

Rhythms and Boundaries

Mature - Part 5

November 2, 2025

³⁷He said to him, 'Love the Lord your God with all your **heart**, with all your **soul**, and with all your **mind**. ³⁸This is the greatest and most important command. ³⁹The second is like it: Love your neighbor **as yourself**. ⁴⁰All the Law and the Prophets depend on these two commands.'" Matthew 22:37-40 (CSB)

"Man's chief end is to **glorify God, and to **enjoy** Him forever." - Westminster Catechism**

Boundaries help us glorify God with order and obedience.

Rhythm helps us enjoy Him with rest and delight.

Four ways we are horrible at rhythms and boundaries:

- **Relationally:** we let everyone speak into our soul.
- **Physically:** we treat our bodies like tools, not temples.
- **Emotionally:** we give out energy we don't have.
- **Mentally:** we leave our thoughts unguarded and our peace unprotected.

Creating Sacred Space

1. Relational Boundaries → Guard Your Heart

*"Guard your heart **above all else**, for it is the source of life."* Proverbs 4:23 (CSB)

*"One with **many friends** may be harmed, but there is **a friend who stays closer than a brother**."* Proverbs 18:24 (CSB)

Maturity isn't about shutting people out; it's about letting the right people in.

→ Boundary Principle: Not every voice deserves access; only those who help you love God and people better.

Only the people who can fit on a 1x1-inch sticky note.

When you're trying to live a brave life, you only take feedback from people who are also being brave - the people who love you, not despite your vulnerability, but because of it.

So the exercise goes:

1. Take a small sticky note - yes, literally small.
2. Write down the names of people who love you for who you are — not what you do, produce, or post.
3. Keep it somewhere visible as a filter.

If someone's name isn't on that note, their feedback doesn't get to define you.

2. Emotional Boundaries → Protect Your Soul

*"Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. ²Instead, I have **calmed and quieted my soul** like a weaned child with its mother; my soul is like a weaned child." Psalm 131:1-2 (CSB)*

Emotional health isn't about avoiding problems - it's about guarding peace.

You can't carry everyone's crisis and still carry your calling.

Healthy emotions come from holy margins - when your soul is quiet, God's voice gets louder.

→ Boundary Principle: Creating emotional boundaries honors God by keeping your soul anchored in His presence. Saying "no" isn't unloving; it's protecting your capacity to love deeply.

3. Physical Boundaries → Steward Your Body

*"¹⁹Don't you know that **your body is a temple of the Holy Spirit** who is in you, whom you have from God? You are not your own, ²⁰for you were **bought at a price**. So **glorify** God with your body." 1 Corinthians 6:19-20 (CSB)*

God designed your body.

→ That means it has purpose. (Psalm 139)

God dwells in your body.

→ That means it has dignity. (1 Cor. 6:19)

God deserves glory through your body.

→ That means it requires discipline. (1 Cor. 6:20)

*"Therefore, brothers and sisters, in view of the mercies of God, I urge you **to present your bodies as a living sacrifice**, holy and pleasing to God; this is your true worship." Romans 12:1 (CSB)*

*"For the **training of the body** has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come." 1 Timothy 4:8 (CSB)*

Loving God with your strength means **stewarding your physical energy as worship.**

"Stewarding our bodies can serve the soul, honor God, and bless others." - David Mathis (*A Little Theology of Exercise*)

Exercise, rest, and health aren't about vanity - they're about vitality for mission.

Movement is a gift of grace, not a pursuit of glory.

When we move our bodies, we train our minds; when we rest, we trust God.

→ Boundary Principle: Don't worship God with your lips and ignore Him with your lifestyle.

4. Mind Boundaries → Renew Your Thoughts

*“Do not be conformed to this age, but be transformed by the **renewing of your mind**, so that you may discern what is the good, pleasing, and perfect will of God.” Romans 12:2 (CSB)*

We don't just need time off *work* - we need time off *worry*.
We need filters not just on our phones but on our thoughts.

“Physical rhythm sharpens mental focus.” - David Mathis (*A Little Theology of Exercise*)

What you set your mind on is either building you or breaking you.

*“Finally brothers and sisters, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable** — if there is any **moral excellence** and if there is anything **praiseworthy** — **dwell on these things**.” Philippians 4:8 (CSB)*

→ Boundary Principle: Guard your inputs by filtering them through the Bible.

Maturity isn't more activity - it's finding the rhythm and boundaries of grace that keeps your soul alive.

Rest isn't laziness - it's trust.

- Schedule intentional rest days; treat them like appointments with God.
- Power down your phone an hour before bed.
- Take a Sabbath walk or nap without guilt.
- Say “no” to one unnecessary commitment this week.

Move your body to glorify God, not gratify ego.

- Dedicate your workouts to prayer or gratitude time.
- Use movement (walking, stretching, sports) as a moment of worship, not performance.
- Find an accountability partner who values health as stewardship, not competition.

Sleep like someone who believes God's still working while you're not.

- Aim for consistent, healthy sleep rhythms (same bedtime, same wake time).
- Reflect before bed: “What am I trying to control that God's already got covered?”
- Practice a simple evening prayer: “*God, I rest because You don't.*”

What you put in your body fuels what comes out of your life.

- Eat with intention — gratitude before consumption.
- Fast periodically to realign your hunger with dependence on God.
- Avoid using caffeine, sugar, or comfort food as a spiritual Band-Aid.

A healthy rhythm is better than an unhealthy pace.

- Evaluate your schedule weekly; cut what's urgent but not important.
- Replace hurry with habits: quiet mornings, meals without multitasking, regular exercise.
- Track your energy, not just your time — where are you most drained or most alive?

Your body is a temple, not a treadmill for approval.

- Unfollow comparison-based fitness influencers.
- Speak gratitude over your body instead of criticism.
- Ask: "Am I using my body to impress others or to serve God?"

Physical stewardship creates spiritual stamina.

- Notice how caring for your body sharpens focus in prayer or service.
- View health not as a side project but as preparation for longevity in ministry.
- Remember: small daily habits > occasional emotional surges.

A note to those with disabilities:

- Our worth is not measured by physical performance but by spiritual participation in Christ's grace. For those with disabilities, that truth rings especially deep - the body may be limited, but the Spirit within is not. Stewardship isn't about speed, strength, or skill; it's about surrender. Every breath, every prayer, every act of trust is worship - and even in weakness, God's power is made perfect.