

Healthy Boundaries

Boundaries are healthy and having clear boundaries is vital to a balanced life. A boundary is something that indicates bounds or limits; it is a limiting or bounding line. If you look at the synonyms for boundary, you will find words such as: limit, cap, ceiling, confines, end, extent, limitation.

Dr. Henry Cloud says:

“Boundaries impact all areas of our lives. Physical boundaries help us determine who may touch us and under what circumstances. Mental boundaries give us the freedom to have our own thoughts and opinions. Emotional boundaries help us to deal with our own emotions and disengage from the harmful, manipulative emotions of others. Spiritual boundaries help us to distinguish God’s will from our own and give us renewed awe for our Creator.”

Take the Boundaries Builder 5-Day Challenge (click the link below). You will find there are three choices to pick from concerning boundary builders. Pick the resource that speaks to your heart and over the next five days, you’ll discover the power that healthy boundaries can bring to your life and most important relationships.

Five Day Challenge Boundaries- <http://www.boundariesbooks.com/articles/free-boundaries-downloads/>

What are personal boundaries PDF-
https://uhs.berkeley.edu/sites/default/files/relationships_personal_boundaries.pdf

How to create healthy boundaries-
https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_Boundaries.pdf

When to Say Yes, When to Say No to Take Control of Your Life, by Dr. Henry Cloud, John Townsend
<http://cwjc.net/wp-content/uploads/2013/01/Boundaries.pdf>

Father God, you have seen where I have failed to establish boundaries and where I am keeping out good and keeping in bad. You have called me to establish healthy boundaries in my life. Teach me, as I proceed through these next five days, to take responsibility for my behaviors, and my choices. Help me to establish appropriate and biblical boundaries with my relationships so that I may glorify you with my life. I pray in Jesus’ name. Amen.