



## SETTING HEALTHY BOUNDARIES

HENRY CLOUD AND JOHN TOWNSEND

(Exodus 20:1-17)

M

any people struggle with relationships in which there is irresponsibility, hurt, or control. They don't know how to handle conflict or even their own responsibilities. Fortunately, God has provided people with a great deal of teaching on how to order our lives with the help of boundaries.

Boundaries are simply defined as property lines. Just as a fence shows where one yard ends and another begins, a boundary indicates what belongs to us and what belongs to others. Whenever we encounter words in the Bible like truth, righteousness, justice, honesty, integrity, and holiness, we should pay attention. They describe some aspect of boundaries for God's people.

Boundaries are a tool that God uses to serve three of His most important values: Love, Responsibility, and Freedom.

### **BOUNDARIES PROMOTE LOVE**

God is the essence of love (1 John 4:16). God's boundaries are very clear between what He loves and what He cannot abide. For example, God loves righteousness and justice (Ps. 33:5), His people (2 Chr. 2:11), and the world (John 3:16). At the same time, He sets boundaries on His love and actually hates certain things (Prov. 6:16-19; Zech. 8:17).

God enacts boundaries with His people to promote a loving relationship. He provides structures that teach people how to love and follow Him. God gave the Ten Commandments for people's well-being (Ex. 20:1-17). He uses boundaries to make life safe enough for us to return His love.

Likewise, we are to use boundaries to promote love and connection with others. When people live within their God-ordained boundaries, they can be safe and

trusting with each other. As we walk in truth and righteousness, and require that of others, love flourishes.

### **BOUNDARIES DEFINE RESPONSIBILITY**

Boundaries help people clarify how to take responsibility for their lives before God. They also help people understand the extent and limits of their responsibilities to others.

God is clear about His purposes and tasks. He creates and maintains the universe (Gen. 1:1; Col. 1:17), seeks and saves the lost (Luke 19:10), and keeps His promises (Num. 23:19). He also knows what is *not* His responsibility. He is not responsible for evil (Job 34:10), confusion (1 Cor. 14:33), or temptation (James 1:13).

**We also are to take responsibility over our lives by setting boundaries to, for example, guard our hearts (Prov. 4:23), take up our crosses (Luke 9:23), be good stewards (Matt. 25:14-30), and grow the fruit of the Spirit (Gal. 5:22, 23).**

**Boundaries help us to know our responsibilities to others.** We are to love others, but without rescuing or enabling them (Lev. 19:15; Prov. 19:19; 2 Thess. 3:10). We are to know when to protect ourselves from the sin or immaturity of others (Prov. 22:3; Matt. 7:6) and when to turn the other cheek (Matt. 5:39). We are to confront and provide consequences for those who are hurtful or irresponsible (Matt. 18:15-17; 1 Cor.

5:1-5). Boundaries help us to become a conduit for God's truth, justice, and discipline. When clear boundaries are not kept, relationships can deteriorate in destructive ways.

### **BOUNDARIES PROTECT FREEDOM**

Boundaries preserve the freedom to choose God's paths. We can only truly love God and others when we are free.

God uses boundaries to establish His freedom, His independence. No one instructs Him (Is. 40:13, 14). He makes choices because He knows they are the right choices. He is free to say no to our requests (2 Cor. 12:7-10).

Boundaries protect our freedom with other people. We can freely choose to submit our lives to God, no matter what others say (Josh. 24:15). We can choose our paths and have personal preferences and opinions. Freedom has consequences, however. We are free to move away from God, as well as toward Him. Boundaries give us freedom, but we need to use our freedom to look forward to the path He has for us, instead of back at the old ways.

### **DEVELOPING HEALTHY BOUNDARIES**

Perhaps we have found that love does not flow freely from us to God or to another person. Perhaps we are taking responsibility for someone else's feelings. Or we suffer from a lack of freedom in our choices—being controlled by our own conflicts or someone else's manipulation. Following are some suggestions for developing boundaries:

- Become aware of areas of your life that show boundary problems and explore the roots of those conflicts.
- Meet regularly with caring people who will tell the truth, say no, and help you set limits.

