



The 7 Pillars of *Godly Boundaries*

C Y N T H I A O K U N D I G I E

**UNDERSTANDING
GODLY BOUNDARIES**

Proverb 4:23

*“Keep thy heart with all diligence;
for out of it are the issues of life.”*

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Dear Reader,

Thank you for taking the time to explore this ebook on Godly boundaries. As you delve into the principles and practical applications outlined in these pages, I want to invite you to further enrich your understanding by watching my YouTube video podcast titled "Godly Boundaries; It's Ok to Say No" under my podcast "The Journey Podcast."

In this podcast episode, I dive deeper into the importance of establishing boundaries, offering additional insights and real-life examples that complement the teachings in this book. You will find this podcast particularly useful in understanding how to say no in various situations —whether it's to the devil and his agents, to others, or even to yourself.

By watching this podcast, you will gain a more comprehensive view of how to apply these principles effectively, ensuring that you live a balanced and fulfilling life that honors God.

How to Watch:

Simply visit my YouTube channel, "[Watchman's Journey](#)," and look for the episode titled "Godly Boundaries; It's Ok to Say No" under "[The Journey podcast](#)". I believe that this podcast will be a valuable supplement to your reading and will provide you with the encouragement and support you need to set and maintain godly boundaries in your life.

Stay connected to the Holy Ghost,

Cynthia Ihundigie

INTRODUCTION

In the journey of faith, understanding and establishing godly boundaries are crucial for living a balanced and fulfilling Christian life. This book is designed to show boundaries through the lens of biblical principles, offering readers practical guidance on how to set and maintain these boundaries in their daily lives. Boundaries are not just personal preferences but are deeply rooted in Scripture, providing a framework for protecting our spiritual, emotional, and physical well-being.

By delving into this topic, readers will gain insights into:

- **What Godly Boundaries Are:** Understanding the definition and significance of boundaries from a biblical perspective.
- **Why Boundaries Are Important for Believers:** Exploring the reasons believers should set boundaries to honor God and maintain a healthy spiritual life.
- **The 7 Pillars of Godly Boundaries:** Identifying key principles that support the establishment and maintenance of effective boundaries.
- **Practical Applications:** Learning how to apply these principles in everyday situations to foster a life of balance, respect, and spiritual growth.

This guide will equip readers with the knowledge to navigate relationships, responsibilities, and personal challenges through the wisdom of Scripture, promoting a life that is both fulfilling and aligned with God's will.

Importance Of Boundaries

Boundaries are fundamental to maintaining a life that is both healthy and in harmony with God's design. They serve as personal lines that delineate our responsibilities and limits, helping us manage our interactions and responsibilities effectively. Here's why establishing and maintaining godly boundaries is essential:

- **Spiritual Well-Being:** Boundaries help safeguard our spiritual health by ensuring that we remain focused on our relationship with God. As **Proverbs 4:23** advises, *“Above all else, guard your heart, for everything you do flows from it.”* By protecting our inner self from harmful influences, we preserve our spiritual integrity and remain aligned with God’s purpose for our lives.
- **Emotional Health:** Setting boundaries allows us to manage our emotional well-being by preventing overextension and burnout. It helps us to say "no" when necessary, ensuring that we have the emotional space to process our feelings and maintain healthy relationships. Boundaries protect us from becoming overwhelmed by others’ demands or expectations, leading to a more balanced and peaceful life.
- **Physical Health:** Physical boundaries help us maintain a balance between work, rest, and personal time. They ensure that we take adequate time for self-care and avoid overcommitting ourselves. In **Mark 6:31**, Jesus says, *“Come away by yourselves to a desolate place and rest a while.”* Setting boundaries in our schedules helps us adhere to this principle of rest and renewal, which is vital for maintaining overall well-being.
- **Aligning with God's Will:** Boundaries are integral to living a life that honors God. They help us distinguish our values and responsibilities from those of others, ensuring that we live in a way that reflects our faith and obedience to God’s commands. By setting clear boundaries, we demonstrate our commitment to living out biblical principles and maintaining a life that is pleasing to God.

In summary, this book is designed to guide you through the biblical basis for Godly boundaries, explain why they are necessary for a well-rounded Christian life, and offer practical advice on how to implement them. By understanding and applying these principles, you will be better equipped to manage your relationships, responsibilities, and personal well-being in a way that honors God and supports your spiritual growth.

WHY SHOULD BELIEVERS HAVE BOUNDARIES?

Boundaries are fundamental to a balanced and godly life, acting as a framework that supports our spiritual, emotional, and physical well-being. This chapter explores why boundaries are crucial for believers by examining their role in honoring God with our bodies, finding rest in Jesus, balancing help with personal responsibility, and fostering transformation and discernment. By understanding and applying these principles, Christians can navigate life's demands while remaining true to their faith.

Honoring God with Our Bodies

1 Corinthians 6:19-20: "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."

Our bodies are more than just physical vessels; they are temples of the Holy Spirit. This passage from 1 Corinthians underscores the importance of treating our bodies with respect and honor. Boundaries play a crucial role in this respect by maintaining our physical, emotional, and spiritual well-being. Setting boundaries helps protect us from harm, preserve our purity, and ensure that our actions and behaviors align with the divine purpose for our lives.

Practical Application:

- **Self-Care:** Implement boundaries related to health and well-being, such as setting limits on physical exertion and ensuring regular rest.
- **Purity:** Establish boundaries to maintain sexual purity and ethical behavior, reflecting the holiness of our bodies.

- **Respect for Limits:** Recognize personal limitations to avoid overextending oneself in ways that might compromise physical or spiritual health.

Finding Rest in Jesus

Matthew 11:28-30: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Jesus invites us to find rest in Him, offering relief from the burdens of life. Establishing boundaries is essential to experiencing this rest, as it helps prevent burnout and allows us to manage responsibilities without becoming overwhelmed. Boundaries create space for us to embrace the peace and ease that Jesus offers.

Practical Application:

- **Time Management:** Set boundaries around work, ministry, and personal time to avoid exhaustion and promote balance.
- **Emotional Rest:** Implement limits on emotional investments to prevent burnout, allowing time for spiritual and personal rejuvenation.
- **Spiritual Practices:** Incorporate regular periods of rest and reflection, such as Sabbath observance or personal retreats, to maintain spiritual well-being.

Balancing Help and Personal Responsibility

Galatians 6:2: "Bear one another's burdens, and so fulfill the law of Christ."

Galatians 6:5: "For each will have to bear his own load."

The Apostle Paul emphasizes the importance of both helping others and managing personal responsibilities. Boundaries are necessary to balance the act of supporting others with the

need to fulfill our own duties. This balance ensures that our support for others does not come at the expense of neglecting our own obligations.

Practical Application:

- **Support:** Offer help to others while ensuring that you do not overextend yourself to the point of neglecting your own responsibilities.
- **Delegation:** Learn to delegate tasks and responsibilities where possible to maintain a balance between aiding others and managing your own obligations.
- **Responsibility Management:** Clearly define and manage your own responsibilities to avoid confusion and undue stress.

Transformation and Discernment

Romans 12:2: "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

Paul's exhortation to be transformed by renewing our minds is crucial for understanding and following God's will. Setting mental and spiritual boundaries helps us avoid worldly influences and maintain a clear focus on divine purposes. These boundaries enable us to discern God's will more effectively and live in alignment with His commands.

Practical Application:

- **Mental Boundaries:** Set boundaries to protect your mind from negative influences, distractions, and harmful thought patterns.
- **Spiritual Discipline:** Engage in practices such as prayer, meditation, and Bible study to renew your mind and enhance your discernment of God's will.
- **Behavioral Boundaries:** Establish limits on behaviors and activities that might lead to conforming to worldly standards, ensuring that your life reflects biblical values.

