

10

11

12

13

14

15

16

17

18

Today:

B O U N D A R I E S

What to do with toxic, draining, dangerous and dysfunctional relationships. How to navigate interactions that drain life from your soul.

34 Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. **35** For I have come to turn “a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law—**36** a man’s enemies will be the members of his own household.”

Hey Disciples! When you set out on your path, you will encounter conflict, dysfunction, and division so be prepared. Conflict, dysfunction, and division are inevitable. Why? Because Christ is announcing a new way of arranging things, and that new way is in direct conflict with the old order of arranging things.

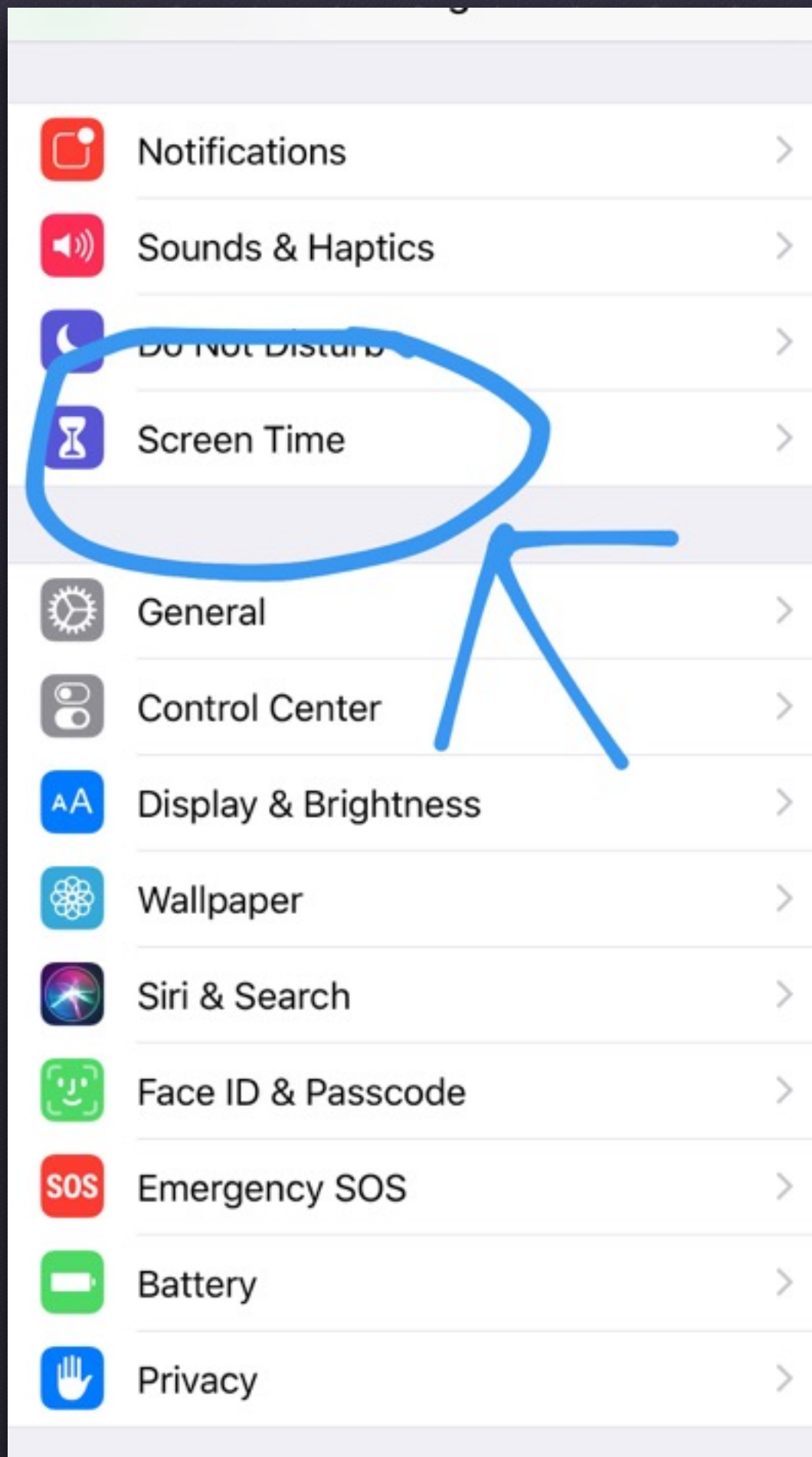
What are boundaries?