- Take ownership of the problem rather than blaming others.
- Give and receive forgiveness.
- Risk telling the truth to God and to safe people in your life.
- Set limits and establish consequences with those who are irresponsible or controlling.
- Learn to give freely to those who legitimately need our help.

God knows these issues and has provided a solution through biblical boundaries. We can take Him at His word and begin to develop the ability to form our boundaries and stand firm within them.

### **FURTHER MEDITATION:**

Other passages to study about the issue of boundaries include:

- Exodus 18:13-24
- Proverbs 10:18
- Matthew 5:37; 7:6; 18:15-20
- 2 Corinthians 9:6, 7
- Galatians 5:1-23; 6:1-7
- Ephesians 4:25

To Learn More: Turn to the key passage note on boundaries at 2 Corinthians 6:14 on page 1525. See also the personality profile of Lot on page 28.

evil report and good report; as deceivers, and yet true; <sup>9</sup>as unknown, and yet well known; as dying, and behold we live; as chastened, and yet not killed; <sup>10</sup>as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.

#### BE HOLY

<sup>11</sup>O Corinthians! We have spoken openly to you, our heart is wide open. <sup>12</sup>You are not restricted by us, but you are restricted by your own affections. <sup>13</sup>Now in return for the same (I speak as to children), you also be open.

<sup>14</sup>Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? <sup>15</sup>And what accord has Christ with Belial? Or what part has a believer with an unbeliever? <sup>16</sup>And what agreement has the temple of God with idols? For you<sup>a</sup> are the temple of the living God. As God has said:

*"I will dwell in them  
And walk among them.  
I will be their God,  
And they shall be My people."*<sup>b</sup>

<sup>17</sup>Therefore

*"Come out from among them  
And be separate, says the Lord."*

*Do not touch what is unclean,  
And I will receive you."*<sup>a</sup>

<sup>18</sup>*"I will be a Father to you,  
And you shall be My sons and  
daughters,  
Says the LORD Almighty."*<sup>a</sup>

**7** Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

#### THE CORINTHIANS' REPENTANCE

<sup>2</sup>Open your hearts to us. We have wronged no one, we have corrupted no one, we have cheated no one. <sup>3</sup>I do not say *this* to condemn; for I have said before that you are in our hearts, to die together and to live together. <sup>4</sup>Great is my boldness of speech toward you, great is my boasting on your behalf. I am filled with comfort. I am exceedingly joyful in all our tribulation.

<sup>5</sup>For indeed, when we came to Macedonia, our bodies had no rest, but we were troubled on every side. Outside were conflicts, inside were fears. <sup>6</sup>Nevertheless God, who comforts the downcast, comforted us by the coming of Titus, <sup>7</sup>and not only by his coming, but also by

**6:16** <sup>a</sup>NU-Text reads *we*. <sup>b</sup>Leviticus 26:12; Jeremiah 32:38; Ezekiel 37:27 **6:17** <sup>a</sup>Isaiah 52:11; Ezekiel 20:34, 41 **6:18** <sup>a</sup>2 Samuel 7:14

#### KEY PASSAGE



#### Boundaries

### PULLING TOGETHER

(6:14)

Jesus told His followers to "make disciples" (Matt. 28:19). Clearly, Christians are not to hide from unbelievers, but should be having an impact for God in their sphere of influence. God needs people everywhere who are ready to serve Him.

Paul does set a boundary line, however. As much as we are to seek to influence the unbelieving world, we must not be "unequally yoked together with unbelievers." To be "yoked" pictures harnessing two animals together. It was against God's law to yoke together animals of different strength, for they would pull against each other and would not accomplish anything worthwhile. Believers who are "yoked" with unbelievers—through close partnerships such as business or marriage—will find that they are pulling in different ways toward different goals. Believers should seek to "be yoked" only with other believers, so that they can strive together toward glorifying God and then achieving other common purposes.

