



LEARNING TO HONOR YOUR LIMITS

Theme for May: Management

The Goal: To learn how to recognize the importance of boundaries and develop healthier ways of protecting our emotional, mental, spiritual, and relational well-being.

WHAT ARE BOUNDARIES?

Boundaries are the limits we set to protect our mental, emotional, spiritual, and physical well-being. They help us define what is acceptable and what is not in how others treat us and how we engage with life.

Boundaries are not about pushing people away, they are about healthy stewardship of self.

Key Question: Where do I need to set or strengthen boundaries in my life?

1. When Boundaries Are Weak (Proverbs 4:23)

When boundaries are weak, we often feel overwhelmed, emotionally drained, or taken advantage of. Without limits, everything and everyone has access to our inner world.

Reflection: Where have I allowed too much access to my time, emotions, or energy?

Key Points

- Weak boundaries lead to emotional exhaustion
- Everything does not deserve access to you
- Protecting your peace is an act of wisdom

2. When People Overstep Boundaries (Matthew 7:6)

Not everyone will respect your limits, and some may expect more access than is healthy for you.

Reflection: Where have I struggled to say “no” or enforce limits with others?

Key Points

- You are responsible for your boundaries
- Helping others does not mean losing yourself
- Healthy relationships respect limits



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3. Boundaries and Emotional Stewardship (Matthew 5:37)

Boundaries require clarity, honesty, and consistency. Stewardship means managing your emotional and mental space with intention.

Reflection: Am I honest with myself and others about what I can handle?

Key Points

- Boundaries protect your peace, not your pride
- “No” is a complete sentence
- Stewardship means managing your emotional capacity well

4. Boundaries and Peace of Mind (Philippians 4:7)

Healthy boundaries create space for peace. Without them, anxiety, stress, and burnout increase.

Reflection: What boundaries would help protect my peace right now?

Key Points

- Boundaries protect your mental and emotional health
- Peace often requires limits
- What you protect, you preserve

CLOSING

Boundaries are not walls to isolate you, they are wisdom to protect you. Learning to set and maintain boundaries is part of stewardship, helping you care for your mind, emotions, and relationships in a healthy way. When you manage your boundaries well, you protect your peace and create space for growth, clarity, and stability.