In this chapter, we have examined the significance of boundaries in a believer's life, exploring how they help us honor God with our bodies, find rest in Jesus, balance our responsibilities with helping others, and enhance our discernment and transformation. By applying these biblical principles, believers can establish a framework that supports a balanced and faithful life, aligning their daily actions with God's divine purpose and maintaining their spiritual, emotional, and physical well-being.

The 7 Pillars of Godly Boundaries

The establishment and maintenance of godly boundaries are deeply rooted in biblical principles that guide our interactions, decisions, and personal well-being. These principles are not merely suggestions but are integral to living a life that aligns with God's will and promotes holistic health. Boundaries, as defined by Scripture, help us navigate relationships, manage responsibilities, and safeguard our spiritual, emotional, and physical well-being.

In the Bible, boundaries are depicted as vital tools for maintaining order and discipline in our lives. They are seen as divine provisions that help us live in harmony with God's purpose for us. For instance, in **Proverbs 4:23**, the importance of guarding one's heart is emphasized: "Above all else, guard your heart, for everything you do flows from it." This verse underscores the necessity of setting boundaries to protect our inner selves from harmful influences, thereby ensuring that our actions reflect our values and faith.

Furthermore, **Galatians 5:22-23** describes self-control as one of the fruits of the Spirit, indicating that godly boundaries are empowered by the Holy Spirit's work within us. This self-control is essential for setting limits and maintaining them, helping us to navigate life's challenges while staying true to our values.

1 Corinthians 6:19-20 illustrates that our bodies are temples of the Holy Spirit, and therefore, we are called to honor God through our physical and spiritual well-being. Establishing boundaries helps us respect the sanctity of our bodies and lives, ensuring that we live in a manner that is pleasing to God.

In **Matthew 11:28-30**, Jesus invites us to find rest in Him, acknowledging that boundaries are crucial for avoiding burnout and experiencing divine peace. Setting limits on our time and energy allows us to find balance and rest, in accordance with Jesus' promise of relief from burdens.

Romans 12:2 encourages believers to renew their minds and discern God's will, suggesting that boundaries also serve as a means to protect our mental and spiritual health. By setting boundaries, we create space for spiritual growth and transformation, enabling us to better understand and follow God's will.

This chapter delves into each of the seven foundational pillars that underpin the practice of setting godly boundaries. These pillars are:

1. **Self-Control:** The ability to regulate our impulses and maintain boundaries that reflect God's power and love.
2. **Respect for Others:** Treating others with the same consideration and respect we desire, fostering healthy and respectful relationships.
3. **Protection of the Heart:** Guarding our hearts from negative influences and ensuring our actions flow from a place of purity and integrity.
4. **Clear Communication:** Articulating our boundaries with honesty and love, facilitating mutual understanding and respect.
5. **Dependence on God:** Relying on God's guidance and strength to set and maintain boundaries that align with His will.
6. **Wisdom and Discernment:** Seeking God's wisdom to set appropriate boundaries in various aspects of life.
7. **Rest and Renewal:** Incorporating regular rest and renewal into our lives to maintain spiritual and emotional health.

Each pillar is explored through biblical verses and practical applications, providing a comprehensive understanding of how to implement these principles in daily life. By applying these seven pillars, believers can establish and maintain boundaries that honor God and support their overall well-being.

Pillar 1: Self-Control

2 Timothy 1:7: "For God gave us a spirit not of fear but of power and love and self-control."

Self-control is crucial in the practice of godly boundaries, reflecting our ability to regulate our actions and desires in alignment with God's will. The spirit of self-control, as mentioned in this verse, empowers us to make decisions that honor God and maintain our integrity.

Self-control involves more than merely suppressing impulses; it is about making deliberate choices that reflect God's values. It requires us to manage our reactions and behaviors, ensuring they are consistent with our faith and moral standards. By exercising self-control, we demonstrate our commitment to living a life that is both pleasing to God and beneficial to ourselves and others.