To Learn More: Turn to the article about boundaries on pages 106, 107. See also the personality profile of Lot on page 28.

to him and entered his house. Then he made them a feast, and baked unleavened bread, and they ate.

<sup>4</sup>Now before they lay down, the men of the city, the men of Sodom, both old and young, all the people from every quarter, surrounded the house. <sup>5</sup>And they called to Lot and said to him, "Where are the men who came to you to-night? Bring them out to us that we may know them carnally."

<sup>6</sup>So Lot went out to them through the doorway, shut the door behind him, <sup>7</sup>and said, "Please, my brethren, do not do so wickedly! <sup>8</sup>See now, I have two daughters who have not known a man; please, let me bring them out to you, and you may do to them as you wish; only do nothing to these men, since this is the reason they have come under the shadow of my roof."

<sup>9</sup>And they said, "Stand back!" Then they said, "This one came in to stay here, and he

keeps acting as a judge; now we will deal worse with you than with them." So they pressed hard against the man Lot, and came near to break down the door. <sup>10</sup>But the men reached out their hands and pulled Lot into the house with them, and shut the door. <sup>11</sup>And they struck the men who were at the doorway of the house with blindness, both small and great, so that they became weary trying to find the door.

#### SODOM AND GOMORRAH DESTROYED

<sup>12</sup>Then the men said to Lot, "Have you anyone else here? Son-in-law, your sons, your daughters, and whomever you have in the city—take them out of this place! <sup>13</sup>For we will destroy this place, because the outcry against them has grown great before the face of the LORD, and the LORD has sent us to destroy it."

<sup>14</sup>So Lot went out and spoke to his sons-in-law, who had married his daughters, and said, "Get up, get out of this place; for the LORD will

### PERSONALITY PROFILE



## LOT'S BLURRED BOUNDARIES

(GENESIS 19)

**Boundaries** When Lot settled near Sodom (Gen. 13:12), he picked a dangerous neighborhood. Lot's life teaches us that problems inevitably follow our poor decisions—even decisions that look very good when they are made. When our choices leave our boundaries too open to the ways of the world, we place ourselves at risk. And sometimes we place others at risk, too.

Lot was Abraham's nephew. They traveled together from Mesopotamia when Abraham set out on his journey of obedience. By the time the two men were ready to settle in Canaan, both were wealthy. Their flocks were vying for the same grazing lands. Abraham suggested a parting of their households and gave Lot the first choice. Lot picked the Jordan valley near Sodom as an ideal location for his animals. What is best for livestock may not be good for people, however. Living in and around Sodom eventually corrupted Lot and his family. He later had to be dragged out of Sodom one step ahead of destruction. He lost his wife and all his earthly possessions. Lot paid a high price for blurred boundaries.

As it did for Lot, too much worldliness can have negative effects. Our boundaries are at risk when we dabble in activities and live by the world's values. What others call entertainment often turns out to be a web of gradual entrapment. Increasing numbness toward sinful behavior indicates breached boundaries.

God's Word provides dependable boundaries. Even the Ten Commandments (Ex. 20) describe important limits. We need God's wisdom in sharpening blurred boundaries. He can help us decide what it means for us to live the life that Jesus described as in the world, but not of the world (John 17). We also need God's help in rebuilding and guarding our breached boundaries. Lot's losses should provide a sobering incentive.

To Learn More: Turn to the article about boundaries on pages 106, 107. See also the key passage note at 2 Corinthians 6:14 on page 1525.

comparable to him.”<sup>19</sup> Out of the ground the LORD God formed every beast of the field and every bird of the air, and brought *them* to Adam to see what he would call them. And whatever Adam called each living creature, that *was* its name.<sup>20</sup> So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a helper comparable to him.

<sup>21</sup> And the LORD God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place.<sup>22</sup> Then the rib which the LORD God had taken from man He made into a woman, and He brought her to the man.

