

Author + Speaker + Teacher

BELIEVING IN BOUNDARIES

COURSE WORKBOOK







HEALTHY RELATIONSHIP ROADMAP

Creation Station:

I share in my book, <u>Believing in Boundaries</u>, about God and creation and how each element of creation has boundaries. When those boundaries are crossed, chaos always comes next. We are thankful for nature staying in its place and count on it.

Of course, nature doesn't have free will like we do as humans. God gave us free will because He wants to have a genuine relationship with us. He could have made us robots. He could have made us do His bidding without us having a say, but then we would be no different than any other created beings. He has designed us and made us His children. He is very passionate about us. Sin, however, creates an ugly chasm between us and God. Sin entered into our world through deception. Deception is still the primary operating system for sin. We are deceived to believe that things that are harmful for us are good or feel good, when in reality, we are often trying to cover them up or lie about the behaviors. We are no different than Adam and Eve in the Garden of Eden. They immediately tried to hide their behavior when confronted with it.

Sin is detrimental to our hearts and minds. To deal with sin, we must first be honest with ourselves on what sin is and how it happens and how we actively participate in it.

What does the Bible say about sin? Romans 3:23:					
1 John 1: 8-10					



	er the questions from Creation Station about sin:
	How many times have I hidden to keep someone from knowing what I have done?
	How many times have I lied?
	Have I ever taken something that didn't belong to me?
	How many times have we been angry because we didn't get our way or have been hateful to someone who didn't do what we wanted?
	does this passage of scripture mean to you?
Write	down verse 23. How does this verse make you feel?



Do you see how detrimental sin is in our lives? We have all sinned and will continue to do so, but when we become believers in Jesus Christ, we are no longer held by the sin nature. We have the ability to overcome that natural desire and live differently. In Romans 7:14–25, Paul talks about this conflicting issue. He is explaining that he does the things he does, but he doesn't really understand why he continues to do them. He knows they are not the things he should be doing but the sin inside of him propels him to do the very things he hates. He is willing to do good things, but the actions of doing those things aren't happening. Then he claims,"What a wretched man that I am!" Acknowledging the inner battle that rages inside between sin and saint.

Do you struggle with that same battle? Knowing what you should do but you find yourself doing all the wrong things? Working through this course will help you set boundaries around yourself, your life and your relationships. Each step that you take will help you heal and forgive and walk in the power of the Holy Spirit. You can overcome the chasm created by sin between you and God. He is waiting on you!

Jesus Breaking the Boundary of Sin:

You may be wondering how you can crossover into the place where the struggle between flesh and spirit ceases. It lies on a hilltop in Golgotha, called the Crucifixion of Christ. Jesus, his sacrifice and resurrection, are the power to heal the sin nature.

He became the propitiation for our sins, past, present and future, with His sacrifice on the cross. In the Old Testament, they had to sacrifice a lamb to God to have forgiveness. Jesus Christ became the ultimate sacrifice. God's wrath toward sin is completed by the blood that Christ shed. Isaiah 52:14 tells us that Jesus was beaten beyond recognition as a man. This sacrifice was gory. A payment we can never pay ourselves. The very reason that Jesus was 100% God and 100% man. That he may experience us in full, and experience death, which is a human experience, but have the power to fully pay for our sins.

Read Mark 15: 22-41

Jesus' resurrection is just as important because that is where we attain the power to be born again ourselves. We have the resurrection power when we become believers as fellow heirs with Jesus. When we are dead to sin, we are alive in Christ.

Write Romans 6:11:		



Jesus' resurrection is what proved his divine nature to humanity. We need the same power in our lives to live according to God's ways. It is a difficult concept to understand, especially as a new believer. How can we have resurrection power? How are we dead but alive? The purpose is that our sinful flesh has to be killed everyday, meaning we can't have life on our terms. We don't get to have things our way. We have to crucify our selfish desires and selfish ways so that we can live fully in the freedom of God.

Putting away our own selfish needs, desires, wants, and preferences is difficult and scary. Truly, without the Holy Spirit, I don't think it is possible.

Attaining the Holy Spirit:

Who is the Holy Spirit? I think this question may need to be answered first. The Holy Spirit is part of the Trinity Godhead. God, Jesus and the Holy Spirit. Why is the Holy Spirit important? The Holy Spirit is truly the power player of the Trinity in our lives on earth. Jesus spends a lot of time telling the disciples why he needs to leave. In John 16:7, Jesus says that it is important for him to leave, so that the Helper can come. The Holy Spirit is our helper. John 14: 26, Jesus explains that the Holy Spirit will be who teaches us all things and brings remembrance to Jesus' teachings.

