

Love God, Love Your Neighbor . . . & Love Yourself?

Todd Stryd



5 Scenarios

- Your boss asks you to work an extra shift on short notice
- A friend is making a habit of dropping by unannounced
- Someone from church needs help moving and nobody has volunteered
- Your adult child routinely expects you to babysit at the drop of a hat
- As the oldest sibling, you're expected to mediate all the family conflicts

Can't Say "No"



"Adapted from Sergio Ingravalle's "Mindshots II"

Nothing New Under the Sun



NO!



Yes

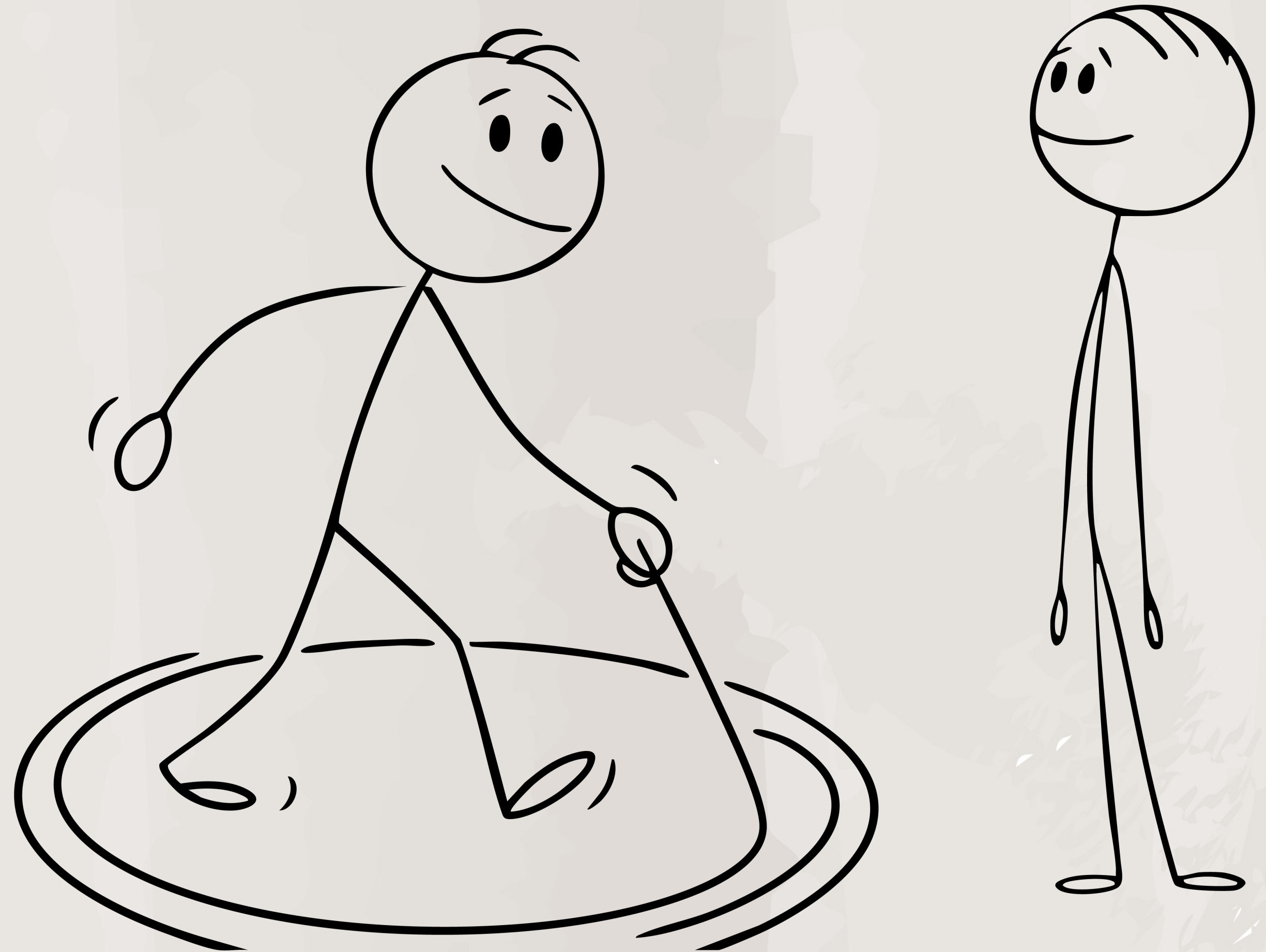
- ❑ **Fear of Man:** "The fear of man brings a snare, but whoever trusts in the LORD shall be safe."
—Proverbs 29:25
- ❑ **Compliance:** "The embarrassment that makes us grant unjustified requests."
—Plutarch
- ❑ **The Self-Effacing Solution:** "He is the stowaway without any rights." "He tends to subordinate himself to others, to be dependent upon them, to appease them."
—Karen Horney
- ❑ **People Pleasing:** "People-pleasing is when we . . . prioritize others' comfort over our own well-being, and avoid conflict or disapproval."
—Brene Brown

