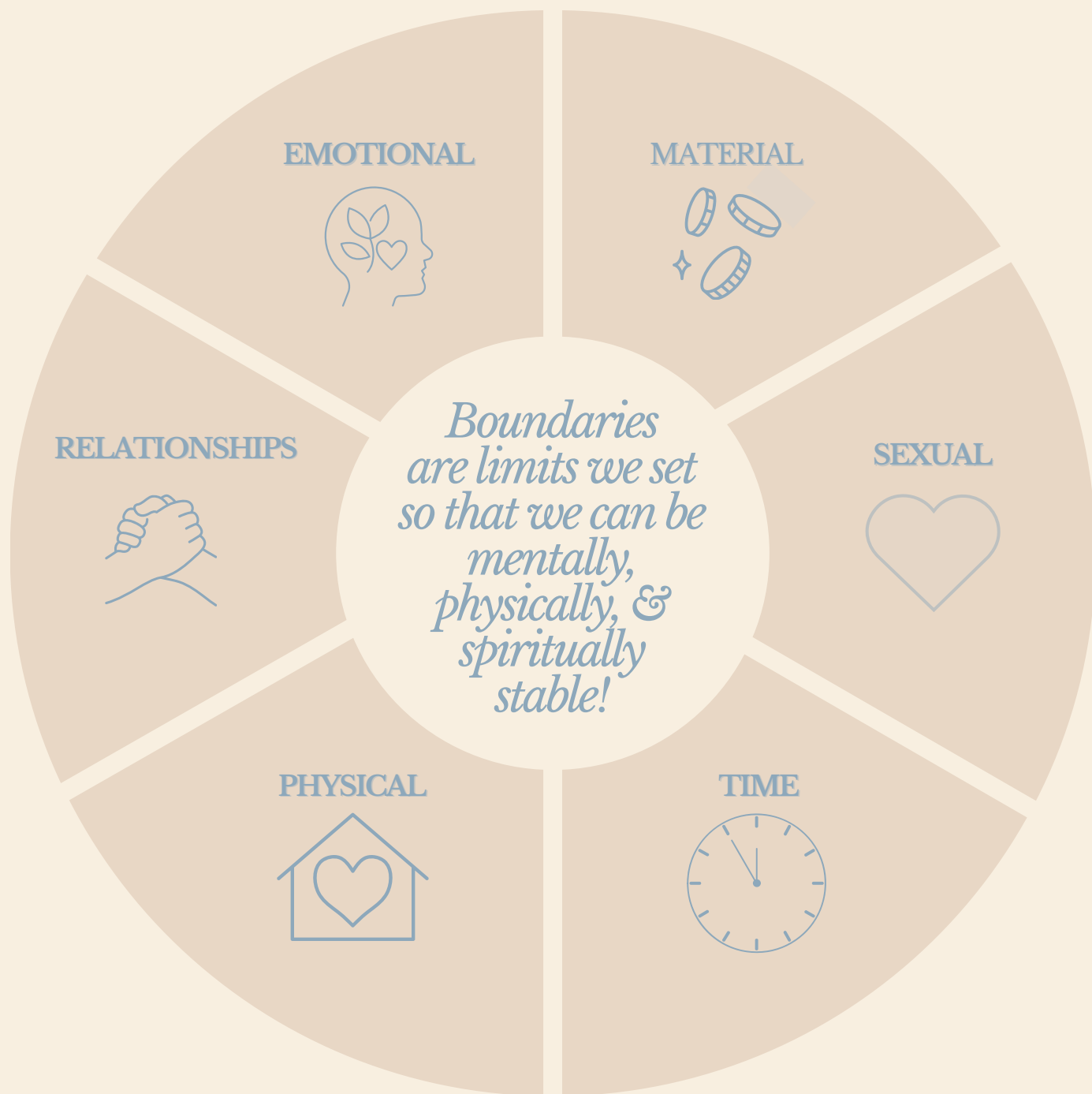


TYPES OF BOUNDARIES



UNVEILED

BOUNDARIES

HOW TO SAY "NO" IN A WAY THAT IS HONORING

1.

Pray for the person to have a receptive heart

2.

Pray for the Holy Spirit to speak through you

3.

Remember the power of life and death is in your tongue

4.

Have the conversation but do so in love with a gentle tone

5.

Don't feel the need to over explain

6.

Be at peace knowing God loves this person more than you do!

UNVEILED

WHY IS SETTING BOUNDARIES IMPORTANT?

WHEN WE SET BOUNDARIES WE...

allow for thriving relationships

communicate with kindness that honors God & others

prioritize the gifts God has given us

create a well-balanced life!

where do you fall in your boundaries?



RIGID

- avoids intimacy and close relationships
- doesn't ask for help
- overly protective of themselves and personal info
- may come across blunt/insensitive
- keeps a distance to avoid rejection

HEALTHY

- doesn't compromise values for others
- knows how to communicate wants & needs in love
- shares personal info appropriately
- is comfortable saying "no" and getting "no" answers

POROUS

- overshares personal info
- finds it very hard to say "no" to others' requests
- over involved with others' problems
- accepts disrespect
- dependent on others' opinions