

Anchored Update [51]

LIVING FROM HEALTHY BOUNDARIES

Boundaries Aren't Just What We Keep Out. They're What We Make Room for.

'The [boundary] lines [of the land] have fallen for me in pleasant places; Indeed, my heritage is beautiful to me. '

— Psalm 16:6 (AMP) —

Boundaries aren't just what we keep out. They're what we make room for. This issue explores how healthy boundaries help us live with peace, clarity, and faithful alignment before God, with ourselves, and with others.

Friday, June 5, 2026

I'm glad you're here. Thanks for taking a few minutes to slow down with me each week.

A quick update: I'm getting settled into the Montana rhythm for the summer and continuing to work behind the scenes on writing, infrastructure, and the next steps for this growing little ecosystem. Next week marks one full year of these Anchored Updates, and I'm excited to share a few reflections and some news about where this is heading. If there's a topic, question, or burden you'd like me to address in a future newsletter, [article](#), or [Anchored Reflection](#), you can reply to this email or reach out through the [contact form](#).

Over the last few weeks, we've been walking through a short series on *healthy boundaries*. We started by understanding boundaries as lines of stewardship, not walls. Then we talked about setting healthy boundaries by letting our yes be yes and our no be no. Last week, we looked at upholding healthy boundaries when pressure, guilt, [fear](#), or old survival patterns try to pull us back into self-abandonment.

If you've just joined us, or if you missed one of the previous updates, you can find the full Newsletter Archive here:

 [Visit the Newsletter Archive](#)

This week, we finish the series by asking a different question. **What does it look like to live from healthy boundaries?**

The goal is not to become boundary-obsessed. **The goal is to become aligned.**

Healthy boundaries aren't the center of the Christian life. God is. Truth is. Love is. Obedience is. Peace is. Boundaries simply help protect the space where those things can grow.

Psalm 16:6 says:

"The [boundary] lines [of the land] have fallen for me in pleasant places; Indeed, my heritage is beautiful to me."

— Psalm 16:6 (AMP)

That image of lines falling in pleasant places gives us a beautiful way to think about boundaries. Not as restriction. Not as punishment. Not as isolation. But as ordered space. A God-given portion. A life with shape, clarity, stewardship, and peace.

Healthy boundaries aren't just what we keep out. They're what we make room for.

When we live without boundaries, our lives become crowded with things God may have never assigned to us. Other people's urgency. Other people's expectations. Other people's emotional chaos. Other people's refusal to take responsibility. Our own [fear](#), guilt, overextension, striving, and need to be needed.

But when boundaries begin to take root, space opens up.

- Space for prayer.
- Space for rest.
- Space for honest relationships.
- Space for meaningful work.
- Space for healing.
- Space for obedience.
- Space for joy.

That's the part we can miss when we only think of boundaries as something we use when a relationship becomes difficult. Boundaries aren't just crisis tools. They're part of how we live a faithful, ordered, and surrendered life.

A healthy "no" protects a holy "yes".

When we say no to what's not ours to carry, we make room to say yes to what God has actually entrusted to us. When we stop overextending ourselves to manage everyone else's reactions, we have more capacity to be present, loving, clear, and faithful. When we stop confusing love with unlimited access, we create space for love to become truthful instead of tangled with [fear](#).

A healthy "no"
protects
a holy "yes".

This doesn't make us less available to people. It helps us become more honestly available.

There's a difference between being present and being endlessly accessible. Jesus was deeply present, but He was not endlessly accessible. He withdrew to pray. He slept in the storm. He left crowds. He asked direct questions. He let people walk away. He moved according to the Father's will, not according to everyone's expectations.

Sometimes we think love means we should have no limits. But Jesus shows us something better. Love is not frantic. Love is not controlled by urgency. Love is not driven by guilt. Love is not measured by how exhausted we are after giving ourselves away.

Love remains ordered under God.

That's what living from healthy boundaries begins to form in us. Not hardness. Not selfishness. Not avoidance. Not emotional distance. But a quieter kind of strength. A life where our time, energy, speech, relationships, and commitments are increasingly shaped by truth instead of fear.

And frankly, that takes time.