The Holy Spirit will help you with forgiving others and healing the places that need to be healed so that you can set healthy boundaries. Forgiving ourselves is also a critical element for setting healthy boundaries.





Forgiveness Street:

Forgiveness is a complex concept. It can be difficult to forgive because we want to hold others accountable for what they did. However, most of the time, people are not able to "make up" for what they did. An "I'm sorry," is nice to hear, and may help soften the blow some, but it still doesn't remove the hurt. Sometimes, we may never even get the apology we need, yet we still need to forgive.

Only through the power of the Holy Spirit are we able to forgive in fullness. Humans have a beautiful nature that is prone to want justice. We are made in God's image and part of His image is justice. However, not much seems fair on this side of heaven. Wanting justice is good, holding others to pay the price you think they deserve, is not our role. We must remove ourselves from wanting to be God in other people's lives. We, as believers, must trust that Jesus paid for ALL sins. Theirs, yours, mine...all paid for on the cross by Jesus.

Forgiveness does not mean that we just accept and tolerate behavior. There is a level of repentance that needs to partake for the relationship to continue or be restored.

Read Matthew 18: 15-35

-If someone who sins against you doesn't acknowledge the sin, then you do not have to continue in relationship with that person

*This person is not repentant.

-If the person does acknowledge the sinful behavior and changes the behavior, then you must continue to forgive over and over again

*This person is repentant

-If we do not forgive others, whether they acknowledge their behavior or not, God will also hold us accountable for all the things we say and do, just like we have held others to pay for their actions and behaviors.

Forgiveness doesn't require repentance, relationship does

When we do not forgive others, we carry the weight of the sin that they did. It is like someone packing a garbage bag full of gravel and then giving it to you. You didn't ask for the gravel. You don't want the gravel. You have absolutely no need for the gravel, but you carry the gravel anyway. You pick it up over and over and take that bag of gravel with you everywhere you go. You resent the gravel because it is heavy and cumbersome, yet you refuse to quit picking it up. It is now your gravel that you have taken ownership of, though you never wanted it. Putting the gravel down, never picking it up again and walking away is what forgiveness is. Oh how light you will feel!

Revenge and forgiveness cannot reside in the same heart. Revenge is being hellbent on making someone pay and it is not the heart of Christ. Revenge is our need to justify and make someone pay for the wrong that they did. We fully remove God as Judge and put ourselves on the throne when we take revenge or ruminate on revenge against someone else. When you practice revenge, you not only pick up the bag of gravel, you scatter it and then feel the need to clean it up and then put it in your own bag. You have wasted so much more time and energy, yet you are still carrying the bag of gravel you never wanted to start with. Revenge only satisfies our flesh in the short term. If we are believers in Christ, we can never act out on revenge and be satisfied. Only through forgiveness,



List anything that you need to forgive yourself for, below. These things may include:

- a decision you knew was wrong, but did it anyway
- a lie that you told that hurt or harmed someone else
- taking something that doesn't belong to you
- hiding secrets from loved ones
- etc...

List things you need to forgive others for, below. These things include what you harbor against others, and may include:

- a major offense that someone did against you/your family
- a lie that was said about you or to you that harmed you
- something was taken from you
- someone hurt you physically/sexually

Write a prayer of forgiveness for yourself:

- someone betrayed you





Write a prayer of forgiveness for others (list specifics):					



If you have a hard time with letting things go and want to do a physical exercise to help you with this concept, get a gallon ziplock bag. Fill it with gravel (you can do rice or dried beans as well, but gravel is more accurate). As you put in each handful, list a sin/offense that you are carrying with you. Carry the bag with you for 7 days. Everywhere you go, everything you do, take that bag. I mean even to the bathroom with you. I mean have it in bed with you. It will not leave you for a minute.

On day 3, write down your feelings about carrying the weight around.

Day 4, remove some of the gravel and list what you have decided to let go of.

Day 5, remove more of the gravel and make another list.

Day 6, repeat.

Day 7, empty the bag of all the gravel. Put the bag in the trash. Walk away.

-Acknowledge that you are glad you are no longer carrying the bag and the burden.