Just Say "No"



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What are Boundaries?



What Do Boundaries Sound Like?



NO!

- ❑ **Work Request:** "I'm really sorry, but I already have commitments."
- ❑ **Unannounced Friend:** "I enjoy our time together, but I tend to function better with a heads-up."
- ❑ **Service Opportunity:** "I wish I could, but I can't right now."
- ❑ **Always Available Sitter:** "I love spending time with the grandkids, but I need advance notice so I can plan around it. I'm not always available last minute."
- ❑ **Family Mediator:** "I care about all of you, but I can't always be the go-between."

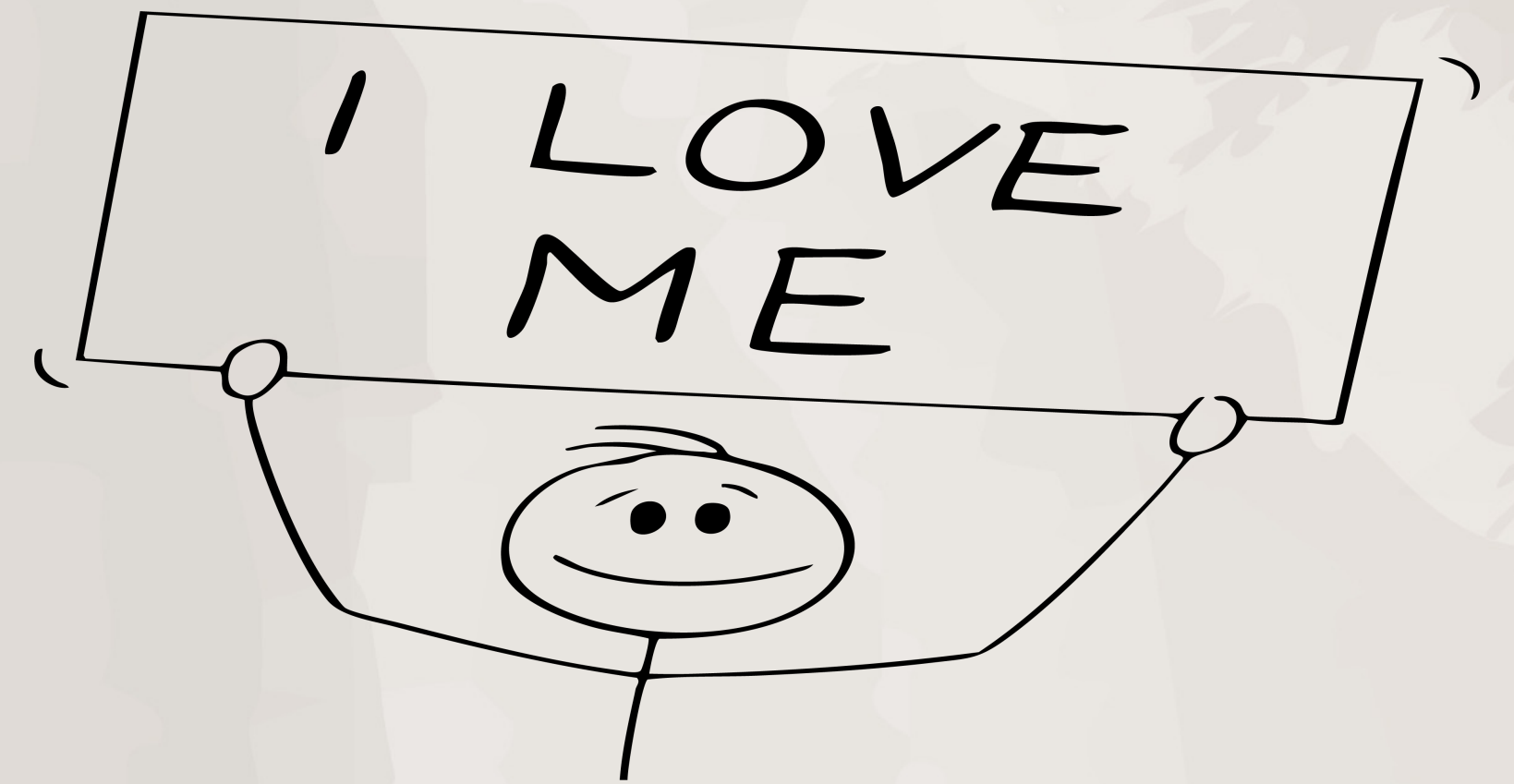
What's the Appeal of Boundaries?



