

Healthy Boundaries in Marriage

2018 UBF International Summer Bible
Conference

Welcome Everyone!

- 1. What prompted you to select this interest group? (Please be as frank and detailed as you are willing to be.)**
- 2. What do you think healthy boundaries are and how important they are?**

The Unity in Marriage

*“For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh”

* (Ephesians 5:31)



* The Biblical ideal for marriage is that two lives (husband and wife) become one. But without the healthy boundary in marriage, the ideal marriage remains unreal, less fulfilling and counter-productive.

A Common **Misconception** about Boundaries:

* **Myth**

* **“Boundaries are BAD because they keep people apart!”**

*Fact

*** Healthy boundaries are for keeping bad elements (such as cruelty, abuse, harassment, and manipulation) out of your life and relationships.**

* “When two people are free to disagree, they are free to love. When they are not free, they live in fear, and love dies.”

What is a boundary?



Where to draw the line?





* “Good fences make good
neighbors.”

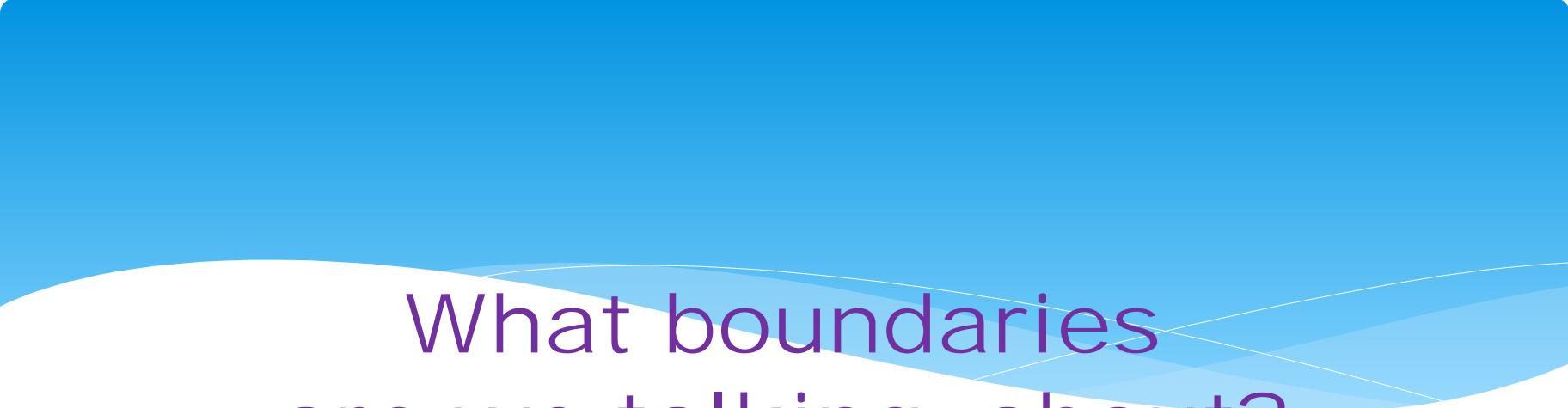
**“Boundaries define us. They
define what IS me and what
IS NOT me.”**

**“Boundaries shows where I
end and someone else
begins.”**

- Boundaries show us
- what we are responsible for,
- and they help us define what we are NOT responsible for.

* **Boundaries keep people together
in a healthy way.**

* **Healthy boundaries and respect
help people communicate more
effectively and work together,
making people less likely to fight
or want to leave the relationship.**



What boundaries
are we talking about?

- *1. Material Boundary
- *2. Physical Boundary
- *3. Mental Boundary
- *4. Emotional Boundary

Is boundary a biblical idea?

*The Ten Commandments

defines our boundaries.

BOUNDARIES

BETWEEN

GOD AND HIS PEOPLE

& AMONG HIS PEOPLE

BoyJesus in the temple:

“Why were you searching for me? Didn’t you know I had to be in my Father’s house?” (Lk. 2:49)

Wedding in Cana:

“Dear woman, why do you involve me? My Time has not yet come.” (Jn. 2:4)



Sherrie Without Boundaries

(DVD #1)

Stephanie's story

DVD#2 (2:10 min)

Discussion in small session

- * 1. **How much freedom is there to talk about anything in your marriage** – to be emotionally open, honest and vulnerable?
- * 2. **How would you describe the power structure in your marriage?** Is it egalitarian (equal shared partnership) or hierarchical (with one person having more authority)?
- * 3. **Does anything seem unfair or unbalanced in your marriage?** Does your spouse owe you anything?

What are some of important principles in setting healthy boundaries in marriage?

1. Mutual Respect

2. Responsibility

3. Freedom

4. Intimacy

5. Self-Control

Setting Boundaries with yourself

Intimacy and Differentiation



- * Most people are unable to achieve adequate levels of differentiation until at least their middle years after the “long hard struggle” of many years of marriage in which they see the best and worst parts of one another.
- * They have experienced love and hatred and have faced the terror of being abandoned for revealing the worst in themselves.

- * The paradox of intimacy is achieved only when each can tolerate the loneliness of being fundamentally separate from other human beings.
- * Intimacy is the process of knowing oneself in the presence of another person. It takes courage and faith in oneself and the other.

**Is there any other boundary should we
think about?**

- * Time boundaries
- * Communication boundaries
 - * Anger boundaries
 - * Parent boundaries
 - * Spiritual boundaries
 - * Internet boundaries
 - * Etc.



**What are some anxieties about
setting boundaries?**

- 1. Are boundaries selfish?**
- 2. Can I set limits and still be a loving person?**
- 3. What if my boundaries upset/hurt someone?**
- 4. Why do I feel guilty or afraid when I say “no” to others?**
- 5. What can I say to some who constantly wants my time, love, energy, or money?**
- 6. Why is it difficult for me to hear “no” from others?**

Conclusion

- * After hearing the lecture and sharing together, do you have any practical prayer topics for your marriage you wish to share?
- * Q & A

* " "You can't force a person
to show you respect, but
you can refuse to be
disrespected!"

*“For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh”

* (Ephesians 5:31)