Tow Away Zone:

Self care is a super hot topic these days. The main reason is lack of boundaries. However, a hot bath and a lit candle can only do so much for you. Those are temporary fixes to a much greater need. Until we get to know ourselves, we struggle to know what we need to care for ourselves. Many of us probably can't even define what care looks like for ourselves. Either we haven't cared for ourselves in so long or we haven't required others to care for us either, so we just take whatever we get and make it enough. This is unfulfilling long term and will not help us to set our boundaries on how we are treated.

When people do not care about us, we know it. They show it in their actions and behaviors. It is critical that you acknowledge what behaviors you have allowed, so that you will know what works for you and what doesn't. Surrounding ourselves with people that do not care about us will create an emptiness inside of us. As believers, God can fulfill any and all of our needs, however, it is hard to find contentment in relationships that are life sucking.

These questions are for you to focus on you and getting to know yourself better. Take some time with each question. Building boundaries is a marathon, not a sprint. You may need to revisit these questions over and over again as you begin to get healthier and get to know yourself better.

I

Do you know what you expect care to look like?
• Can you define "care"?
• Does caring for you look like kindness in speech? Helping you with chores?
o Does caring for you look like being able to have a safe conversation about your feelings?
• Can you list a moment that you have felt cared for? What was happening? Who was involved?



How would you like those dround you to treat you?					
 List 3 ways how you would like people to treat you. 					
Oo you treat others the same way?					
• How do you respond when you aren't treated the way you would like to be treated?					
• Can you have a conversation with those closest to you about this subject?					
Understanding how you have allowed others to mistreat you					
• What actions and behaviors have you tolerated?					
 Have you allowed others to cuss at you even though you don't like it? 					
 Have you allowed others to misuse your things? Break your things? 					
Have you allowed others to force their way on you?					
What actions and behaviors have you encouraged out of your own issues?					
• Have you allowed your woundedness to encourage mistreatment?					
• Have you encouraged others to be hateful to you because you treat them that way?					
• Have you found yourself in an overly self protective state and shut down communication?					



REMEMBER THAT BOUNDARIES ARE NOT ABOUT CONTROLLING OTHERS BUT FOR YOU TO KNOW WHAT IS GOOD AND SAFE FOR YOU'

What if I have no one?

This is often a hard and maybe an unexpected part of the boundary creating journey. People that do not want to respect your boundaries will most likely leave or no longer participate in the relationship. All relationships need boundaries, but unhealthy relationships are where boundaries are often focused on the most. Healthy relationships have a natural flow of respecting relational boundaries. Unhealthy people or boundary crossers, they will not respect the need for boundaries. These are the relationships that are critical, and cannot continue, without boundaries.

Grieving may be a part of your boundary setting journey. Having to grieve does not mean that you are doing it wrong or that you should stop holding your boundaries. You will find other people, once you are healthy, that will honor your boundaries and treat you better. Grieving is a healthy process of working through hurt and loss. I know that it may not seem like things are working out for you when it seems like you are losing, but that isn't true. Losing hurtful relationships opens space for you to have better, higher quality relationships.

Read Job 1:13-22

Job loses everything he has. He is devastated. He has to process everything with God. His friends are even trying to say,"Man! You made God really mad and he has smited you. You should curse God and die!" Jod didn't curse God but he did have a conversation with God.

Read Job 38 (If you want, read through Chapter 41! All is is rich scripture of God's majesty)

God tells Job to, "Gird up your loins," which was basically telling Job to get ready for a battle. Men in those days would wrap their tunics up in their belt when they were heading into a battle. God wanted to have a discussion with Job.

Read Job 42: 1-6,10-17

Job realizes that he doesn't know as much as he thought he did and that God is capable of more than he could ever imagine. In the end, God restores everything to Job and in more abundance.

What does this have to do with boundaries and grieving? Everything. We can be very shortsighted. We look at the moment we are in and sometimes forget that there is a big picture. Grieving unhealthy relationships is good and allows us the freedom to let them go. If we try to hang onto those relationships, we aren't open to new relationships. Job had to process and grieve his losses. Job set a boundary that he would not speak against God even in all his devastation. Job remained faithful without being able to see the future and what was ahead. God was able to bless Job in ways he never could have imagined. God can bless you with new relationships and new friends that will make your life more full in ways you can't see when you are in the grieving phase.