Practical Application:

- **Emotional Regulation:** Develop self-awareness to manage emotional responses and avoid acting impulsively. Techniques such as mindfulness and prayer can help in maintaining self-control.
- **Behavioral Limits:** Identify areas where you struggle with impulse control and establish clear, actionable limits to uphold integrity and respect for personal boundaries.
- **Decision-Making:** Implement a decision-making process that includes prayer and reflection to ensure choices align with biblical values and personal commitments.

Biblical Example:

- **Jesus in the Desert:** During His temptation in the desert (Matthew 4:1-11), Jesus demonstrates self-control by resisting the devil's offers. His response illustrates how self-control aligns with God's will and strengthens our spiritual resilience.

Pillar 2: Respect for Others

Matthew 7:12: "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Respecting others' boundaries is fundamental to fostering healthy relationships and maintaining a respectful environment. This principle, often referred to as the Golden Rule, calls us to treat others with the same consideration and respect that we desire for ourselves.

Respecting others involves more than just acknowledging their personal space; it requires a deep understanding of their needs and boundaries. It entails empathy, active listening, and a genuine effort to honor their limits, thus promoting a culture of mutual respect and understanding.

Practical Application:

- **Empathy:** Make a habit of considering how your actions impact others and strive to understand their perspectives and needs, promoting a respectful and supportive environment. **Conflict Resolution:** Address conflicts with a focus on mutual respect and understanding, seeking solutions that honor both parties' boundaries and needs.
- **Respectful Communication:** Clearly communicate your boundaries while being considerate of others' feelings and circumstances, ensuring interactions remain respectful and constructive.

Biblical Example:

- **Paul's Approach to Others:** In 1 Corinthians 9:22, Paul explains how he adapts to the needs of others to win them over. This approach illustrates the importance of respecting others to build meaningful and respectful relationships.

Pillar 3: Protection of the Heart

Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it."

Guarding our hearts is essential for maintaining emotional and spiritual health. This principle underscores the need to protect our inner selves from negative influences and ensure that our actions and decisions reflect God's truth and love.

The heart, in biblical terms, represents the core of our emotional and spiritual life. Protecting it requires vigilance against influences that could lead us away from God's truth or undermine our well-being. This means being mindful of what we expose ourselves to and making deliberate choices that foster emotional and spiritual health.

Practical Application:

- **Emotional Boundaries:** Set clear boundaries to avoid situations or relationships that negatively impact your emotional well-being. Focus on interactions that contribute positively to your emotional health.
- **Spiritual Protection:** Engage in regular spiritual practices such as prayer, Bible study, and fellowship to safeguard your spiritual life from harmful influences.
- **Healthy Relationships:** Build and maintain relationships that support and encourage your spiritual and emotional growth, while distancing yourself from toxic or detrimental interactions.

Biblical Example:

- **David's Choice:** In Psalm 101:3, David states, "I will not set before my eyes anything that is worthless," illustrating the need to guard the heart by avoiding harmful influences and distractions.

Pillar 4: Clear Communication

Ephesians 4:15: "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

Effective and loving communication is vital for establishing and respecting boundaries. This principle emphasizes the need for honesty and compassion in expressing our limits and understanding others' boundaries.

Clear communication involves more than stating our own boundaries; it requires us to actively listen and respond to others with empathy and respect. It helps prevent misunderstandings and promotes a culture of mutual understanding and respect.

Practical Application:

- **Honest Dialogue:** Practice transparent communication about your boundaries and expectations, ensuring that you express yourself clearly and respectfully.
- **Active Listening:** Make a concerted effort to understand and respect others' boundaries, responding to their needs with empathy and consideration.
- **Conflict Management:** Approach conflicts with a focus on honest and loving dialogue, seeking resolutions that honor both parties' boundaries and promote mutual respect.

Biblical Example:

- **Paul's Letters:** Paul's epistles often address communication issues and boundary-setting within the early church, demonstrating how clear and loving communication fosters healthy relationships.