- ❑ **Normalizes** "having trouble saying **"No"**
- ❑ Gives **permission** to say **"No"**
- ❑ Provides **scripts** and **strategies** to say **"No"**



What's the Motivation Behind Boundaries?



"Boundaries are the distance at which I can love you and myself at the same time," emphasizing that healthy boundaries enable one to care for oneself while genuinely engaging with others."

—Prentis Hemphill

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others."

—Brene Brown

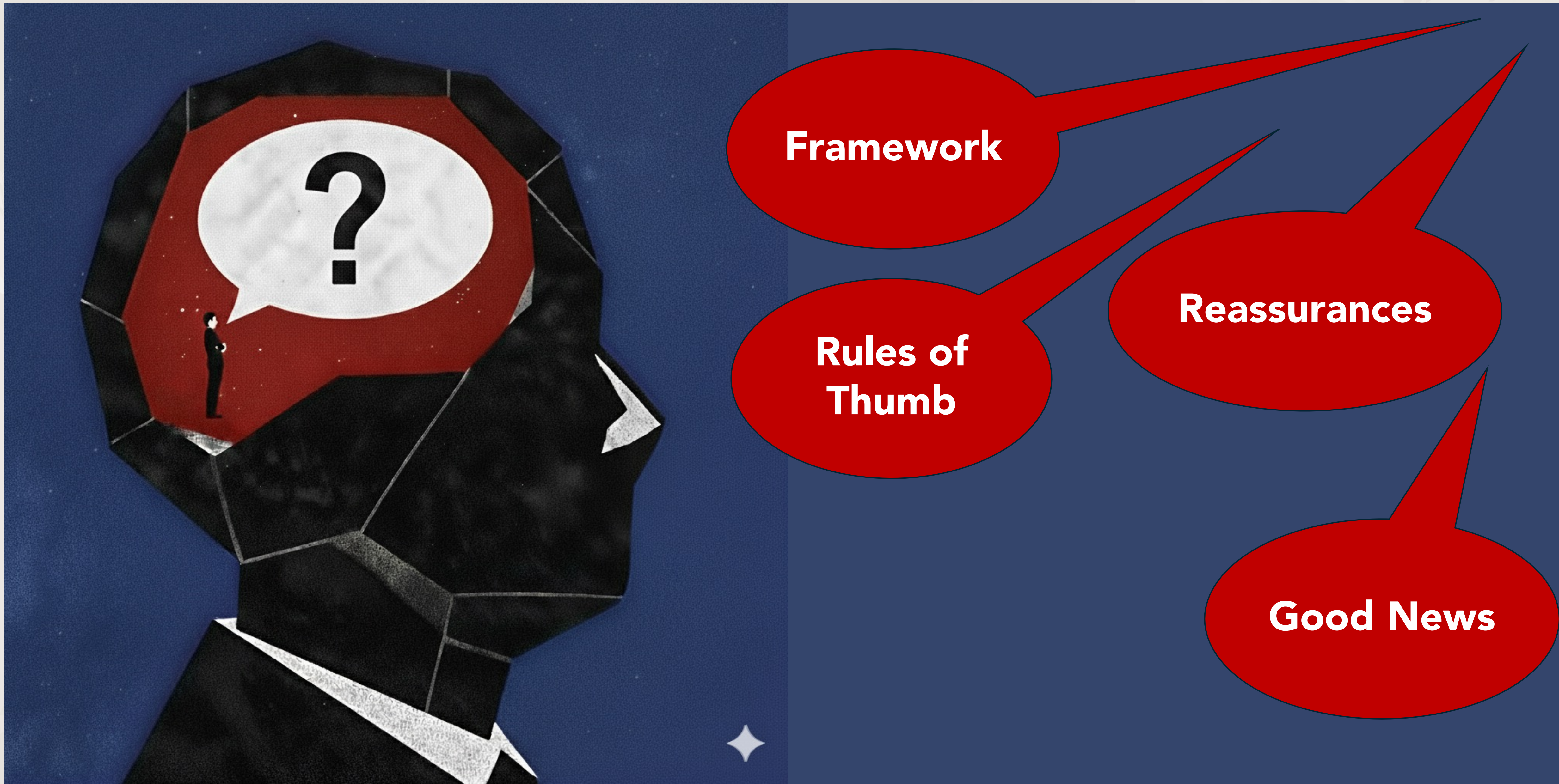


NO!

When to Say "No"