I went through a long season in my life without friends. I would pray for friends and beg God to bring me some friends. He told me,"You need to learn how to be a friend before I can trust you with my daughters." WOW! That was really eye opening for me. I had been in unhealthy relationships with friends for a long time and I needed to heal myself before God could trust me with friends. I really wanted friends to ward off my loneliness, not because I wanted to build others up or invest in them. I had to heal first. I had to get my heart and head in the right place and learn how to respect boundaries and set boundaries. Slowly but surely, God set some amazing people in my life.

Write down 3 things you have learned through Job.				
	-			





Connection Avenue:

We are communal animals. We are born into families and designed to be in relationship with others. None of us do well on our own, though we may feel like we can do it all on our own. Usually when we feel like we can do it better by ourselves, it is from a place of hurt or being betrayed. We will reject others to keep ourselves safe. This rejection is not the same as setting boundaries that may remove certain relationships from our lives.

We set healthy boundaries in hopes of restoration and creating healthy relationships. It is not to reject others. Boundaries are to keep you safe, not to push others away. Having good conversations with people in your life and sharing this journey of creating boundaries will hopefully breathe new life into the relationships in your life.

If our family we are born into is not healthy enough for us to thrive with our boundaries intact, then we need to lean on God's family. Find other believers that can be your surrogate family, hopefully while you work on restoration with your birth family. God is a master of restoration and the family unit is very precious to God. Pray that He will bring healing to your family and that there can be full restoration.

A little note about being a saint Saints=Righteous before God=Believer in Jesus Christ

The idea that we are saints was hard for me to swallow at first too! It seems like that word is fitting for other people...you know, the ones that are "good." However, the New Testament refers to believers only as saints. Once we have accepted Christ, we are righteous before God through the work of the cross and are no longer sinners. We are saints, who sin (this goes back to what we learned before about the repentant person).

Ouestions:

γuesτ	ilons:
1- 1:	s your natural family healthy?
2- [Do you try to reject others to prevent getting hurt?
3- [Do you feel like you can be a part of God's family? Why or why not?
4- \	What have you needed from others? (mentorship, cheerleading, protection, etc)
5- (Can you offer that to others?
6- [Did you know that if you are a believer, that you are a saint?



Home:

So far this course has mainly been about us. It is hard to set healthy boundaries and build healthy relationships when we aren't healthy ourselves. Truly, if we don't do the hard work to get healthy, we will create boundaries hoping to manipulate others around us and if they don't do what we want, we will get angry and be put off.

If you are a patriarch or matriarch of your family, you have the ability to change the direction of your current family and into future generations. You may need to make some apologies and be diligent in holding newly set boundaries so that your family can heal. This is an honorable task set before you. Blessings in the name of Jesus while you venture onto this new and healthy path.

You can only control the part you play in each relationship. You must take responsibility for those areas

and make sure that your boundaries remain upheld as you work on relationships that need repair.
Healthy friends support, challenge and encourage you. List 3 people in your life that do these things and list what they are. This will help you recognize what these healthy behaviors look like. If it isn't a close relationship, that is ok. You might find that you need to get closer to someone you didn't realize was treating you well.
Healthy relationships are relationships you can rest in. The chaos is removed and you will feel PEACEFUL and SAFE , have good COMMUNICATION , and have TRUST and LOYALTY . You will be able to give your resources equally and feel safe with your emotions. Healthy relationships honor each other well.
List 3 relationships in your life that you experience in these healthy areas. How do you feel when you are with these people?



Healthy Relationship List:

- Peaceful
- Safe
- Good Communication
- Trust
- Loyalty
- Give your resources (time, energy, money) equally

Three Keys:

The Three Keys Model will help you learn and understand your personal boundaries. Use this model with all relationships in your life and revisit it as often as you need to to help with newly developed relationships.

Analyzing your relationships helps you be honest with yourself about your relationships. We can often overlook certain things about relationships to keep peace. However, taking the time to analyze your relationships will help you better understand where your boundaries are needed.

Key 1: Analyze by asking yourself these questions:

- 1- Is this relationship peaceful?
- 2- Is this relationship safe?
- 3- Can I share my genuine emotions/feelings?
- 4- Do I trust this person?
- 5- Is this person loyal?
- 6- Am I able to have genuine communication with this person?

Now that you have the list of questions to ask with each relationship, list 3 relationships that frustrate you or make you uncomfortable.

