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**New Year, New Boundaries**

***I know the LORD is always with me. I will not be shaken, for HE is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety. For you will not leave my soul among the dead or allow your holy one to rot in the grave. You will show me the way of life, granting me the joy of your presence and the pleasures of living with you FOREVER.***

**Psalms 16:8-11**

For most of us this is a season of fasting and prayer. A time to reset, reimagine, realign with or go deeper into the Word of God. Pinky Promise has started our annual journal challenge that encourages and promotes these same aspects of our spiritual growth. Have you started the journal challenge? Have you made any new steps to get closer to Jesus in 2019? If so, what are they? Use this time to share with your sisters on what God is expecting from you and what you and expecting from God.

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Matthew 5:37 – Jesus tells us... *Just say a simple, ‘Yes, I will,’ or ‘No, I won’t.’ Anything beyond this is from the evil one.*

For many of us we are saying yes to the practices and motivations that bring us closer to God and no to those things the separate us from Him.

When you assess your current circumstances, commitments, thoughts, health and relationships what boundaries have you set up for yourself so that all these things will be maintained in a way that will produce good fruit in your life?

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Below are a list of areas that most of us need to establish healthy boundaries around. Have you ever heard the quote, *‘By failing to **prepare**, you are **preparing** to fail?’* Well this quotes holds true about setting healthy boundaries. Because the truth is there is a very real enemy that is seeking to destroy you and the relationship you have with Jesus. We can counter those attacks early by having a plan! Take a moment to evaluate the below list, then discuss ways that you can set boundaries so that when the load gets heavy, when temptation comes, when you are vulnerable you will still have victory!

**Commitments** *Commit your work to the Lord, and your plans will be established.* Proverbs 16:3 – (are you currently over committed? How will you decide which commitments you will take on this year? Will you remove any commitments? )

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**Relationships** – *Walk with the wise and become wise, for a companion of fools suffers harm.*

Proverbs 13:20. (In what way do you need to set boundaries for the people in your life or that may come you’re your life? Do you need to reevaluate your relationships by eithers pressing into or removing people?)

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**Confidence** – *the LORD is my light and my salvation- whom shall I fear? The LORD is the stronghold of my life – of whom shall I be afraid?* –Psalm 27:1. (How can you grow in confidence this year? What steps can you take to pursue the grace and confidence that is found in Jesus? )

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**Thoughts/Emotions** *It is true that we live in the world, but we do not fight from worldly motives. The weapons we use in or fight are not the world’s weapons but God’s powerful weapons, which we use to destroy strongholds. We destroy false arguments; we pull down every proud obstacle that is raised against the knowledge of God; we take every thought captive and make it obey Christ.* -2 Corinthians 10: 3-5 (In what ways will you create boundaries for your thought life? How will you say no to worldly motives and YES to the power of God working in your life?)

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**Health/Fitness** – *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?* 1 Corinthians 6:19. (In what ways will you improve your health and fitness? How will you make your bodies fit to fight for the kingdom of God mind and body?)

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**Sin** – *Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.* Proverbs 28:13. (How will you set boundaries in your life that will protect you from sin? Are there sins in your life that you need to confess and renounce?)

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*Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary, and an increase in power to the weak. Even youths grow tired and weary, and young men stumble and fall; **but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.** Isaiah 40: 28-31*

**You are not alone sis! Talk to one of your pinky promise sisters and ask for accountability. We can do this!**

**HAPPY NEW YEAR!**

**We are praying that this is your best year yet!!**