

Boundaries:

Accepting ownership & taking responsibility for ourselves.



We all understand physical boundaries; walls, fences, borders - even natural boundaries like rivers or mountains, but the concept personal boundaries is much more difficult to grasp and implement in our lives and relationships. We first must realize that we serve a God of boundaries - from the very beginning God set boundaries and also has respected mankind's boundaries. We see this in God's creation of man and giving him the freedom to choose for himself. The Lord also set a boundary when he told the man he could eat of any tree in the garden, except for tree of the knowledge of good and evil. When Adam and Eve succumbed to temptation and ate of that tree, they paid the consequences.

The concept of personal boundaries can be very difficult understand in a society that tends to blame others for everything wrong with one's own self. Yet, to build a healthy marriage and healthy relationships overall, it is really important that we understand the concept of boundaries. Personal boundaries are about self - about accepting ownership and taking responsibility. Ownership is about self; one's own personality, past life, values, attitudes, and feelings. Each person must also take responsibility for what they do: their behavior, words, choices, and actions. When we accept ownership and take responsibility, it brings freedom - freedom to live in ways that will build relationship rather than tear it down.

Relationship does not happen in a vacuum; we must also give others ownership and responsibility. Just as God held Adam and Eve responsible for their behavior, we should give others responsibility when their behavior is hurtful or detrimental to the relationship. It is not matter of punishing the other person or manipulating them into doing what we want them to; healthy boundaries bring tremendous freedom to all of our relationships.

Do you have healthy boundaries in your marriage? In your other relationships? Do you say "no" to keep the bad out and "yes" to let the good? Seek to build healthy boundaries in all your relationships. As we are told in Romans 12:18; "If it is possible, as far as it depends on you, live at peace with everyone."

Helpful Resources: *Fortified Marriages Resource page: www.fortifiedmarriages.com*

The Fortified Marriages Manual & Workbook is a great resource helping couples learn about boundaries and build healthy boundaries in all their relationships. Visit our website to download some great resources on boundaries. Also see:

For more information about boundaries; see: Boundaries Resources at Fortified Marriages.

Understanding Boundaries by Chris Garner