Name 1)

Name 2)

Name 3)

Name 1:	_
Relationship issue 1)	
Relationship issue 2)	
Relationship issue 3)	
What would make you more comfortable with this person? (Use the healthy relationship list to help you)	



ame 2:
elationship issue 1)
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Vhat would make you more comfortable with this person? Use the healthy relationship list to help you)
ame 3:
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elationship issue 3)
/hat would make you more comfortable with this person? Jse the healthy relationship list to help you)
ey 3: Establish: Establish your boundaries
ow that you have identified these people and issues, we need to establish the boundaries that you vill begin to implement into the relationship. I am going to give you some space to write out 3 oundaries that go along with the relationship issues, but just start with one boundary if you need to hen as you grow more confident in holding that boundary, you will already have done the work to each to incorporate the other 2 boundaries. By all means, if you can incorporate all 3 boundaries at

the beginning, do so!

You can have a conversation with the people you have listed to help them understand where you need change in the relationship to make it healthier for you.

(Look back on the relationship issues you listed above to recall what boundary you need to establish)

Name 1:

Boundary 1:

Boundary 2:

Boundary 3:

Name 2:

Boundary 1:

Boundary 2:

Boundary 3:

Name 3:

Boundary 1:

Boundary 2:

Boundary 3:



You may want to repeat these steps with each relationship that you are in. This will help you work through your relationship inventory.

Example:

Name: My friend Kaye

Relationship issue: She never has money when we go out to eat and I end up paying Boundary: I will make sure that she has money to pay for herself before we go to the restaurant or I will opt to go home instead

S.T.O.P. DO NOT CROSS

Stopping gives us time to think and also time to respond in a healthy way. When our relationships are unhealthy, we need to practice the art of S.T.O.P. regularly. If you are a people pleaser, this may be a difficult practice, yet you absolutely need to apply this to your life.

S-Say No

-If so, fill	in the statement below to help you start.
"I, conversation)	, am going to say NO to (list event, situation, or
,	. This is my boundary. I can hold it."

Example: I, Stephanie, am going to say no to being room mom because it makes me feel like my time will be overwhelmed. This is my boundary. I can hold it.

Once you establish your statement, use it. Let it help you have the courage to say no.

T- Time, Energy and Money (Your resources)

-Do vou have trouble telling people no?

These resources have to be renewed. You need to value them and assess the way you use them honestly. Do not give these resources away to people who are abusing them and not giving them equally to the relationship.

Name 1:

- 1- Does this person mutually give time, energy and money?
- 2- Do I give more time than I have?
- 3- Do I feel energized when I leave this relationship or after being engaged with this person?
- 4- Do I spend money that I don't have to accommodate this person?
- 5- Do I use my resources wisely with this person?

Name 2:

- 6- Does this person mutually give time, energy and money?
- **7-** Do I give more time than I have?
- 8- Do I feel energized when I leave this relationship or after being engaged with this person?
- 9- Do I spend money that I don't have to accommodate this person?
- 10- Do I use my resources wisely with this person?



Name 3:

- 11- Does this person mutually give time, energy and money?
- 12- Do I give more time than I have?
- 13- Do I feel energized when I leave this relationship or after being engaged with this person?
- **14-** Do I spend money that I don't have to accommodate this person?
- 15- Do I use my resources wisely with this person?

O- Offensive Speech

Are you using offensive speech to others? Are you allowing others to use offensive speech to you? This is a boundary that must be set with yourself and others. You cannot please everyone with your thoughts and opinions and that is ok. This is not about simple disagreements of thought or opinion but using words to discredit or slander or harm another person.

- 1- Do I use my speech to offend or hurt others?
- 2- Do I allow others to use their speech to offend or hurt me?
- 3- Am I able to remove myself from a conversation that is not beneficial?

List 3 boundaries that you can use to help deter this in the future.
Ex: I will not engage in the gossip circle at work.
P-Protect P-Protect
Boundaries protect you. Use them as needed to help protect yourself from unhealthy actions and behaviors.
Make a list of 3 boundaries to protect you emotionally. Ex: I will invite people to join a party/event 3 times, if they do not attend any of the parties, I will no longer expect them to come and will only open invite them.



