourself.
2. **Define the Self** > You need to assert yourself. You begin by acknowledging what you feel, what you like, what you want, what you will do, what you think, and so on. Proclaim, “this is who I am!”
3. **Arrive at Negative Definitions** > You must always be ready to give a defense. Be ready to say who you are not.
4. **Develop the “NO” Muscle** > “NO” is like a muscle that needs to be developed.
5. **Stop Blaming Others** > It is empowering to take responsibility for the pain that you own.
6. **Refuse to Play Victim** > You have choices. Take responsibility for them and own them.
7. **Develop Persistence** > Goal-oriented behavior is a purposeful task that creates discipline and responsibility.

Boundaries – Skills Needed to Create Boundaries

You have a responsibility to own your life. Therefore, you need to learn the skills to create boundaries.

8. **Become Active, Not Reactive** > Passively responding to others sets you up to being reactive. You need to choose to live and give, not just love and give when it is required.
9. **Set Limits** > Stop enabling others to be self-centered and irresponsible.
10. **Choose Values** > Define who you want to be and where you want to go.
11. **Display Self-Control** > Bring structure to your life. Too many limits will rob you of yourself. There must be a balance between your self and control.
12. **Accept Others** > Learn to accept others for who they are.
13. **Realize Separateness** > Develop separate times and interests with those you love.
14. **Be Honest** > Tell your loved ones what is really on your mind.
15. **Challenge Distortions** > Identify your distortions and act in accordance with the truth.

Action – Journal This!

1. Learning to create boundaries requires a safe place to learn to tell the truth. Where is your safe place where you can practice telling the truth?
2. Do you give yourself permission to feel anger? You have to be able to feel the anger when you're violated, manipulated, or controlled. Your inability to feel anger is generally a sign that you are afraid of the separateness that comes with telling the truth.
3. Where do you need to set a boundary with a person, thing or circumstance this week?