PILLOW TALK
COMPANION GUIDE

Chapter 4 | Boundaries Talk

Key Takeaway

It's important to establish healthy boundaries in order to protect the health and integrity of your marriage. **Boundaries don't limit love. They protect love.**

Lesson Summary

Just like guardrails protect us on a dangerous road, healthy boundaries protect what matters most in marriage. They help us guard our covenant, protect our spouse, recognize vulnerabilities, and wisely manage outside influences.
Boundaries also keep our priorities in order so the people closest to us receive our best not our leftovers. Protecting our time, words, relationships, and areas of vulnerability helps create a marriage where love and trust can thrive.
Healthy boundaries are guardrails that protect what matters most.

Discuss Together

1) Are we giving each other our best or our leftovers?
2) Do our priorities reflect what matters most?
3) Where might our marriage need stronger boundaries?

Put into Practice

Choose one boundary to strengthen this week to better protect your marriage.
Small guardrails today can prevent major problems tomorrow.

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