



Suggested Boundaries to Protect Your Marriage

- Connect with each other often and regularly.
- Be open and honest with each other.
- Maintain emotional distance from people of the opposite sex.
- Not meeting alone with people of the opposite sex.
- Ensure Emails, Facebook messages, and phone calls to people of the opposite sex are never secret.
- Maintain pro-marriage friendships.
- Keep no secrets from your spouse.
- Never name-calling or using foul language with each other.
- NO physical, emotional, or verbal abuse.
- Have an agreement about how much money either can spend.
- Flee temptation. (1 Corinthians 10:13)
- Keep your eyes and thoughts on each other. (Proverbs 5:15-23)