

Boundaries: When to Say ‘No’

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

– Galatians 6:2 NIV

“...for each one should carry their own load.” -- Galatians 6:5 NIV

Boundaries are our individual and invisible lines that govern who we are. Yes, we are called to help others, but each of us should practice healthy boundaries with people. We are called to carry our own and to be responsible for our actions. God does not put more on us than we can bear, but we sometimes put more on ourselves than we can bear. Thus, saying ‘no’ or ‘not at this time’ are appropriate responses sometimes so that we can practice self-care. We nurture our boundaries and life’s fences to keep the good in and the bad out.

OTHER

SCRIPTURES

Matthew 5:37

Proverbs 25:28

James 5:12

Proverbs 14:10

Things to Remember: We create fences/gates, but not walls. We do not isolate ourselves (walls), but carefully discern what we allow in (gates).

Burdens vs. Loads

The Greek word for Burden = excessive; more than can handle

The Greek word for Load = cargo; daily toil

When to Say No

When it is not allowed | When it cannot be done | When it should not be done

Say it in love, refer to other resources, release the guilt, pray, and move on!