



# BOUNDARIES AND GOD'S DESIGN FOR HEALTHY RELATIONSHIPS

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TO HELP BELIEVERS UNDERSTAND THAT BOUNDARIES AREN'T SELFISH OR UNLOVING BUT BIBLICAL TOOLS FOR PROTECTING PEACE, VALUES, AND RELATIONSHIPS. BOUNDARIES HONOR GOD'S DESIGN FOR RESPONSIBILITY, SELF-CONTROL, AND MUTUAL RESPECT.

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*PRAYER: LORD, SHOW US WHERE WE'VE ALLOWED DYSFUNCTION TO BE NORMALIZED. GIVE US YOUR WISDOM AND COURAGE TO GUARD OUR HEARTS AND LOVE OTHERS IN TRUTH.*

BOUNDARIES ARE A REFLECTION OF GOD'S ORDER. HE TELLS US WHERE OUR RESPONSIBILITY BEGINS AND ENDS. BOUNDARIES ARE NOT REBELLION; THEY ARE OBEDIENCE. THEY KEEP OUR RELATIONSHIPS HEALTHY AND PEACE PROTECTED.

PROVERBS 4:23 "ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT."

GALATIANS 6:5 "EACH SHOULD CARRY THEIR OWN LOAD."

MATTHEW 5:37 "LET YOUR "YES" BE YES AND YOUR "NO" BE NO.

REFLECTION: WHAT BELIEF DO YOU HAVE ABOUT BOUNDARIES THAT NEEDS ALIGNMENT WITH GOD'S WORD?





## **ACCESS AND RESPONSIBILITY**

**WE ARE RESPONSIBLE FOR CHOOSING WHAT LEVEL OF ACCESS PEOPLE HAVE TO US. IT IS UNWISE TO ALLOW FULL ACCESS TO SOMEONE WHO REPEATEDLY BREAKS PROMISES OR DISREGARDS BOUNDARIES. MATCH THE LEVEL OF ACCESS TO THE LEVEL OF RESPONSIBILITY SOMEONE SHOWS.**

**REFLECTION: WHO IN YOUR LIFE CURRENTLY HAS MORE ACCESS THAN THEIR BEHAVIOR HAS EARNED? HOW DOES THAT ACCESS NEED TO BE CHANGED? WHAT IS YOUR BOUNDARY?**



## **COMMON BOUNDARY MISTAKES**

- **HINTING INSTEAD OF CLEARLY COMMUNICATING. CLEAR COMMUNICATION PREVENTS CONFUSION AND RESENTMENT. (MATTHEW 5:37)**
- **YELLING BOUNDARIES OUT OF FRUSTRATION. WHEN BOUNDARIES ARE SHOUTED IN ANGER, THEY SOUND LIKE ULTIMATUMS INSTEAD OF TRUTH SPOKEN IN LOVE. BOUNDARIES NEED TO BE ESTABLISHED IN CALM MOMENTS, NOT HEATED ONES.**
- **A BOUNDARY WITHOUT A CONSEQUENCE IS JUST WORDS. CONSEQUENCES NEED FOLLOW THROUGH. NO CONSEQUENCE = NO CREDIBILITY. PROVERBS 15:1 "A GENTLE ANSWER TURNS AWAY WRATH." COLOSSIANS 4:6 "LET YOUR CONVERSATION BE ALWAYS FULL OF GRACE, SEASONED WITH SALT." GEORGE PATTON "SAY WHAT YOU MEAN, MEAN WHAT YOU SAY, AND DON'T SAY IT MEAN."**

**REFLECTION: HOW CAN YOU IMPROVE YOUR BOUNDARY COMMUNICATION? DO YOU WAIT TOO LONG AND LET YOUR IRRITABILITY CREATE THE BOUNDARY? WHAT IS HOLDING YOU BACK FROM BEING CLEAR, PERHAPS BEFORE YOU BLOW UP?**



## **COURAGE TO UPHOLD BOUNDARIES**

- **SUMMON YOUR HOLY SPIRIT COURAGE TO HONOR YOUR BOUNDARIES SO YOU DON'T NORMALIZE DYSFUNCTION.**
- **WHEN WE ALLOW OUR BOUNDARIES TO BE VIOLATED, WE VALIDATE HURTFUL BEHAVIOR AND RESENTMENT GROWS.**
- **PROVERBS 31:30 "CHARM IS DECEPTIVE" --BE ALERT TO MANIPULATION, GUILT TRIPS, AND FLATTERY THAT TEMPT YOU TO ABANDON YOUR BOUNDARY.**

**REFLECTION: BOUNDARY MAKING IS A PROCESS THAT INVOLVES UNDERSTANDING WHAT BOTHERS YOU ABOUT SOMEONE ELSE'S BEHAVIORS. IS IT CHRONICALLY HURTFUL, DISRESPECTFUL, DISMISSIVE ...? WEIGH THE BENEFITS OF CREATING A BOUNDARY SUCH AS ASKING TO BE TREATED FAIRLY WHICH CAN IMPROVE THE RELATIONSHIP. PERHAPS THE OTHER PERSON IS UNAWARE OF THE IMPACT OF THEIR HABITS. ALSO WEIGH THE CONSEQUENCES. PERHAPS YOUR BOUNDARY WILL BE MET WITH RESISTANCE, MAYBE ANGER. YOUR REQUEST FOR BETTER TREATMENT MAY END THE RELATIONSHIP, IN WHICH CASE - IF ASKING TO BE TREATED WITH RESPECT DAMAGES OR END THE RELATIONSHIP, DID YOU EVEN HAVE A HEALTHY RELATIONSHIP?**

**SO ... WHAT'S HOLDING YOU BACK FROM COMMUNICATING YOUR BOUNDARY?**

**EMOTIONALLY HEALTHY PEOPLE WILL LISTEN TO YOUR CONCERN AND WILL WANT TO DISCUSS HOW TO WORK TOGETHER AND GET YOUR NEEDS MET.**

**EMOTIONALLY IMMATURE PEOPLE WILL BE CONCERNED ABOUT GETTING THEIR NEEDS MET WITH LESS CONCERN ABOUT YOURS.**

**CHECK OUT MY BOUNDARIES WORKSHOP AT [RHONDAMORALES.COM](https://rhondamoraless.com) FOR MORE GUIDANCE.**