



The Notes

YEAH, THAT'S NOT GONNA HAPPEN

Week 3 "Healthy Limits, Healthy Lessons"

May 17, 2026
Pastor Dan Houk

GOOD BOUNDARIES TEACH ME...

1. ... _____ VS. _____.

"A person's own folly leads to their ruin, yet their heart rages against the Lord."

Proverbs 19:3 (NIV)

"So don't bother correcting mockers; they will only hate you. But correct the wise, and they will love you."

Proverbs 9:8 (NLT)

"In the name of the Lord Jesus Christ, we command you, brothers and sisters, to keep away from every believer who is idle and disruptive and does not live according to the teaching you received from us."

2 Thessalonians 3:6 (NIV)

2. ... _____ VS. _____.

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can

any one of you by worrying add a single hour to your life?"

Matthew 6:26-27 (NIV)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

Proverbs 3:5-6 (NLT)

3. ... _____ VS. _____.

"So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law."

Galatians 5:1 (NLT)

"For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love."

Galatians 5:13 (NLT)

"So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit."

Romans 8:1-4 (NLT)