<sup>23</sup> And Adam said:

“This *is* now bone of my bones  
And flesh of my flesh;  
She shall be called Woman,  
Because she was taken out of Man.”

<sup>24</sup> Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

<sup>25</sup> And they were both naked, the man and his wife, and were not ashamed.

#### THE TEMPTATION AND FALL OF MAN

**3** Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, “Has God indeed said, ‘You shall not eat of every tree of the garden?’”

<sup>2</sup> And the woman said to the serpent, “We may eat the fruit of the trees of the garden; <sup>3</sup> but of the fruit of the tree which *is* in the midst of the garden, God has said, ‘You shall not eat it, nor shall you touch it, lest you die.’”

<sup>4</sup> Then the serpent said to the woman, “You will not surely die. <sup>5</sup> For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”

<sup>6</sup> So when the woman saw that the tree *was* good for food, that it *was* pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. <sup>7</sup> Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings.

<sup>8</sup> And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from

#### SOUL NOTE



**Make Your Choice** (2:16, 17) God provided an entire garden of fruit trees to satisfy Adam’s hunger as well as his taste buds. Adam, and soon Eve, were allowed to eat freely of every tree. But then God put *one* forbidden tree in the garden—just *one*—and told Adam, “You shall not eat” from that tree. In order for there to be loving obedience, there had to be the option for disobedience. Adam was given a clear boundary and a clear choice with clear consequences for disobedience. We also face choices every day. When we observe God’s boundaries, we show our love for Him.

**Topic: Boundaries**

#### SOUL NOTE



**Alone?** (2:18) God’s provision of a “helper” for Adam was not a condescending comment on singleness but an approval of marriage. God was concerned for Adam’s loneliness, for He created people to have relationships—with Him and with others. Single adults include never-marrieds as well as separated, divorced, and widowed persons. Though issues may differ, each one faces the potential problems of aloneness, such as isolation, insecurity, and feelings of rejection. Being “unattached” can foster destructive responses, or it can encourage the development of a deeper relationship with God. There’s nothing wrong with being single—just don’t go it alone!

**Topic: Singleness**

- And the end of his talk *is* raving  
madness.
- 14 A fool also multiplies words.  
No man knows what is to be;  
Who can tell him what will be after  
him?  
The labor of fools wearies them,  
For they do not even know how to go to  
the city!
- 16 Woe to you, O land, when your king *is* a  
child,  
And your princes feast in the morning!
- 17 Blessed *are* you, O land, when your king <sup>5</sup>  
*is* the son of nobles,  
And your princes feast at the proper  
time—  
For strength and not for drunkenness!
- 18 Because of laziness the building  
decays,  
And through idleness of hands the house  
leaks.
- 19 A feast is made for laughter,  
And wine makes merry;  
But money answers everything.
- 20 Do not curse the king, even in your  
thought;  
Do not curse the rich, even in your  
bedroom;  
For a bird of the air may carry your  
voice,  
And a bird in flight may tell the matter.

## THE VALUE OF DILIGENCE

- 1** Cast your bread upon the waters,  
For you will find it after many days.
- <sup>2</sup> Give a serving to seven, and also to  
eight,

For you do not know what evil will be  
on the earth.

If the clouds are full of rain,  
They empty *themselves* upon the earth;  
And if a tree falls to the south or the  
north,  
In the place where the tree falls, there it  
shall lie.  
He who observes the wind will not sow,  
And he who regards the clouds will not  
reap.

<sup>5</sup> As you do not know what *is* the way of  
the wind,<sup>a</sup>  
Or how the bones *grow* in the womb of  
her who is with child,  
So you do not know the works of God  
who makes everything.  
In the morning sow your seed,  
And in the evening do not withhold your  
hand;  
For you do not know which will  
prosper,  
**Either this** or that,  
Or whether both alike *will be* good.

- <sup>7</sup> Truly the light is sweet,  
And *it is* pleasant for the eyes to behold  
the sun;  
But if a man lives many years  
And rejoices in them all,  
Yet let him remember the days of  
darkness,  
For they will be many.  
All that is coming *is* vanity.