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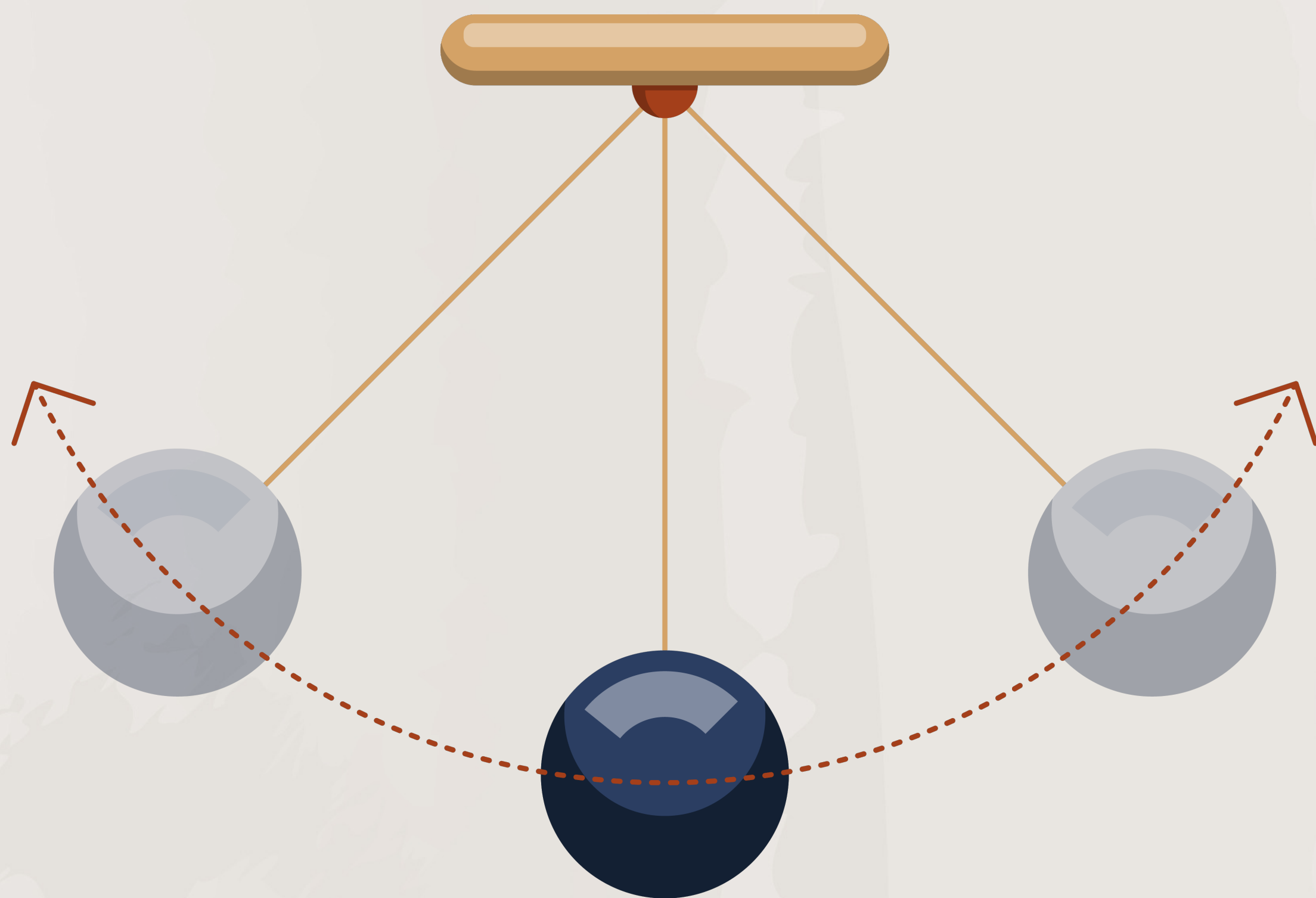


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- ❑ The Romans 14 framework of decision-making
- ❑ Saying "Yes" to God
- ❑ Saying "No" to People
- ❑ Saying "Yes" to People

