

## **Biblical Boundaries Worksheet**

### **Define Yourself**

How does God define me?

What standards should I have because of who God has called me to be?

What actions are violating the standard God has set about who I am?

### **Identify Your Responsibility**

What are some things I know I am responsible for in this situation/relationship?

What are some things I know I am not responsible for in this situation/relationship?

What are a few standards I can set that encompass my responsibility, but don't try to control what is not my responsibility?

Check Your Motives and Ask for Wisdom.

What do I hope will be the results of setting this boundary?

Is that goal honoring to God?

What are some other possible results of setting this boundary?

How do those possibilities make me feel?

What is God asking me to do in this area?

After evaluating my motives, do I feel this boundary can be made with integrity and in obedience to God?

## Choose Consequences and Gates.

What is the natural consequence of the offending behavior?

What action can I take to get out of the way of that consequence and allow it to land squarely on the one who is breaking the established standard?

Does this consequence attempt to take justice into my own hands in order to seek revenge? Or does it leave justice in God's very capable hands?

Are my parameters clear? Can I easily communicate what my actions will be in a way that leaves no room for questions or manipulations?

What actions will prove to me that there has been a heart-change?

What are some clear steps that can be taken to restore the relationship?

Can I clearly communicate these steps in a way that leaves no room for questions or manipulations?

Clearly and Concisely Communicate Your Boundaries.

Write your boundary.

Write your reason.

Write your consequence.

Write the way back in.