

Insufficient Boundaries Prevent Empathy (April 16, 2026)

“Jesus answered, ‘You could have no power at all against Me unless it had been given you from above.’” (John 19:11) Jesus knew that God the Father was sovereign in His life. And as long as Jesus remained obedient to the Father’s will, He was safe. Jesus’s confidence in the care and protection of the Father contributed to His ability to love and sacrifice Himself for humankind.

Brene Brown has said, “You can’t truly have empathy for someone you are afraid of.” However, if you establish the boundaries necessary to be and feel safe, you can move out of a mode of self-protection and into a stance of being others focused. In this way, boundaries and empathy are connected.

If you find yourself wanting to love or understand another person, but you find yourself retreating from them when things get tough, check your boundaries to see if you are safe. Adjust everything necessary to be safe in the will of God and, from that place, love others.

Jesus only died once. There were numerous plots and attempts to take His life, but Jesus avoided each one except the one the Father had arranged for our salvation. This security allowed Jesus to love His own and...

“having loved those who were in the world, He loved them unto the end.” (John 13:1)