



Better Boundaries

Do you want to have the best life possible? Of course, you do! Well, there is one thing that all emotionally healthy people have in common, and that single element can empower you to be the best version of yourself. We look forward to seeing you this Sunday - together, we can become better.

Proverbs 25:28(ERV): "People who cannot control themselves are like cities without walls to protect them."

Biblical wisdom = How to succeed in life

Do you exaggerate the small good things while suppressing the big bad things?

Are you being abused but afraid to call it that?

Are you in love with their potential instead of who they are right now?

Do you regularly question your worth or your sanity after spending time with this person?

Are you constantly walking on eggshells

Do you spend more time trying to save the relationship than enjoying the relationship?

Are they resistant to changing a behavior even though they know it is hurting you?

Do they love you more or less based on what you do or do not do

What do the wise people in your life have to say about this relationship?

Matthew 22:39: "Love your neighbor as yourself."

Am I loving myself?

John 2:24: "But Jesus would not entrust himself to them."

Matthew 7:6: "Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces."

Am I protecting myself?

Healthy people respect healthy boundaries

Unhealthy people blame and shame

Boundaries Set, NO Regrets!