

H4: The Beauty of Boundaries

1. 3 Types: _____, _____ and _____.
2. Healthy boundaries = balance between _____, _____, and _____.
3. Establish your personal _____ - _____.
4. We can't control others, but we can control _____.
5. _____ expectations.



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“to do” this week:

Notes:

- *Activity Sheet:* Complete your “My Boundaries” worksheet and share with a trusted friend.
- *Journal Prompt:* What is one “property-line” you will set this holiday season in order to stay safe and healthy?

this week's Word:

“Above all else, guard your heart,
for everything you do flows from
it.” - **Proverbs 4:23 (NIV)**

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my boundaries

Establish your "property line" and plan for how to defend it with others in your life.

If using this in a group setting, please complete BEFORE your next meeting.



My current boundaries are mostly: ☐ Rigid ☐ Diffused ☐ Clear ☐ Not Sure

I'M OK WITH...	I'M NOT OK WITH...
These kinds of physical touch...	These kinds of physical touch...
Comments about...	Comments about...
Questions about...	Questions about...
Other...	Other...

Communicate *(Who do you need to be more clear with about your boundaries?)*

Maintain *(What steps will you take to protect your "property line" when crossed?)*

"Above all else, guard your heart, for everything you do flows from it."

Proverbs 4:23 (NIV)



"Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one."

Matthew 5:37 (NLT)



"But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another."

Galatians 6:4 (NKJV)



"For each one shall bear his own load."

Matthew 5:37 (NKJV)



"He makes peace in your borders; he fills you with the finest of the wheat."

Psalms 147:14 (ESV)



"As for a person who stirs up division, after warning (her) once and then twice, have nothing more to do with (her)."

Titus 3:10 (ESV)



"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful..."

1 Cor. 13:4-5 (ESV)



TRANSLATION KEY

NIV—New International Version

NLT—New Living Translation

NKJV—New King James Version

ESV—English Standard Version

HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

They're also great for sharing...



FINDINGbalance
eat well. live free.