The Safety Zone: Living on the Edge Pt 1 by Joyce Meyer // Session 1 of 8

Establishing boundaries that destress your life!

The safety zone represents the Word of God.

Sometimes people are hurting us because we are not establishing a boundary.

One of the reasons why we find it so hard to establish boundaries with people is that we don't do it soon enough. A lot of times we wait too long to establish boundaries in our relationships.

We need boundaries in so many things in our life.

Make a decision that you're going to get your life in order.

Self-control, discipline and establishing boundaries are some of the most important things we can do.

A life with no discipline is a life that is surely to be destroyed.

God doesn't want us living on the edge because then we have no margin for anything.

Are you living an unsustainable life?

"I'm going to make the changes I need to make to live the kind of life God wants me to live."

With God = a peaceful and a powerful life!

*John 14:27 (AMP) - **27** Peace I leave with you; My [own] peace I now give and bequeath to you…*

*Num 11:10-14 (AMP) – **11** And Moses said to the Lord, Why have You dealt ill with Your servants? And why have I not found favor in Your sight, that You lay the burden of all this people on me? **12** Have I conceived all this people? Have I brought them forth, that You should say to me, Carry them in your bosom, as a nursing father carries the sucking child, to the land which You swore to their fathers [to give them]? **13** Where should I get meat to give to all these people? For they weep before me and say, Give us meat, that we may eat. **14** I am not able to carry all these people alone, because the burden is too heavy for me.*

In today's society, no matter how many things we're doing we think we should be able to do it all.

You don't have to be like anybody else or keep up with anybody else. You need to be who YOU ARE and you don't have to apologize for it.

It's ok to say, "I've reached my limit."

*Phil 4:13 (AMP) - **13** I have strength for all things in Christ Who empowers me…*

I can do all the things that He gives me to do!

No matter what comes on us God will give us the ability to bear it and He will also show us the way out.

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Anytime you take the Word of God out of balance it's going to cause problems in your life.

What God has called you to, He has graced you to do it.

Grace = His power to enable you to do it with ease, and still have joy.

We are not supposed to struggle in everything we do and it's not all supposed to be hard!

Has anybody been telling you that you need to make some changes in your life?

God speaks to us through people…God spoke to a prophet through a donkey. God spoke to Moses through his father-in-law.

God doesn't want you to get your worth and value from what you do. He wants you to know who you are in Him and what you do you do it for Him with His grace and help on your life and then you can enjoy it.

Even though your heart is right you still need to live with wisdom. You have to live within the guidelines of God's Word if you want to live a safe life.

The world is not going to change, the devil is not going to change, you can't be sure the other people in your life are going to change, so there's only one choice you have if you want anything to change…YOU have to change it! When you change it, a lot of people wont like it.

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All of our relationships are nurtured in the margins of our life. Your margin is the time between the busy things you do.

How much margin do you have?

Most people don't have margins! They run from thing to thing.

Make a decision that you're going to enjoy your life.

John 10:10 (AMP) - …I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).

If Jesus died for me to have a life that I could enjoy then I am not going to let the devil steal it from me anymore.

Take time to take care of yourself!

God lives in us! YOU are the home of God.

Sometimes we are not very good advertisements for God.

I'm not talking old, I'm not thinking old.

*2 Cor 4:16 (AMPC) - **16** Therefore we do not become discouraged (utterly spiritless, exhausted, and wearied out through fear). Though our outer man is [progressively] decaying and wasting away, yet our inner self is being [progressively] renewed day after day.*

REFLECT QUESTIONS:

1) Am I living an unsustainable life?
2) Are there areas in my life where I've reached my limit and need to set a boundary?
3) Has anybody been telling me that I need to make some changes in my life?
4) How much margin do I have in my life? (time between the things I do)

VERSE MEDITATION:

*Phil 4:13 (AMP) - **13** I have strength for all things in Christ Who empowers me…*

DAILY CONFESSIONS:

"I can do all the things that He gives me to do through Christ who empowers me!"

"I am going to enjoy my life."

"I am the home of God."