

Worship Team Boundaries

I recently heard a training CD by Richard Blankenship who was teaching on the recovery process of sexual addiction. He mentioned something I have witnessed for years in my counseling practice with those who have given in to temptation as well as in the church; intimacy that builds among worship team members. He points out a few common threads. First, there are men and women on teams that are not married to each other. Secondly, they share prayer requests in those late night practices, or early Sunday morning rehearsals, which builds intimacy. Third, the worship team member often goes home to a spouse who is not thrilled that they have been out another night of the week. This recipe of sharing and supporting each other intimately, then returning home to a less understanding spouse can and has, on too many occasions, produced moral failures. Blankenship insists on the need for boundaries to remedy this recipe for disaster in the home and in the church.

We all get tempted, but God always provides a way out. Here are some preventative measures to take.

- **Emotional boundaries need to be in place.**

Do not share with a member of the opposite sex what you have not yet shared, or feel supported in with your spouse. Worship practice is not counseling time. If you find you need this group to meet your emotional needs, consider how you can get your needs met throughout the week with same gender friends.

- **Physical boundaries need to be in place.**

Do not have alone time with a team member of the opposite sex. Always include others, even in the parking lot where it can be tempting to justify as it is “out in the open.” Check your motivation. Is it so that you can spend time with the person of the opposite sex?

Side hugs and in public only. No touching, patting, hitting playfully even if you are not drawn to them. Physical touch can inadvertently draw them to you.

- **Spiritual boundaries need to be in place.**

Walk in grace and truth as a prayer leader. Leading like this rather than from a mindset of superiority or inferiority (I’m such a failure), will help the congregation to connect and not be shamed into the presence of God.

- **Sexual boundaries need to be in place.**

If you are tempted to admire the appearance of another team member, practice bouncing your eyes. I recently observed a worship leader who seemed to be checking out a beautiful vocalist on his team. It may have been nothing, but my intuition tells me otherwise. He then proceeded to pray about how wretched he was. Both spiritual and sexual boundaries needed to be in place. Sexual boundaries are not cleared up in a vacuum. Bring others into this, asking for help to keep these boundaries.

With this boundary recipe, God can receive the praise of those who worship in “Spirit and truth,” and it becomes a recipe for truly leading others into the presence of God.