

THE LIBRARY OF WISDOM
Library Companion Series
Peace Is Worth Protecting
A Library Companion from the Boundaries Collection
by Vgdawson

Welcome

The Most Important Person You Ever Learn to Say "No" For Is Yourself

For many of us, saying "yes" came naturally.

We said yes because we wanted to help.

We said yes because we didn't want to disappoint anyone.

We said yes because we believed love meant sacrifice.

Sometimes it did.

But somewhere along the way, many of us forgot something important.

Every time we say yes to something that drains our spirit, we may be saying no to something that brings us peace.

Healthy boundaries aren't walls that keep people out.

They're doors that help us decide what deserves to come in.

They protect our time.

They protect our energy.

They protect our emotional well-being.

Most importantly, they help us become better versions of ourselves—not harder people, but wiser ones.

One of life's greatest lessons isn't learning how to please everyone.

It's learning that peace is something worth protecting.

Welcome.

The Borrowed Ladder

Every Saturday morning, Mr. Jenkins worked in his yard.

One spring, his neighbor came over and asked,

"Can I borrow your ladder for the afternoon?"

"Of course," Mr. Jenkins replied.

The afternoon turned into a week.

A week turned into a month.

Every time Mr. Jenkins thought about asking for it back, he stopped himself.

"I don't want to make things awkward."

So he bought another ladder.

Months later, a storm damaged part of his roof.

He needed the taller ladder.

Walking next door, he knocked gently.

His neighbor opened the door, smiled, and said,

"Oh! I forgot that was yours."

Mr. Jenkins laughed.

"So did I."

Both men smiled.

The ladder came home that afternoon.

On the walk back, Mr. Jenkins realized something.

People aren't mind readers.

Sometimes what we call kindness is really silence.

And silence has a way of becoming permission.

Boundaries aren't about taking something away from someone else.

Sometimes they're simply about remembering what belongs to you.

The Bench in the Park

Every morning, a woman walked the same path through her neighborhood park.

Halfway around the lake sat an old wooden bench beneath a large oak tree.

For years she hurried past it.

She always had somewhere to be.

One morning she felt unusually tired.

Instead of rushing by, she sat down.

The breeze was gentle.

Birds moved from branch to branch.

The world kept turning without asking anything from her.

For ten quiet minutes, she simply breathed.

The next morning she stopped again.

Soon it became part of her routine.

Friends began asking,

"What are you doing with all this free time?"

She smiled.

"I'm giving it back to myself."

She discovered that boundaries aren't only about saying no to other people.

Sometimes they're about saying yes to the parts of ourselves we've neglected for far too long.

A Smile Along the Way

Growing wiser has its funny moments.

- I've finally learned that "I'll think about it" is sometimes a complete sentence.
- Peace and quiet used to sound boring. Now they sound like luxury.
- The older I get, the more I appreciate people who respect my time as much as I respect theirs.

Sit With This for a Moment

Boundaries don't push love away.

Healthy boundaries make healthy relationships possible.

They help us give from a full heart instead of an empty one.

They remind us that rest is not selfish.

That honesty is not unkind.

That saying no today may allow us to say yes to something more meaningful tomorrow.

Take a few quiet moments to reflect.

Three Questions to Consider

1. Where in your life do you feel the most emotionally exhausted?

2. Is there one boundary you've been afraid to establish because you fear disappointing someone?

3. What would your life look like if you believed your peace was just as valuable as everyone else's?

A Quiet Prayer

Heavenly Father,

Thank You for reminding me that You never intended for me to carry every burden alone.

Teach me the wisdom to know when to help, when to wait, and when to lovingly say no.

Help me protect the peace You have placed within me without becoming cold or distant toward others.

May my boundaries reflect love rather than fear, wisdom rather than guilt, and grace rather than resentment.

Show me how to care for others without losing myself in the process.

Let my life reflect balance, compassion, courage, and peace.

Amen.

Continue Your Journey

If today's conversation encouraged you, you may enjoy these books from the **Boundaries Collection** in the **Library of Wisdom**:

- **When Love Holds Too Tight**
- **When Love Grows Up**
- **Playing in My Face**
- **When They Call You the Villain**
- **The Courage to Choose**
- **The Worst Mother's Day Ever**

The strongest boundaries are not built to keep people out. They are built to protect the life, peace, and purpose that God has entrusted to you. When you value those gifts, you teach others to value them too.