



STRATEGY OF PRESSURES

“Establishing Healthy Boundaries” Psalm 16

Opening Activity: “What’s On Your Plate?”

Observations from activity:

- Satan’s strategy is to encourage us to load up too many GOOD things on our plate...leading to BAD results
 - *Becoming mediocre in many things rather than excellent in fewer things
 - *Need to understand WHY we feel the need to keep adding to an already full plate
- Satan’s strategy is subtle. We don’t realize we are overloaded...until we are overloaded.
 - *The Lord’s standard (plumb line) for what balance looks like, versus what the world tells us balance should look like.
- **There are HUGE PRICETAGS to being overloaded.**
 - *Health pays the cost.
 - *Relationships pay the cost.
 - *Our Spiritual health pays the cost.

Psalm 16

Vs 1 “ Keep me safe, my God, for in you I take refuge.”

1. I AM KEPT PHYSICALLY SAFE when I stick closely to the Lord.
2. I AM KEPT EMOTIONALLY SAFE when I stick closely to the Lord.
3. I AM KEPT SPIRITUALLY SAFE when I stick closely to the Lord.

VS. 2 “You are my LORD; apart from you I have no good thing.”

Vs. 5 “You alone are my portion and cup, you make my lot secure.”

1. LORD= MASTERthe One who is in charge, has authority over me.
2. Having the LORD be Lord over what I set on my plate means I seek Him FIRST as I plan what activities I take on.
3. There is a difference between “things that are good” and “things that are good for me”.
4. “My portion and my cup”I need to see my personal relationship with the Father as THE place of ultimate fulfillment of my needs. (my security, my worth and significance, my purpose)

Vs. 4 “those who run after other gods will suffer more and more...”

1. “other gods”= idols= a person, activity or thing that we run to first before the Lord in order to meet/satisfy a need that ultimately only the Lord can satisfy.
2. The reason why we add too much to our plates (increasing our stress/pressure/overwhelmed state) is this issue of IDOLS.

THE OVERLOADED LIFE:



- The search for my SIGNIFICANCE.
 - * The inability to say “no” comes from a greater value of man’s opinion than of God’s.
- The inner restlessness that comes from hidden sin.
- Everything in moderation in a world of “supersize me”.

Vs. 6 “the boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance”

“The boundary lines”

- A Boundary establishes a limit of how far one can go. It is a boundary of HOW MUCH I should put on my plate.

*A boundary is for my protection and my provision. It is a blessing, not a curse/restriction.

*A boundary that is respected leads to freedom to enjoy a fruitful and satisfying life.

* Putting too much on my plate (extending past my boundaries) means that I have taken something off of someone else’s plate (encroached into their boundary). I am getting in the way of the OTHER person being able to fulfill what God has called them to do/be.

“a delightful inheritance”

Verse 7 I get COUNSEL from the Lord/direction/wise advice

Verse 8 I gain STABILITY.

Verse 9 I gain a JOYFUL heart, my words rejoice, my BODY RESTS securely.

Verse 10 I gain a sense of BELONGING as I am not abandoned.

Verse 11 I gain the PRESENCE of the Lord as I navigate the direction of my life.

THE BOTTOM LINE....

Satan's strategy of attacking you through PRESSURES OF LIFE come from having too much on your plate...that you have ceased to allow the LORD to be...

LORD OF YOUR LIFE.



Lord, what words of encouragement or direction would you have for me as I look at "what is on my plate"?

Remember, the voice of the Lord encourages, corrects and comforts...He does not condemn.

