

## 不拉的風箏不能飛

## The kite doesn't fly without constraint

Drs. Henry Cloud & John Townsend, *Boundaries, When to say yes, how to say no, to take control of your life*. Zondervan, 1992.

## I. We need boundary 我們需要界線

【約 John 11:45~48】

## II. Boundary Problems 界線的錯誤模式

有四種錯誤的界線模式。這錯誤的界線(或是沒有界線)會帶來許多的問題:

## A. Compliant 屈就型

Saying “Yes” to the Bad/對不對的事情說 “yes”.

【林前 1Cor 8:7】

## B. Avoidant 迴避型

Saying “No” to the Good 對對的事情說 “不”.

【約 John 10:1~2】

## C. Controller 操控型

Not Respecting Other's Boundaries 不尊重別人的界線

A 和 B 是不敢向別人說 No, 這裡是不准別人向我說 No.

## 1. Aggressive Controller 陽剛性操控者

【太 Matt 16:21~23】

## 2. Manipulative Controller 陰柔性操控者

【創 Gen 25:29~31】

## D. Nonresponsive 無回應型

Not Hearing the Needs of Others 聽不到別人的需要

【箴 Prov 3:27】

【羅 Rom 12:18】

	CAN'T SAY 不能說	CAN'T HEAR 不能聽
	The _____ —Feels guilty and controlled by others; can't set boundaries. 不能設立界線, 否則就感覺罪惡感.	The _____ — Aggressively or manipulatively violates boundaries of others. 很陽剛或是很陰柔型的冒犯了別人的界線.
	The _____ — Sets boundaries against responsibility to love 設下界限不願意拿起責任來愛別人.	The _____ —Sets boundaries against receiving care of others 設下界限, 不願意接受別人的關心和愛心.

## III. Boundary grows in our natural process 界限成型於生命的自然成長

【路 Luke 2:41~49】

A. Child grows into one with boundary 孩子長成一個有界限的人.

1. Baby was one with mom. 嬰孩和媽媽是一體的.

2. 1-3 years old, the child learn to be different. 1 到 3 歲孩子開始不聽話, 孩子開始覺得他要獨立, 他是一個和媽媽不一樣的人.

a. Hatching: “Mommy and Me Aren't the Same” 孵蛋期: 媽媽和我不一樣. (half a year forward)

b. Practicing: “I Can Do Anything!” (10 months to 18 months) 操練期: “我可以做任何事情.”

c. Rapprochement: “I Can't Do Everything.” 和解期: “我不是全能的”

B. A successful boundary depends on supportive relationship with God and others. 一個好的界限的行程必須有從神來的關係, 或者其他支持者的關係做後盾.

Reflection

1. Do you have problem setting up a boundary? What should you do? 你有設定界限的難處嗎? 你要如何改變呢?

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