11:5 <sup>a</sup>Or spirit

## SOUL NOTE



**Youthful Exuberance** (11:9, 10) How young people live and what they do will lay the groundwork for the rest of their lives. Solomon observed that there is something wonderful and exuberant about adolescence. He challenged his young readers to rejoice in their youth, but he also told them to set boundaries on that youthful excitement so that they do not destroy their lives. Many people spend their lives facing the consequences of bad choices made during adolescence. Young people must develop a personal relationship with God that will positively affect their actions and attitudes, allowing them to enjoy their youth without making devastating mistakes.

**Topic: Boundaries**

your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift. <sup>25</sup>Agree with your adversary quickly, while you are on the way with him, lest your adversary deliver you to the judge, the judge hand you over to the officer, and you be thrown into prison. <sup>26</sup>Assuredly, I say to you, you will by no means get out of there till you have paid the last penny.

#### ADULTERY IN THE HEART

<sup>27</sup>"You have heard that it was said to those of old,<sup>a</sup> *You shall not commit adultery.*<sup>b</sup> <sup>28</sup>But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. <sup>29</sup>If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. <sup>30</sup>And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

#### MARRIAGE IS SACRED AND BINDING

<sup>31</sup>"Furthermore it has been said, 'Whoever divorces his wife, let him give her a certificate of divorce.'<sup>32</sup> But I say to you that whoever divorces his wife for any reason except sexual immorality<sup>a</sup> causes her to commit adultery; and whoever marries a woman who is divorced commits adultery.

#### JESUS FORBIDS OATHS

<sup>33</sup>"Again you have heard that it was said to those of old, 'You shall not swear falsely, but shall perform your oaths to the Lord.'<sup>34</sup> But I say to you, do not swear at all: neither by heaven, for it is God's throne; <sup>35</sup>nor by the earth, for it is His footstool; nor by Jerusalem,

for it is the city of the great King. <sup>36</sup>Nor shall you swear by your head, because you cannot make one hair white or black. <sup>37</sup>But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one.

#### GO THE SECOND MILE

<sup>38</sup>"You have heard that it was said, '*An eye for an eye and a tooth for a tooth.*'<sup>a</sup> <sup>39</sup>But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also. <sup>40</sup>If anyone wants to sue you and take away your tunic, let him have your cloak also. <sup>41</sup>And whoever compels you to go one mile, go with him two. <sup>42</sup>Give to him who asks you, and from him who wants to borrow from you do not turn away.

#### LOVE YOUR ENEMIES

<sup>43</sup>"You have heard that it was said, '*You shall love your neighbor*<sup>a</sup> and hate your enemy.'<sup>44</sup> But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,<sup>a</sup> <sup>45</sup>that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. <sup>46</sup>For if you love those who love you, what reward have you? Do not even the tax collectors do the same? <sup>47</sup>And if you greet your brethren<sup>a</sup> only, what do you do more than others? Do not even the tax collectors<sup>b</sup> do so? <sup>48</sup>Therefore you shall be perfect, just as your Father in heaven is perfect.

5:27 <sup>a</sup>NU-Text and M-Text omit *to those of old.*

<sup>b</sup>Exodus 20:14; Deuteronomy 5:18 5:32 <sup>a</sup>Or *fornication* 5:38 <sup>a</sup>Exodus 21:24; Leviticus 24:20; Deuteronomy 19:21 5:43 <sup>a</sup>Compare Leviticus 19:18 5:44 <sup>a</sup>NU-Text omits three clauses from this verse, leaving, "But I say to you, love your enemies and pray for those who persecute you." 5:47 <sup>a</sup>M-Text reads *friends.* <sup>b</sup>NU-Text reads *Gentiles.*

#### SOUL NOTE



**Word Watch** (5:33–37) Jesus told people that they should not "swear at all," but should let their "yes" mean yes and their "no" mean no. God's people should not have to swear to the truth of their words. They should be so trustworthy that their statements are believed without question. Words are important, and believers must watch what they say. They should never say one thing and mean another. God's people should be trustworthy and keep their word. **Topic: Boundaries**

