



MARRIAGE COACHING

SAFER BARRIERS

Protecting Your Marriage
Before Problems Start

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The SAFER Barriers Guide

Why Marriages Need SAFER Barriers

In NASCAR, SAFER barriers are placed along the walls of the track to protect drivers when they crash. The barriers absorb impact and keep a bad situation from becoming much worse.

Strong marriages need barriers too; not because we expect failure, but because we are wise enough to protect what matters most.

Most marriages don't fall apart overnight. They drift slowly, one small compromise at a time. SAFER barriers are the invisible lines we choose not to cross that protect our hearts, our trust, and our relationship.

“Most affairs do not begin with intent.”

Pause & Reflect

- Where are we most vulnerable right now?
- What boundaries protect our marriage?
- What situations need clearer barriers?

“Guard your heart above all else, for it determines the course of your life.” (Proverbs 4:23 NLT)

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What are SAFER Barriers?

SAFER barriers are not rules you create for your spouse; they are boundaries you choose for yourself.

They are decisions you make in advance about what you will and will not allow in your life, your conversations, your relationships, and your habits.

SAFER barriers protect your heart, build trust in your marriage, and prevent small compromises from turning into big problems later.

Strong marriages are not just built with love; they are protected with intentional boundaries.

SAFER Barriers help protect:

- Your heart
- Your marriage
- Your trust
- Your time
- Your conversations
- Your relationships
- Your online interactions

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Examples of SAFER Barriers

- Set social media boundaries
- Always wear your wedding ring
- Don't be secretly alone with someone of the opposite sex
- Don't share exciting news with someone else before your spouse
- Don't share marriage problems with someone of the opposite sex
- Don't become someone's emotional support person
- Protect your time, conversations, and online interactions
- Be honest and transparent with your spouse
- Avoid situations that create emotional connection with someone else

“SAFER barriers are not about control;
They are about protection. They are boundaries
you choose for yourself”

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Questions to Discuss Together

Where is my heart exposed to spiritual attacks?

Is there an area of my life where I lack self-control?

What SAFER Barrier can I create that will build trust?

How can I love and honor my spouse better?

What areas of my life are vulnerable and need barriers?

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Key Takeaways

Below are some key takeaways and quotes we teach in this lesson.

"The grass is greener where you water it."

"Most affairs rarely begin with intent."

"Guard your heart."

"Your marriage is worth protecting."

"Strong marriages are protected intentionally."

"SAFER barriers are not rules; they are protection."

"Small decisions today protect your marriage tomorrow."

Keep Building a Strong Marriage

If this guide was helpful, we'd love to continue encouraging your marriage through our weekly emails, coaching, and marriage resources.

You can find more tools and encouragement at lovetothefinishline.com

We're cheering for your marriage.

[Schedule a Free Call With Us](#)