Most of us don't move from self-abandonment to healthy stewardship overnight. We practice. We notice. We repent where needed. We repair where needed. We try again. We learn to recognize when our body is screaming for relief, when guilt is masquerading as conviction, when fear is asking us to say yes, and when God is inviting us to stand in peace.

That's the work. Not perfection. Practice.

Living from healthy boundaries means we stop waiting until we're overwhelmed, resentful, bitter, or exhausted before we tell the truth. It means we begin paying attention earlier. We notice when our peace starts thinning. We notice when our yes is becoming divided. We notice when we are agreeing outwardly while resisting inwardly. We notice when our life is getting crowded with assignments God never gave us.

Then we return to Him.

- Lord, what's mine?
- What isn't mine?
- What are You asking me to carry?
- What are You asking me to release?
- What yes needs to be protected in this season?

Those are the kinds of questions that help us live from healthy boundaries instead of only reaching for them after damage has already been done.

And maybe that's where this series needed to land.

Healthy boundaries aren't mainly about keeping people away. They're about helping us live truthfully before God, ourselves, and others. They help us love without rescuing, serve without striving, give without resentment, rest without guilt, and stay open without losing ourselves.

They help us live:

- With shape.
- With peace.
- With courage.
- With clarity.

The lines have fallen in pleasant places.

And when we learn to trust the wisdom of those lines, we begin to discover that boundaries aren't stealing life from us. They're helping us steward the life God has given us.

If something is on your heart, if you're wrestling with something, or if you just want to say hi, I'd appreciate hearing from you.

 [Contact Form](#) or [send an email](#)

The goal isn't to become boundary-obsessed.
The goal is to become aligned.

This Week's Articles:

No new articles were published this week.

I'm still getting settled into the Montana rhythm for the summer while continuing to work on publishing *From Survival to Surrender*, the Newsletter Archive, PDF resources, and the next stages of the writing and publishing infrastructure. Regular article publishing will resume soon, but right now I'm trying to honor the season, build wisely, and let this come together at the pace of peace, not adrenaline.

Thank you for staying with me as this continues to grow.

If you haven't already, you can check out the [Guided Series](#) or [Anchored Reflections](#) on the site. More is coming soon.

Anchored Breathwork

Release Breathing (4–6) for Letting Go

Purpose: To help your body release what is not yours to carry and make room for what God has actually entrusted to you.

Posture: Sit comfortably with your feet grounded. Relax your shoulders. Open your hands in your lap as a physical reminder that you don't have to hold everything so tightly.

1. **Inhale** through your nose for 4 seconds.

Quiet cue: *"I bring this to You..."*

2. **Exhale** slowly for 6 seconds.

Quiet cue: *"I release this into Your hands."*

Repeat for 5–7 cycles.

Pro Tip: If the counts feel too long, shorten the rhythm slightly. That could look like 3–5 or even 3–4. The goal is regulation, not pressure. A steady rhythm helps your body settle and gives your nervous system a simple pattern to follow.

Anchored Practice

This week, take a few minutes to write through these questions:

What is one thing I need to release because it is not mine to carry?

Name it honestly. This could be someone else's reaction, expectation, urgency, responsibility, or emotional state.

What is one thing I need to protect because God has entrusted it to me?

This could be your peace, health, calling, prayer life, work, family, recovery, integrity, or obedience.

What is one yes my boundaries need to make room for?

Write one clear sentence that names what you are making room for.

Example: *"I am releasing the need to manage everyone's reaction, and I am making room for peace, prayer, and obedience."*

Closing Prayer

Abba,

thank You for the life You've entrusted to me. Teach me to trust the lines You've drawn in wisdom and love. Help me release what isn't mine to carry, protect what You've asked me to steward, and make room for the yes You are forming in this season. Lead me into a life marked by truth, peace, courage, and faithful alignment with You.

Hallelujah. Amen.

You Matter...

Every newsletter, article, and Anchored Reflection begins with a real question or burden. If something is pressing on your heart, send it my way. Each week I choose a focus for the newsletter, an article, or a reflection. What you share could be the catalyst for someone else's breakthrough. I would also love your feedback on recent articles.

 [Share What's on Your Heart](#)

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I'm creating PDF versions of these newsletters so they're easier to save, revisit, and share. If this week's email encouraged you or brought something into focus, you can download the PDF version from the archive here:

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