To preach the gospel to the poor;  
He has sent Me to heal the  
brokenhearted,<sup>a</sup>

To proclaim liberty to the captives  
And recovery of sight to the blind,  
To set at liberty those who are  
oppressed;

<sup>19</sup> To proclaim the acceptable year of the  
LORD."<sup>a</sup>

<sup>20</sup>Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. <sup>21</sup>And He began to say to them, "Today this Scripture is fulfilled in your hearing." <sup>22</sup>So all bore witness to Him, and marveled at the gracious words which proceeded out of His mouth. And they said, "Is this not Joseph's son?"

<sup>23</sup>He said to them, "You will surely say this proverb to Me, 'Physician, heal yourself! Whatever we have heard done in Capernaum,<sup>a</sup> do also here in Your country.'" <sup>24</sup>Then He said, "Assuredly, I say to you, no prophet is accepted in his own country. <sup>25</sup>But I tell you truly, many widows were in Israel in the days of Elijah, when the heaven was shut up three years and six months, and there was a great famine throughout all the land; <sup>26</sup>but to none of them was Elijah sent except to Zarephath,<sup>a</sup> in the region of Sidon, to a woman who was a widow. <sup>27</sup>And many lepers were in Israel in the time of Elisha the prophet, and none of them was cleansed except Naaman the Syrian."

<sup>28</sup>So all those in the synagogue, when they heard these things, were filled with wrath, <sup>29</sup>and rose up and thrust Him out of the city; and they led Him to the brow of the hill on which their city was built, that they might throw Him down over the cliff. <sup>30</sup>Then passing through the midst of them, He went His way.

#### JESUS CASTS OUT AN UNCLEAN SPIRIT

<sup>31</sup>Then He went down to Capernaum, a city of Galilee, and was teaching them on the Sabbaths. <sup>32</sup>And they were astonished at His teaching, for His word was with authority. <sup>33</sup>Now in the synagogue there was a man who had a spirit of an unclean demon. And he cried out with a loud voice, <sup>34</sup>saying, "Let us alone! What have we to do with You, Jesus of Nazareth? Did You come to destroy us? I know who You are—the Holy One of God!"

<sup>35</sup>But Jesus rebuked him, saying, "Be quiet, and come out of him!" And when the demon had thrown him in their midst, it came out of him and did not hurt him. <sup>36</sup>Then they were all amazed and spoke among themselves, saying, "What a word this is! For with authority and power He commands the unclean spirits and they come out." <sup>37</sup>And the report about Him went out into every place in the surrounding region.

#### PETER'S MOTHER-IN-LAW HEALED

<sup>38</sup>Now He arose from the synagogue and entered Simon's house. But Simon's wife's mother was sick with a high fever, and they made request of Him concerning her. <sup>39</sup>So He stood over her and rebuked the fever, and it left her. And immediately she arose and served them.

#### MANY HEALED AFTER SABBATH SUNSET

<sup>40</sup>When the sun was setting, all those who had any that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them. <sup>41</sup>And demons also came out of many, crying out

4:18 <sup>a</sup>NU-Text omits *to heal the brokenhearted*  
4:19 <sup>a</sup>Isaiah 61:1, 2 4:23 <sup>a</sup>Here and elsewhere in  
NU-Text spelling is *Capharnaum*. 4:26 <sup>a</sup>Greek  
*Sarepta*

#### SOUL NOTE



**Setting Limits** (4:42) People in the crowds around Jesus continually asked Him for healing. Jesus worked hard at spending time with people and meeting their needs. At times, however, He set limits and went off by Himself. Jesus needed time alone for prayer and spiritual renewal, and so do we. We need to set boundaries on our busyness or our lives will soon be jammed with concerns and activities. And soon we will have no time for God. No matter how much we have to do, things will go better when we make sure to spend time with God, one-on-one. **Topic: Boundaries**