

Developing Healthy Boundaries

When possible, seek to know what healthy boundaries for a situation before you get into it. Starting with good boundaries is easier than trying to establish them later. It is easier to expand boundaries than to make them narrower.

To develop healthy boundaries:

1. Find out what they are in your context.
 - a. Search God's Word for relevant principles (you can ask others to help you).
 - b. Ask mature followers of Christ who understand your context.
 - c. Ask God to help you know healthy boundaries for your situation.
 - d. Submit the results of the above interactions to Him and test the boundaries by His Word.

2. Apply the healthy boundaries God has given you.
 - a. Ask God to help you.
 - b. If anything within yourself is hindering you from applying these healthy boundaries, work through those issues using Wholeness Prayer principles.
 - c. If someone else is hindering you from applying them, seek wisdom on how to proceed. Seek wisdom by:
 - i. Asking God for it
 - ii. Asking Him how to apply the wisdom He gives
 - iii. Asking mature followers of Christ for advice
 - iv. Testing their advice to see if it's consistent with His word.

3. Share with someone.
 - a. Tell them how you're doing.
 - b. Ask them to periodically ask you how you're doing.

4. Examples of areas where you may need to develop healthy boundaries are:
 - a. Balance of work and rest
 - b. Holiness, including sexual purity. *Example of a boundary for sexual purity: Don't be alone with someone in a situation where sexual sin could easily occur. Stay where responsible adults can see you at all times.*
 - c. Knowing what's your responsibility and what's someone else's
 - d. Holding on to what you know is true, even when others disagree
 - e. Not following "the crowd" into sin or unwise choices.