

D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.

dlife

Discipleship. Anytime. Anywhere.



Keeping it Real

CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

Rev. Dr. Deborah Crawley, Teacher

Sis. Tammi Brown, Asst. Teacher

Spiritual Formation: Boundaries & Biblical Relationships

BIG IDEA

Healthy boundaries protect love — they do not destroy it. Boundaries help us understand what we are responsible for and what belongs to someone else.

KEY SCRIPTURE

Mark 1:35–38 Even Jesus withdrew to pray.

Galatians 6:2 – Carry each other's burdens.

Galatians 6:5 – Each one should carry their own load.

WHAT BOUNDARIES ARE

Boundaries are the physical, emotional, and mental limits individuals set to define acceptable behavior, ensuring personal safety, well-being, and healthy relationships. They establish personal space, manage energy/time, and protect, allowing for autonomy and clear communication. Examples include saying "no," managing personal information, or limiting physical touch.



A boundary is a **clear understanding** of:

- What I am responsible for
- What I am NOT responsible for
- Where I end and another person begins

Jesus had boundaries. Mark 1:35 – 38

WHY BOUNDARIES ARE DIFFICULT

Many people struggle with boundaries because they fear:

- Rejection
- Disappointing others
- Conflict
- Being misunderstood

Sometimes we learned early in life that keeping others happy kept us safe.



BIBLICAL BOUNDARIES

UNDERSTANDING THE DIFFERENCE

In Galatians, Paul uses two different Greek words:

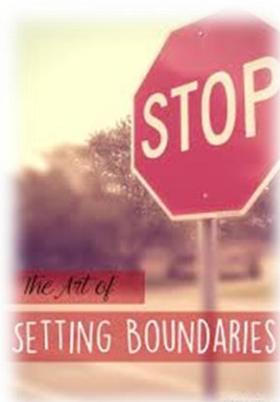
- Burden (*baros*) – a crushing weight someone cannot carry alone.
- Load (*phortion*) – a personal responsibility assigned to each person.

Spiritual wisdom is learning to discern the difference.

ILLUSTRATION: THE COUCH AND THE BACKPACK

A couch is too heavy for one person to carry. People must lift it together. This represents burdens — grief, tragedy, illness, or overwhelming seasons.

A backpack, however, contains personal belongings. Each person carries their own. This represents personal responsibility — choices, attitudes, and decisions.



Healthy relationships help carry couches but do not take over someone else's backpack.

BIBLICAL TRUTH ABOUT RELATIONSHIPS

God calls believers to practice both compassion and responsibility:

- Compassion – helping others in overwhelming moments.
- Responsibility – allowing others to grow and carry their own life.

PERSONAL REFLECTION

1. Where in my life might I be carrying someone else's 'backpack'?

2. Where might God be inviting me to establish a healthy boundary?

3. Where might someone need help carrying a 'couch' (a true burden)?

THIS WEEK'S PRACTICE

Ask yourself during the week:

Is this a burden I should help carry, or a load someone else must carry themselves?

Pray for wisdom to show compassion without losing healthy responsibility.

CLOSING PRAYER

Lord, give me wisdom to know what is mine to carry and what belongs to someone else. Help me love people with compassion while honoring the healthy boundaries You designed. Amen.

