

Biblical Boundaries Worksheet

Define Yourself

How does God define me?

According to Proverbs 6:16-17, Proverbs 12:22, Psalms 5:6, and many other passages God hates a lying tongue., and according to Ephesians 5:1, I should imitate God. As a daughter of the Lord, I should have a big problem with lies.

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

God makes strong boundaries around being lied to in Scripture and so should I. I should not ever knowingly tolerate being lied to.

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

When my husband is active in his addiction, lies become a part of his regular behavior.

Identify Your Responsibility

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

I am responsible for what I do with the truth when it is revealed to me. I am responsible for setting standards that make it clear I will not tolerate being lied to. I am responsible to tell the truth myself no matter what.

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

I can not make my husband tell the truth and am not responsible for his actions. But I can trust God to reveal the truth to me. I'm not responsible for how my husband responds to my boundaries once I set them in place.

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

I can set standards that set out what I will do if I discover I have been lied to. I can regularly pray verses like Luke 8:17, asking God to reveal to me what has been hidden from me, and trust Him to do so.

Check Your Motives and Ask for Wisdom.

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

I hope my husband will realize that telling lies is unacceptable and that nothing good comes from it. Also, I hope he will realize that he can't get away with it because God always reveals the truth. I hope this will change his heart about lying and he will decide to live a life of truth before God and man.

Is that goal honoring to God?

Yes, I believe it is. Very much. Not only am I honoring Him in my standard, but I am trusting Him in its execution too.

What are some other possible results of setting this boundary?

My husband could become bitter that he is being held to a standard he doesn't have any interest in conforming to and choose to leave this relationship and pursue divorce.

How do those possibilities make me feel?

Really sad, and really scared. And if I'm honest a little angry.

What is God asking me to do in this area?

Set a strong boundary around the truthfulness of our relationship. He wants me to be committed to truth!

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

Yes. For sure!

Choose Consequences and Gates.

What is the natural consequence of the offending behavior?

The natural consequence of lying is lost trust, and broken relationship.

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?

I can stop just going on with life like everything is normal when I find out that I am being lied to again, and instead ask him to leave the house for a time. I can stop covering for him by not letting anyone else know what a liar he is. I can insist that trust be rebuilt by consistent truth telling before I agree to re-establish normalcy in the relationship.

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?

I think it leaves justice in God's hands. I will not be going out of my way to tell everyone what he has done or act aggressively toward him. I will simply remove myself from his influence, stop hiding, and let him answer for his own behavior.

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

Yes. My parameters will allow 24 hours for him to tell me anything I need to know. After that, it will be considered a lie. Yes, my actions will be that if/when I find out I have been lied to I will separate myself from him for a minimum of 30 days.

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

I will need to see consistent truth-telling. Also, I will need there to be total cooperation with my boundaries. It will need to be done with humility and remorse. Otherwise, I will know there is no true repentance and the relationship will be over.

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

He can willingly leave the house for the 30 days and place himself in a safe place during that time. He can communicate his remorse. He can check in with me daily on his own taking that opportunity to tell me as much truth as he can think of.

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

I believe I can.

Clearly and Concisely Communicate Your Boundaries.

Write your boundary.

I am drawing a hard line in the sand around my willingness to abide with lies. I will no longer just put up with being lied to. From now on you have 24 hours to tell me the truth about anything I need to know. After 24 hours, if I find out you have kept something from me, or directly lied to me about something, you will be in violation of my boundary.

Write your reason.

God makes it clear in Scripture that He detests lies, and as His daughter, so do I. Your lies have shattered my trust and ruined our relationship. I will not be a part of a relationship anymore that is so displeasing to God.

Write your consequence.

I will ask you to move out of our house for at least 30 days in order to spend time earning back my trust from a safe distance. At the end of those 30 days I will re-evaluate what I believe God is asking me to do at that point.

Write the way back in.

While you are living somewhere else (somewhere safe) you will be free to communicate with me whenever you want, and if you want to rebuild trust you will take the opportunity to work on telling the truth with daily check-ins.

You will need to find a way to prove to me that you are taking truth-telling seriously and that you understand what a violation of God's standard it is to lie. I also will need to believe that you understand how damaging your lies have been to our relationship and to me. I need to know that you are committed to living in truth. That you have truly repented. I will be counting on God to show me this. And you'll just have to accept what I tell you God is telling me on the subject. A bad attitude about this will prove to me that you aren't repentant.