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Personal Health: Broken Down and Unprotected

Proverbs 25:17 - *Don't visit your neighbors too often, or you will wear out your welcome.*

Jesus Set Boundaries And Practiced Personal Soul Care

Christ Often Detached Himself From People To Be Alone With God

Boundaries Aren't Mean-Spirited Or Created To Keep People Out, They're Self-Defining

Nehemiah 1:3 - *They said to me, "Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire."*

Having No Walls Around The City Left The People Defenseless Against Their Enemies

A City With Broken Walls Implied A Defeated People

Nehemiah 6:16 - *When our enemies and the surrounding nations heard about it, they were frightened and humiliated. They realized this work had been done with the help of our God.*

Boundaries Provide Protection And Dignity To People

Proverbs 25:28 - *Like a city that is broken down and without walls [leaving it unprotected] Is a man who has no self-control over his spirit [and sets himself up for trouble]. AMP*

A Lack Of Self-Restraint Leaves One Vulnerable To Our Emotions And Inner Desires Within

Proverbs 16:32 - *Better to be patient than powerful; better to have self-control than to conquer a city.*

Proverbs 21:22 - *The wise conquer the city of the strong and level the fortress in which they trust.*

Proverbs 22:3 - *A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.*