A boundary is something that separates two things. A relational boundary is a limit you can set on what you will accept of another person's words or actions. Healthy boundaries are for keeping bad elements (such as cruelty, abuse, harassment, and manipulation) out of your life and relationships.

**There is this divine image present
in every human being. You respect
it, honor it and protect it.**

If you do not protect, honor, and respect the image of God in yourself, you are going to have far less compassion and energy to respect, honor, and protect the image of God in others.

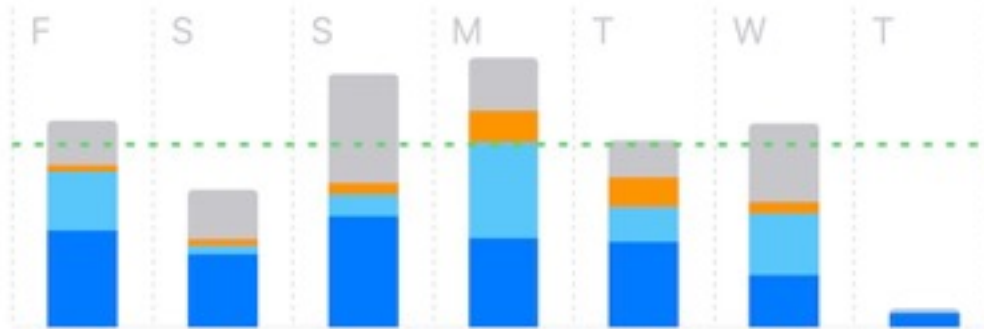
**How do we use boundaries?
Boundaries exist for protection.**



SCREEN TIME

Today at 8:34 AM

5h 41m per day ↓ 6% from last week



Social Networ... 16h 16m Reading & Reference 8h 47m Productivity 3h 6m

Weekly Total 39h 50m

MOST USED

[SHOW CATEGORIES](#)

- Twitter 7h 52m >
- Instagram 6h 31m >
- Kindle 6h 5m >
- Safari 2h 52m >
- Mail 2h 19m >



66 per day



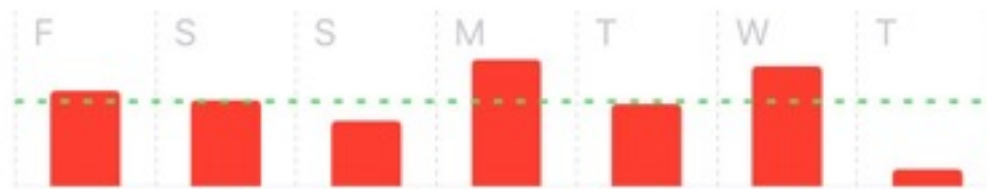
Total Pickups 464

Most Pickups 97 between Fri – Sat

NOTIFICATIONS

173

Around 24 per day



Messages 157

Clock 7

Phone 5

Photos 1



When do we need boundaries?

Misunderstanding:

Boundaries are not about eliminating all the difficult people. If we never engage with people we find it difficult to talk to, we only contribute to our own immaturity.

How long does it take for you to detox from that interaction? Who are the people that every time you step into their orbit you know it's going to take a couple days to recover?



“If you are constantly in a setting where people who call themselves family, friends, or partners actually tear you down, you are not a good stewardship of you. You are the ultimate steward of you.”

- Rob Bell



10

11

12

13

14

15

16

17

18