Pillar 5: Dependence on God

Philippians 4:6-7: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Dependence on God through prayer and supplication is crucial for navigating boundary issues with divine guidance and peace. This pillar emphasizes the importance of seeking God's help to handle challenges and make decisions that align with His will.

Relying on God involves entrusting our concerns to Him and seeking His guidance in all aspects of our lives. It requires faith in His provision and wisdom, allowing His peace to guide us in setting and maintaining boundaries.

Practical Application:

- **Prayer:** Regularly bring your concerns and decisions about boundaries before God, asking for His guidance and wisdom in navigating complex situations.
- **Peace:** Trust in God's peace to manage anxiety or stress related to boundary-setting, allowing His calm to guide your decisions.
- **Divine Wisdom:** Seek God's wisdom through Scripture and prayer to make informed and spiritually aligned decisions about your boundaries.

Biblical Example:

- **King Solomon:** Solomon's request for wisdom (1 Kings 3:5-14) illustrates the importance of seeking God's guidance in making decisions, including those related to boundaries.

Pillar 6: Wisdom and Discernment

James 1:5: "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

Wisdom and discernment are essential for setting appropriate boundaries. This pillar highlights the need to seek God's guidance to make decisions that reflect His will and to navigate life's complexities with clarity and grace.

Wisdom involves understanding and applying biblical principles to various aspects of life, including boundary-setting. Discernment helps us evaluate situations and make decisions that align with God's will and foster healthy boundaries.

Practical Application:

- **Discernment:** Use prayer and Scripture to discern the appropriate boundaries for different areas of your life, including personal, relational, and professional domains.
- **Decision-Making:** Apply God's wisdom in making decisions about boundaries, considering both immediate and long-term effects on your well-being and relationships.
- **Continuous Learning:** Remain open to learning and growing in your understanding of boundaries through ongoing study, reflection, and seeking advice from spiritually mature individuals.

Biblical Example:

- **The Wisdom of Solomon:** Solomon's judgment in the case of the two women (1 Kings 3:16-28) demonstrates how divine wisdom can be applied to resolve conflicts and make decisions about boundaries.

Pillar 7: Rest and Renewal

Mark 6:31: "And he said to them, 'Come away by yourselves to a desolate place and rest a while.' For many were coming and going, and they had no leisure even to eat."

Rest and renewal are vital for maintaining spiritual and emotional health. This pillar emphasizes the necessity of setting boundaries to protect time for personal rejuvenation and spiritual refreshment.

Regular rest and renewal involve creating space in our lives for physical, emotional, and spiritual recuperation. Setting boundaries to safeguard these times helps prevent burnout and ensures that we remain resilient and effective in our spiritual and daily lives.

Practical Application:

- **Scheduled Rest:** Establish regular times for rest and relaxation, ensuring that your schedule accommodates periods of recuperation and personal time.
- **Personal Time:** Set boundaries around work and other commitments to create space for hobbies and activities that contribute to your well-being.
- **Spiritual Retreats:** Incorporate periods of solitude or retreats into your routine to recharge spiritually and emotionally, maintaining a healthy connection with God.

Biblical Example:

- **Jesus' Retreats:** Jesus frequently withdrew to solitary places to pray and rest (Luke 5:16), demonstrating the importance of regular rest and renewal in sustaining His ministry and well-being.

CONCLUSION

As we conclude our exploration of godly boundaries, let us reflect on the principles that have guided our journey and consider how we can integrate these teachings into our daily lives.

Summary of Key Points

In this book, we have delved into the significance of establishing and maintaining godly boundaries. We've examined how these boundaries are not merely personal preferences but essential components of living a life that honors God and supports our well-being.

- 1. Purpose of Boundaries:** Boundaries serve to protect our spiritual, emotional, and physical health. By setting clear limits, we maintain integrity and safeguard ourselves from potential harm, ensuring that our interactions and decisions align with God's will.
- 2. Biblical Foundations:** Through a thorough examination of Scripture, we've seen how boundaries are deeply rooted in biblical principles. From self-control to respect for others, each pillar provides a framework for understanding and applying boundaries in a manner that reflects our faith.
- 3. Practical Application:** We've explored practical steps for implementing these boundaries, from managing personal limits to fostering respectful communication. Each pillar provides actionable guidance to help us live out these principles effectively.

Encouragement to Apply Biblical Principles

As you reflect on the teachings from this book, I encourage you to apply these biblical principles to your own life. Setting and maintaining godly boundaries requires intentional effort, but it is essential for living a fulfilling and spiritually aligned life.

1. **Reflect and Assess:** Take time to evaluate your current boundaries. Are they in alignment with the principles discussed? Consider areas where you might need to establish or reinforce boundaries.
2. **Implement Changes:** Based on your reflections, make practical adjustments to your boundaries. Whether it involves enhancing self-control, improving communication, or seeking rest, implement changes that support your well-being and honor God.
3. **Seek Support:** If you encounter challenges in setting boundaries, seek support from your faith community or spiritual mentors. They can offer guidance, encouragement, and accountability.

Invitation to Further Study

The journey of understanding and applying godly boundaries is ongoing. I encourage you to continue exploring this topic through further Bible study and prayer.

1. **Bible Study:** Engage in personal or group Bible study focused on the themes of boundaries and related topics. Delve deeper into the Scriptures to gain further insights and applications.
2. **Prayer:** Regularly seek God's guidance through prayer as you navigate boundary-setting in various aspects of your life. Ask for wisdom, strength, and clarity to uphold the principles you've learned.
3. **Additional Resources:** To support your continued exploration, I have included a list of suggested readings and resources. These materials will provide further insights and practical advice on boundaries and related topics.

ADDITIONAL RESOURCES

Books:

- o *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life* by Dr. Henry Cloud and Dr. John Townsend
- o *The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World* by Pete Scazzero
- o *The Boundaries Companion Workbook: A Self-Help Guide for Setting Limits and Reclaiming Your Freedom* by Dr. Henry Cloud and Dr. John Townsend

Articles:

- o "Biblical Boundaries and Healthy Relationships" - A comprehensive article exploring the biblical basis for setting boundaries.
- o "The Role of Boundaries in Emotional Health" - An article discussing the impact of boundaries on emotional well-being.

Online Resources:

- o **Websites:**
 - Boundaries.me - A resource for understanding and applying boundaries in various aspects of life.
 - The Gospel Coalition - Articles and resources on maintaining healthy relationships and setting boundaries.

ABOUT THE AUTHOR:

Cynthia, a servant of our Lord Jesus Christ, is a devoted Christian, author, and prayer warrior passionate about helping others grow in their faith. As the founder of Watchman's Journey, she brings years of experience as an Intercessor, offering a practical and heartfelt approach to prayer.

Cynthia's journey with the Holy Ghost has equipped her with unique insights into the transformative power of prayer. She has led numerous prayer groups, facilitated intercessory sessions, and provided spiritual guidance to those seeking a deeper connection with God.

Join Cynthia on this journey and experience the power of prayer in every aspect of your life. Whether you are new to prayer or looking to strengthen your practice, her guidance will inspire and empower you to draw closer to God and live a prayer-filled life.

OTHER BOOKS BY CYNTHIA OKUNDIGIE

Pray [Like a Pro: A 7-Day Beginner Journey](#)

Faith [Like a Pro: 7 Mountains Moved](#)

CONTACT INFORMATION

Should you have any questions, need further support, or wish to share your experiences with godly boundaries, please feel free to reach out. Your feedback and inquiries are valued and appreciated.

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- **Email:** watchmanjourney@gmail.com
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-
- Thank you for embarking on this journey of understanding and applying godly boundaries. May your pursuit of these principles lead to a life of spiritual growth, emotional health, and profound peace.