

Fall 2026

Emotionally Healthy Discipleship

Healthy Boundaries – Loving Others Without Losing Yourself

Mark 1: 35-38

Key Principles

“Jesus loved everyone, but He did not give everyone unlimited access to Him”

Boundaries are set walls to keep everyone out, they are gates that help us discern what should come in, what should go out, and what God has actually assigned to us.

Healthy Boundaries

Point 1: _____

- Mark 1: 35-38
- Need does not automatically equal assignment.

Point 2: _____

- Matthew 5: 37
- Why we struggle to say No?

Point 3: _____

- Proverbs 4:23
- Christian love is universal. Personal access is selective.

Point 4: _____

- Galatians 6: 2
- What is Enabling?

Mid-Week Worship
Dr. Vernon C. Walton, Facilitator

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Point 5: _____

- Galatians 1:10
- Signs of People Pleasing.

Point 6: _____

- Ephesians 4: 15
- Some people avoid boundaries because they confuse love with silence.

Point 7: _____

- Without boundaries, love often becomes resentment.

Questions

- Why do Christians sometime view boundaries as selfish?
- How did Jesus model boundaries?
- Where might God be inviting you to establish a healthier boundary?

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