

Let's Talk About BOUNDARIES

A conversation guide for couples by Rebekah Perryman

Grab a pen, your beverage of choice, and your boyfriend/fiance. Together, take some time to walk through and answer these questions! As you do, you will naturally create some healthy boundaries to help you both keep your eyes on Jesus and growing closer to Him.

STEP 1

Take a moment to **pray** over your time together!

STEP 2

Read the following verse aloud:

A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences. - Proverbs 27:12

Discuss with your partner what the application of this verse could mean when it comes to a premarital relationship?

STEP 3

Read the following verse aloud:

And if your hand is causing you to sin - even your stronger hand - causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.
- Matthew 5:30

Discuss and **write down** in the chart some areas in each one of your lives where you tend to struggle:

What temptations do you more easily give into?
What sins are you more apt to participate in, especially as it relates to dating and physical/emotional intimacy?

OUR STRUGGLES AND TEMPTATIONS

HIS

HERS

Now take some time to **discuss** with your partner why these particular areas tend to be more of a struggle for each one of you?

STEP 4

As a couple, **decide** on and **write down** the intimacies (both physically and emotionally) you would like to wait on participating in until marriage.

STEP 5

As a couple, **write down** (on the next page) some specific boundaries to protect you from participating in the areas of struggle and the intimacies you do not want to participate in before marriage.

STEP 6

Now it's time for **accountability!** If you cross one of your boundaries who can you trust to confide in and confess to? Each one of you choose 1 person you can trust. Write them down and then ask them if they would be willing to keep you accountable in this area.

Fill out your answers for steps 4 through 6 in the chart on the next page. Now that you have discussed all things boundaries, take some time to **pray over** what you talked about and decided on. Then sign the page with your boundaries plan, making it a spiritually binding contract between God and each other!

Our Relationship BOUNDARIES

Intimacies We Want to Avoid Before Marriage

Specific Boundaries to Protect Us

Who We'll Go to For Accountability

HIS:

HERS:

signature

date

signature

date