

## Pray It Out before Speaking It Out

Welcome to Step Three! Today we're going to begin our section on how to implement our newly-made or refreshed boundaries. **The number one most important rule when it comes to implementing boundaries is that we pray about it for a minimum of twenty-four hours before saying them.** *Pray it out before speaking it out.*

One time, when I was first learning about boundaries, I worked hard to make a very detailed list of all the things I thought I needed from my husband to be happy in our marriage. I agonized over that list. I prayed about it and finally, I felt like it was time to tell him. I should mention that at the time we were emigrating to Canada so one of my boundaries was, "If you go back to New York City, I will not come with you and you will be telling me this marriage is over".

I waited until my husband was in a good mood.

"Can we talk?" I said.

"Yes, I actually wanted to talk to you too," he replied.

"Oh. Uh oh. Okay. Woah. I'm sure it's fine. What is going on?! Okay, don't freak out..." I thought to myself, "Okay, you go first," I said.

He says, "I'm going back to New York. I already bought my plane ticket. My boss is expecting me and I'm leaving tomorrow".

As you can imagine, I didn't get to read my boundaries to him. Even though that was a very painful point in my story, I'm glad I waited and prayed about the boundaries before

talking to him. Had I said them a few days before, I would have had no choice but to make concessions on my boundaries or file for separation. My silent boundary didn't take away from the fact that his actions had grave consequences but because the boundary was not discussed or even spoken out loud, I was able to reassess it with a clear mind and realized, **my boundary was made out of fear.** I didn't make that boundary because I hated living in New York, I loved New York, New York was my dream! I made that boundary because I was afraid of what he would do if we moved back.

**It was a bad boundary.**

So, before you implement anything, rule number one is: **Pray it out before you speak it out.**

Download your worksheet for this lesson and I also made you a little gift to go along with it- some typography art for your home that you can print out and frame to remind yourself to stop and pray before you speak out of fear, anger, sadness- what have you.

I'll see you in the next lesson!