

## What are boundaries and why do we need them?

Before writing this, I looked into the specific definitions of personal boundaries and on first look, they seem to be exactly what you'd think.

Wikipedia explains personal boundaries as being:

**“Personal boundaries** are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limit.” This is exactly what we're taught from all addiction counsellors and therapists. However, I kept reading and Wikipedia goes on to say that, “Personal boundaries operate in two directions, affecting both the incoming and outgoing interactions between people. These are sometimes referred to as the "protection" and "containment" functions.”

[https://en.wikipedia.org/wiki/Personal\\_boundaries](https://en.wikipedia.org/wiki/Personal_boundaries)

Incoming and outgoing interactions... when we're taught to make personal boundaries we focus too much on *what we're going to do*, this is the outgoing interaction but too often, we don't focus enough on the incoming interaction of *what to do when*. This is what we'll be talking about today. **Good boundaries go in two directions.**

If you're listening to this today, you're likely a believer in God. Where you're at in your faith isn't important right now, all that matters is whether or not you believe. Do you? Because if so, the personal boundaries we make must also be accountable to God. Which means, for believers, personal boundaries actually have three directions: inward, outward, and up.

If you're in the **Live, Love, Hope Community** you may have read my post about "keeping our eyes up". If you're not there, I'll reiterate a bit of it for you:

"We have to put our hope in the Lord, not our loved ones. We wish for the best for them, continue to choose to love them and stand tall to fight this enemy with them. We cannot allow Satan to be the victor in bringing us, or our loved one, down. Because the truth is, when we are tied to heaven, nothing can hold us down for long.

Eyes upward, my dear friends. Not behind. Not ahead. Up."

-Leah Grey

With our eyes upward and our focus on the present, we will make these boundaries over the next few weeks. It won't be easy. You're going to be pulled back into the darkness and the memories and it's going to hurt but stay strong, pray much and be brave. We are not only making boundaries, we are breaking barriers of darkness and untangling ourselves from the hold the enemy has on us.

***These are boundaries with God.***

You may be wondering why we need boundaries when God has everything under control but God loves to use people to do His work. We were created to be in a relationship with Him, we are family. Working for the Kingdom of God is a family-run business and when one member is struggling, we step in to help. You may not feel it but you are doing great work for the Kingdom of God. You're witnessing. You're piercing the darkness. You are making a difference. This is not easy work for the faint of heart. So it's important to pay attention to yourself and know when you need to take a step back. Recognize the moment you've gone from being a healthy helper to an unhealthy sideline story of pain and brokenness.

If we're not wise, being ever so careful, addiction will take us down. We make boundaries to be sure that won't happen.

**Let me summarize what I said:**

**What are boundaries?**

Boundaries are guidelines, rules and limits that keep us safe from incoming and outgoing interactions with other people.

**Why do we need them?**

We need boundaries to break the barriers of the darkness of addiction and untangle ourselves from the story to be happy, healthy helpers in the Kingdom of God.

Now that we have that covered, I hope you realize this isn't going to be your average lesson on how to make personal boundaries. We will talk about that too but really, truly, this is about what God wants for our lives.

**Which brings us to the next lesson: Key Aspects of Godly Boundaries.**

Don't forget to download your worksheet for this lesson!