Saying "Yes" to the Lord: The Fixed Support

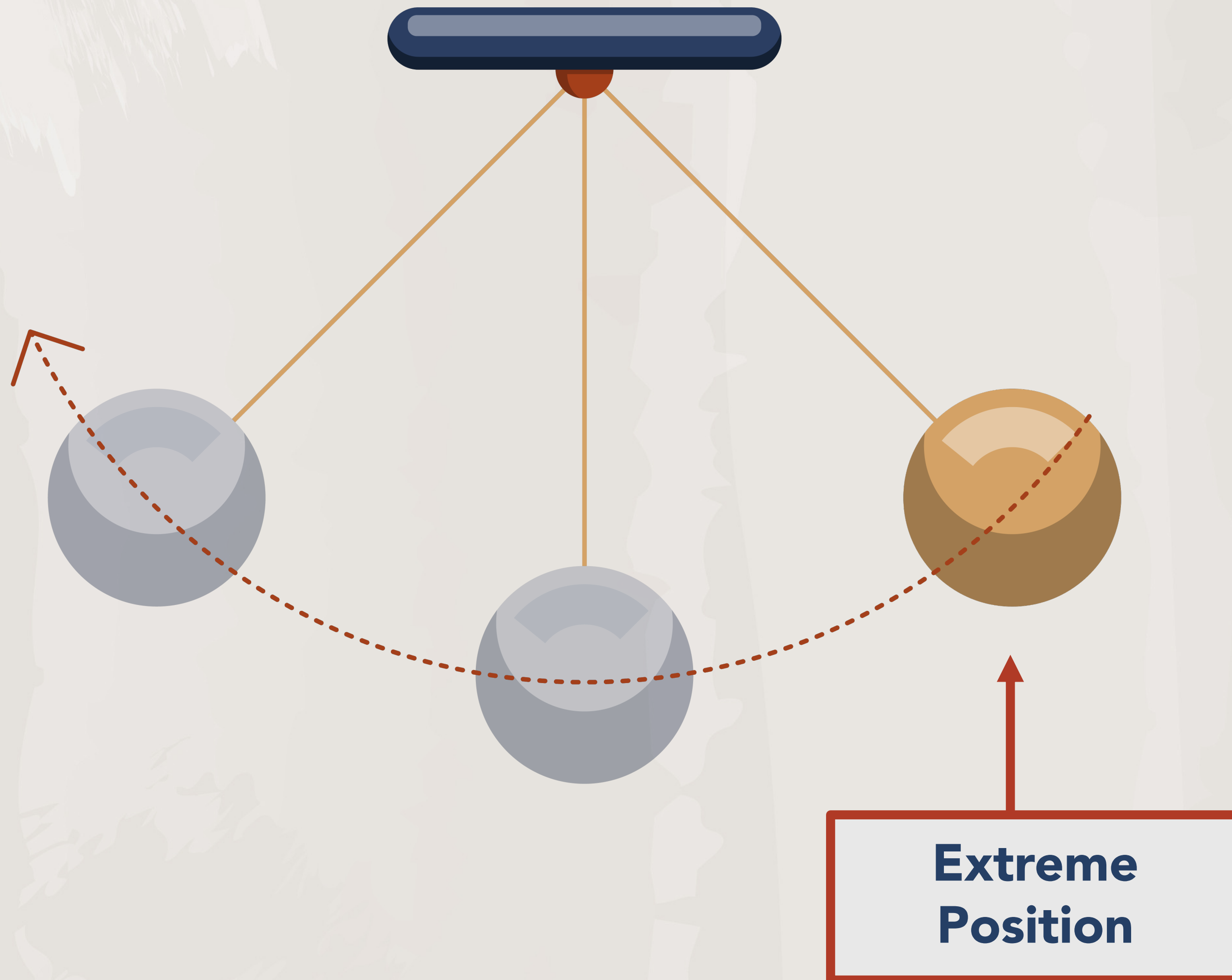
Fixed Support



"The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord . . . For none of us lives to himself, and none of us dies to himself. If we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's."

