

Healthy boundaries help us keep the good in and the bad out. They guard our treasures so that people will not steal them. Sometimes, we have bad on the inside and good on the outside. Our fences need gates that open so we can bring the good in and take the bad out.

***Self-Control (inside property line)***

1. My choices
2. My feelings
3. My thoughts
4. My responses
5. My attitudes
6. My life – I carry my load



*A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. – Henry Cloud and John Townsend authors of "Boundaries"*

- Physical boundaries help us determine who may touch us and under what circumstances.
- Mental boundaries give us the freedom to have our own thoughts and opinions.
- Emotional boundaries help us deal with our own emotions and disengage from the harmful, manipulative emotions of others.
- Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for our Creator.