



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 4, 2008



The One Life Solution, 1: The Problem and The Solution

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of The Secret Things of God

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I. “Maybe the problem has something to do with me”

Examples

The bigger issue: Boundaries

“To work”

“At work”

- New technology has eroded the protective boundaries of work

We need to integrate “the work life” and “the personal life”

II. Gaining control

We’re designed to have control of one thing only—ourselves

When we’re out of control, we try controlling everything else

We need to spend our energy and passions toward the things we care about

- Enjoying the days of work that God has given us

We are given a certain amount of time and energy

- Without boundaries: we have neither time nor energy for what we care about most

- What takes away our time and energy

- Controlling person
- Someone else’s dysfunction
- Our own fears or other issues

*But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,
gentleness, self-control...
—Galatians 5:22-23*

III. Boundaries refresher course

Boundary: A property line

Why? Trespasses

What a fence gives us:

- Ownership
- Control
- Freedom

Galatians 5:1: No freedom, no love

If we don't have boundaries, we lose our freedom

- Responsibility
- Limits
- Protection

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

—Galatians 5:1

Rebuke your neighbor directly, and you will not incur guilt because of him.

—Leviticus 19:17

Boundaries get you back to the way God designed you

IV. Boundary formation

Internalizing structure

Choices that lead to consequences

Sequence: A leads to B

Learning from misery

But solid food is for the mature, who because of practice have their senses trained to discern good and evil.

—Hebrews 5:14

Lack of boundaries: things that are important don't get our best

Think: How well are you doing with your boundaries?

With good boundaries:

- You're separate from other's control
- Contain destruction
- Defined self: know who and what you are
- Set limits
- Possess and live out your values
- Freedom

Next week on *Solutions*: “The One Life Solution, 2: Getting Your Power Back”

Resources

BOOKS:

The One Life Solution

by Dr. Henry Cloud
www.cloudtownsend.com

Boundaries

by Drs. Henry Cloud and John
Townsend
www.cloudtownsend.com

Solutions Leaders

www.cloudtownsend.com

Ultimate Living

www.cloudtownsend.com

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