—Romans 14:6–8

Saying “No” to People: An Extreme Position



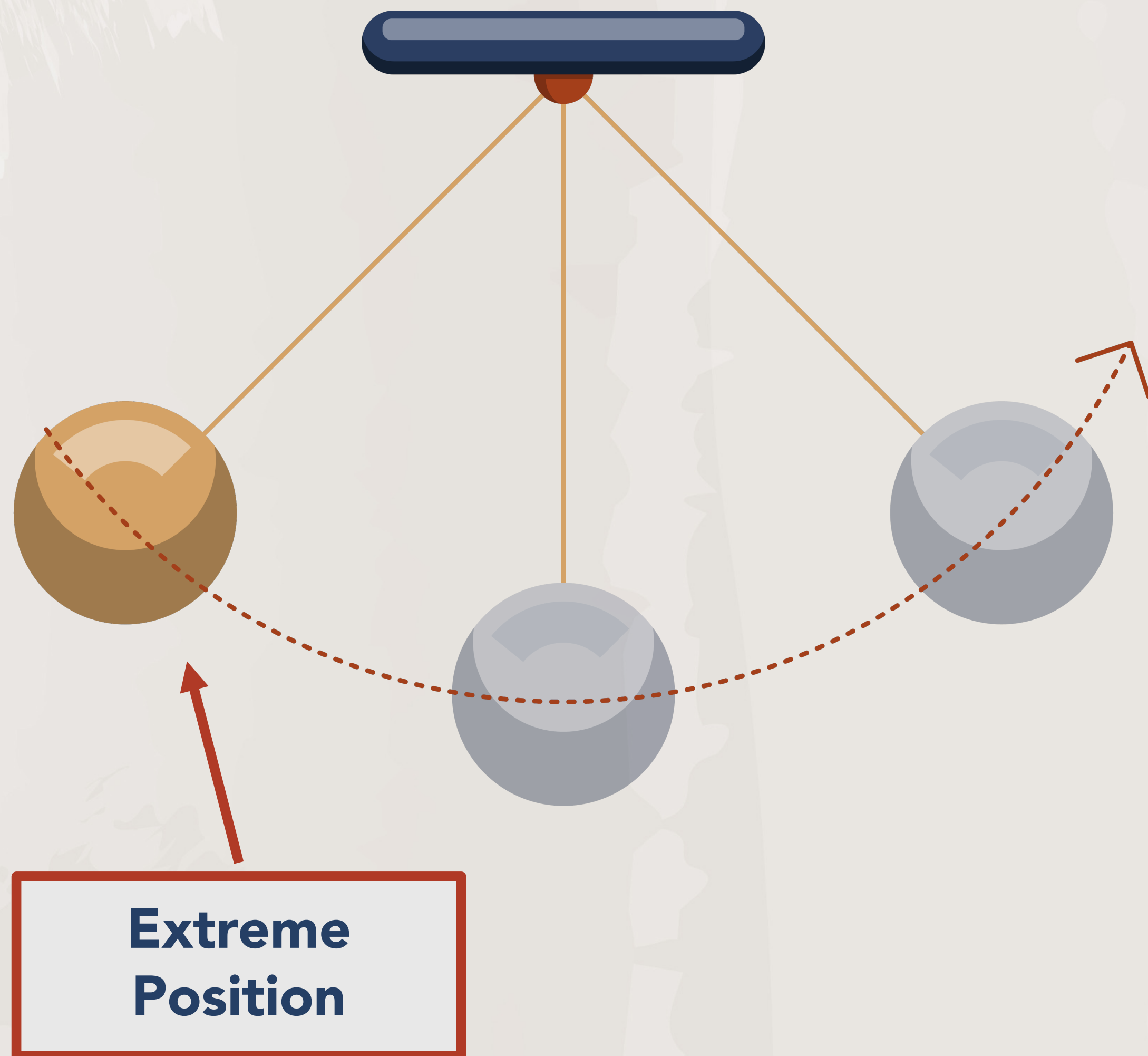
“One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind.”

—**Romans 14:5**

“So then each of us will give an account of himself to God.”

—**Romans 14:12**

Saying "Yes" to People: The Other Extreme Position



"If your brother or sister is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy someone for whom Christ died."

—Romans 14:15–16

"So then let us pursue what makes for peace and for mutual upbuilding."

—Romans 14:19



Reassurances

1. Having trouble saying “No” is normal
2. Learning to say “No” is a work of faith
3. You have the Spirit
4. Other’s reactions are not good indicators
5. Your emotions are not good indicators
6. You can love yourself, and not be motivated by love of self

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Rules of Thumb

1. Investigate the root
2. Get a feel for saying "No"
3. Start small
4. Have a script
5. Keep saying "Yes"
6. Add a "Yes" to your "No"

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- ❑ **Work Request:** "I'm really sorry, but I already have commitments. Next time, if I have more notice, I'd be happy to help out."
- ❑ **Unannounced Friend:** "Could you text or call before coming over? That way I can make sure I'm present and not in the middle of something – I want our time together to be quality, not rushed."
- ❑ **Service Opportunity:** "I just can't right now. How about I drop off some supplies instead?"
- ❑ **Always Available Sitter:** "I'm not always available last minute, but if you can give me a few days' warning, I'm pretty sure I can make something work. Could we take a look at the schedule?"
- ❑ **Family Mediator:** "I can't always be the go-between, but I do want to be there for support"



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"For all the promises of God find their **Yes** in him [Christ]..."

—2 Corinthians 1:21

"And it is God who establishes us with you in Christ, and has anointed us, and who has also put his seal on us and given us his Spirit in our hearts as a guarantee."

—2 Corinthians 1:21–22