

Rooted Moms Podcast | Ep. 03: The Benefits of Boundaries

With Brenna Kurz

Key Takeaways:

- Healthy boundaries help us recognize what we can and can't do, what we have control over and what we don't (i.e. changing other people). Someone with boundaries knows what they own and takes responsibility for it (stays in their own lane).
- Boundaries define your soul and they help you to guard it.
- There are different types of boundaries such as physical, emotional, intellectual, financial, and work, to name a few.
- Communication is KEY. People don't know what they don't know!
- Boundaries are important because they promote mental, physical, and emotional health.
- Setting boundaries protects us from getting burnt out or allowing others to steal precious time and energy away from the things that matter most.
- Jesus prioritized his needs by frequently withdrawing to pray— we should do the same.
- Hard truth: a lack of boundaries is often a sign of disobedience. God and His Word give us the best example of what it means to set boundaries and stick to them.
- True love is not doing for others what they should be doing for themselves. True love is empowering others to live to their full potential.
- Practical steps to begin setting boundaries:
 - Pray
 - Read God's Word
 - See a counselor regularly
 - Promote open communication
 - Work on your ability to say NO

Scripture References:

- “Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23 (NIV)
- “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven,

where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” Matthew 6:19-21 (NIV)

- “Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.” Galatians 6:4-5 (NIV)
- “So God created mankind in his own image, in the image of God he created them; male and female he created them.” Genesis 1:27 (NIV)