

**Healthy Boundaries
between husband
and wife.**



**Healthy Boundaries
to protect the
marriage.**

Boundaries in Marriage

Healthy boundaries are essential to a healthy marriage, but can be especially confusing in the marriage relationship. The concepts of oneness, loving as Christ loved, giving of self, and submission seem to argue against boundaries. Yet, the concept of boundaries does not refute these ideas and actually works to increase their effectiveness in marriage. Lack of boundaries is a major problem in marriages. A husband or wife may suffer through the problems of their spouse until they have had enough, and then may leave the marriage. Yet, very often the spouse has contributed to the problem. They haven't set healthy boundaries and allowed God to work through consequences for their spouse's poor behavior.

Husbands and wives each must take ownership for who they are and responsibility for their words and behavior. Paul wrote in First Corinthians that husbands and wives are not independent of each other—in their oneness, there should be a mutual interdependence. Couples are meant to work *together* to meet the challenges of life. Healthy boundaries help us become *one* without one spouse or the other disappearing—we are meant to each be who God created us to be and *together* meet the challenges of life. Some of those challenges can come from within the marriage and we each must accept responsibility for our wrong choices. Then couples can grow in a healthy, strong marriage relationship.

A second aspect of boundaries in marriage are the boundaries to protect your marriage. Satan is that lion prowling around looking for whom he can devour (1 Peter 5:8) and he loves nothing more than to rip apart the earthly relationship that is supposed to model the very nature of God. We must proactively take steps to protect our marriages. Protecting the marriage means that other relationships will change. While couples in a healthy marriage will have relationships outside of the marriage, going out with friends and extended family take lower priority. It is not healthy to have the same relationships with people of the opposite sex as prior to marriage. Emotionally intimate relationships with people of the opposite sex must be avoided. This is basic to a healthy marriage and is part of the commitment a couple makes to each other. We must place the necessary guards in place to protect our marriage.

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

The Fortified Marriages Manual & Workbook is a great resource helping couples learn about boundaries and build healthy boundaries in all their relationships. Visit our website to download some great resources on boundaries. Also see:

For more information about boundaries; see: Boundaries Resources at Fortified Marriages.

Suggested Boundaries to Protect Your Marriage

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend