

Living Guilt-Free



June 3, 2025

Led by Sherri Arndt

Definition

Boundaries do mean we recognize and understand who we are in Christ and what he has called us to do, and based on that, we understand where we must draw the lines. We are saying that if we don't put those boundaries in place, we will not be able to accomplish what God has called us to do.

Areas to set boundaries:

Spiritual

Mental

Physical

Emotional

Social

Material

Conversational/Words

Time

Why set boundaries?

We long to walk in obedience to Christ so that we are about doing what God has called us to do. So Satan doesn't roam where he doesn't belong!

How do I set boundaries?

Begin with a correct heart posture:

Romans 12:1-2 is a great prayer:

Lord, today I present my body to you as a living sacrifice. May it be holy and pleasing to you. Today I offer this as my spiritual act of worship. Help me not to be conformed today to the pattern of this world but transform me by the renewing of my mind. In that way, Lord, today I can test and approve what is your will for me – your good, pleasing, and perfect will.

Practical:

Bring a blank piece of paper and a pen/pencil and we will walk through a tool together.