Make a list of 3 boundaries to protect you physically. Ex: I will not ride in the car with someone who is under the influence.		
Ex. I will not ride in the our with someone who is under the innaction.		
Make a list of 3 boundaries to protect you mentally. Ex: I will only participate in a 30 minute conversation with my family member.		
BE S.A.F.E.		
S: Set your Boundaries		
You have already done this earlier with the Three Keys Method. Repeat the method with all relationships that you are in, especially any unhealthy relationship. Remember, boundaries are for your safety, not to control others.		
I have a calendar resource on my website www.thestephaniejordan.com . Download the calendar and use it to set limitations on your time spent with those who may not be ideal companions. If you begin to limit your time but find yourself still miserable, constrict the time a bit further.		
If you need a letter to give to someone, use the template below.		
Date:		
Dear,		
Please vacate the premises, located at, within 30 days of this notice. The final date to remove yourself and your property is If you refuse to leave, I will take all legal steps to have you removed from the property immediately.		
Thank you		



Date:
Dear,
I will no longer be paying your bill, In 30 days, on (date) In 30 days, on the
balance. I will remove you off of my account on this date.
Thank you
These are not legal documents, but they will suffice to have something in writing that is dated if you need to further your actions. You may also have it notarized if you feel the need to do so.
A-Affirm the need to set the boundaries
You have made a list here to use. Write on a notecard information about the most complex relationships that you can post in your bathroom or by your bed to help you remember why you are setting boundaries.
Questions to answer on the notecards:
o Do they harm you?
• Do they insult you?
• Do they tax your resources?
o Do they make you miserable when they are around?
F- be Firm with your boundaries
If you are in a situation with an addict or an abusive partner/person, you will need to set firm boundaries. If you are in a relationship with an addict or abusive partner/person, please make sure that you are safe when setting these boundaries. The purpose of the boundary is keep you safe, not to control them, so if the situation is dangerous, please get help.
List 3 firm boundaries that you can put into place: *Warning!! You may need to get a support system to help or have legal action ready. This can be dangerous depending on the person you are dealing with. Proceed with Caution!* Ex: I will not live with you until you have finished rehab/counseling.





You may not be in a hard relationship but practice being firm with your boundaries that you have already set. Being firm with your boundaries is the best way to approach situations in relationships where you may be dealing with a stronger personality than you are. Sometimes people do not understand that you are serious about something until you let them know by being firm about the decision.

Being firm with your boundaries and setting firm boundaries does not make you mean. The hope is that it will help the relationship you are in become healthy.

E-Establish boundaries with all new relationships

Conversation starters to help open the conversation to boundaries:

- Thanks for meeting me for coffee/tea today. Can you tell me something that makes you feel loved/cared for/safe?
- I'm so glad we had this time to meet up. I'd like to share with you a few things about myself that help me understand relationships.
- I'm glad we are getting a chance to hang out. I know this may be a new and even potentially awkward conversation, but I took this course on boundaries and I would like to talk with you about mine and yours. Is that ok with you? It will help me get to know you and be able to honor this new friendship better.
- I would love to meet up with you for coffee! I just want to clarify ahead of time that I prefer for us to each pay our own way. What time should I meet you there?
- Friday night sounds fun! Are you able to eat at 7 so that I can be home no later than 10?



On your course bonuses, there is a postcard "user manual" template that you can download and print to send to new people. Make it fun and funny! People love physical mail these days and it is a little more personal than an email. These are for people you actually want to spend the time to get to know and hopefully develop a friendship with. I would not send these to casual relationships or mere acquaintances.

All new behaviors are awkward at first. KEEP GOING! People will appreciate authenticity and it will open the door for conversations that you have never had before. It will require a level of vulnerability from you. Really, what is a relationship without vulnerability? If someone isn't responsive in a positive way, or it pushes them away, that is ok. They may not be ready for that kind of vulnerability themselves and they may not be able to respect your boundaries. Remember, healthy relationships honor each other.

A prayer for you as you continue on this journey of setting boundaries!

God,

Thank you for giving me the example of setting boundaries. I am learning new things everyday about the importance of having boundaries in my life. Guide me. Light my path as I travel this new road. Help me to heal the dark places of my heart so that I can live in freedom of forgiveness. Show me areas that I need to forgive others. I need Your wisdom and courage to walk in forgiveness of those who have hurt me.

Teach me how to be vulnerable safely. I need to be able to be vulnerable to have genuine relationships with others. Setting boundaries is an odd new place but I believe that it will help me from now on.

Lord, send people into my life that are good for me. Help me be a friend and to receive friends. Give me the ability to care for others well. Setting boundaries will help me care for myself and for the people you bring into my life. Teach me all I need to know Holy Spirit.

Thank you for the gift of relationship and I dedicate my relationships to You, God; that they may honor and glorify your name.

In Jesus' name

Amen



Author + Speaker + Teacher

BELIEVING IN BOUNDARIES

COURSE WORKBOOK

