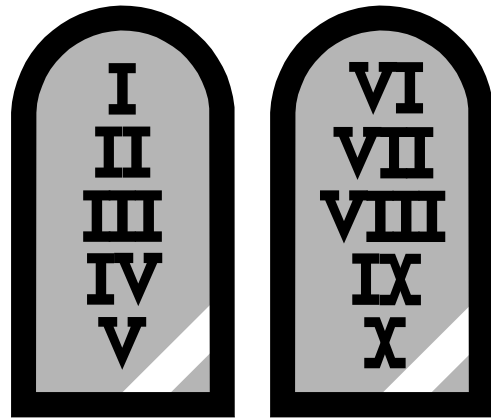


The



Commandments

You shall have no other god's  
before Me

You shall not make for  
yourselves any graven  
images

You shall not take the Name  
of the Lord your God in  
vain

Remember the Sabbath day  
to keep it holy.

Honor your Father and your  
Mother

You shall not murder

You shall not commit adultery

You shall not steal

You shall not bear false witness  
against your neighbor

You shall not covet anything  
that belongs to your neighbor

# 10 Essential Boundaries

- **1. I will not allow myself to be spiritually abused or manipulated**
  - No god but God; No spiritual authority has the right to violate these boundaries
- **2. I will not allow God to be misrepresented to me**
  - No distortions of the God of the Bible
- **3. I will not allow people to verbally abuse me or demean me**
  - No swearing, cursing or demeaning me
- **4. I will not allow people to vocationally abuse me or deny my right to worship**
  - No excessive work or denial of worship
- **5. I will not allow people to use their authority or bitterness at authority to abuse me**
  - No absolute submission and no unwarranted rebellion
- **6. I will not allow myself to be emotionally or physically abused**
  - No leadership out of anger, violence or threats of violence
- **7. I will not allow myself to be sexually abused**
  - No sexual harm, exploitation or infidelity
- **8. I will not allow myself to be financially abused or manipulated**
  - No stealing, tricking, or defrauding,
- **9. I will not put up with people deceiving me for their own ends**
  - No lying, deceiving, dishonesty
- **10. I will not allow people to mentally abuse me**
  - No scheming against me – seeking to rob me of my personhood, possessions or liberty