BIBLE STUDY WORKSHEET

Boundaries Without Guilt

Loving others does not require abandoning yourself.

Prepared by Vanessa

"She is clothed with strength and dignity; she can laugh at the days to come."
Proverbs 31:25

OPENING PRAYER

Heavenly Father,

You know how often I say yes from guilt, fear, or the desire to keep everyone happy. Forgive me for confusing love with overextending myself and peace with avoiding honest conversations.

Give me wisdom to know what belongs to me and what does not. Teach me to speak truth with grace, protect what You have entrusted to me, and set boundaries without bitterness. Help me love others freely instead of serving from resentment or exhaustion.

In Jesus' name, I pray,
Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

Healthy boundaries are not punishments or walls. They are clear, honest limits that protect peace, responsibility, relationships, and the ability to serve with love. This study helps us release false guilt while remaining compassionate and accountable.

[ ] Truth with grace [ ] Love without resentment [ ] Wise limits [ ] Freedom from false guilt

PART ONE

Jesus Practiced Holy Limits

Jesus loved people completely, yet He did not meet every demand, stay everywhere, or allow urgency to control His calling.

> "Jesus often withdrew to lonely places and prayed."
>
> LUKE 5:16

A BOUNDARY CAN PROTECT PURPOSE

Jesus withdrew to pray even when people wanted more from Him. Rest, prayer, focus, and limits were not failures of compassion. They kept Him aligned with the Father. A healthy no can protect the yes God has actually given you.

REFLECT AND DISCUSS

1. Where do you feel pressure to be constantly available?

2. What has overcommitting cost your peace, health, family, or faith?

3. What responsibility has God truly assigned to you in this season?

GENTLE TRUTH

Being needed is not the same as being called. You can care deeply without becoming responsible for every feeling, crisis, or outcome.

PART TWO

Let Your Yes and No Be Honest

Clear communication is kinder than reluctant agreement followed by resentment, avoidance, or burnout.

> "Let your Yes be yes, and your No, no."
>
> MATTHEW 5:37

BOUNDARIES TELL THE TRUTH

A boundary explains what you will do, what you will not do, and what you need in order to remain healthy and respectful. It does not control another person. It makes your own response clear.

BOUNDARY FORMULA

I care about you. I am not able to _____. I can _____. If _____ continues, I will _____.

PRACTICE SAYING IT

A request I need permission to decline:

A limit I need to communicate clearly:

A loving alternative I can offer, if appropriate:

A consequence I can calmly follow through on:

SIMPLE PHRASES

[ ] I cannot commit to that.
[ ] I can help for one hour.
[ ] I need time before answering.
[ ] I will continue when we are calm.
[ ] That does not work for me.
[ ] No, but thank you for asking.

PART THREE

Guard Your Heart Without Hardening It

Wisdom pays attention to what enters our inner life. Guarding your heart means caring for it so love can remain healthy, not closing it forever.

> "Above all else, guard your heart, for everything you do flows from it."
>
> **PROVERBS 4:23**

A DOOR, NOT A BRICK WALL

A wall says, 'No one gets close.' A healthy boundary says, 'Access grows through safety, honesty, consistency, and respect.' Boundaries can be adjusted as trust and circumstances change.

A wall	A healthy boundary
Keeps everyone out	Allows wise, earned access
Avoids every hard conversation	Communicates clearly and calmly
Punishes or controls	Protects and clarifies
Comes from fear alone	Uses prayer, wisdom, and evidence

Where have you built a wall because a boundary once felt impossible?

Who has demonstrated the consistency and respect that make trust possible?

What level of access feels wise right now?

PART FOUR

Guilt Is Not Always Conviction

Feeling uncomfortable does not automatically mean you are doing something wrong. New boundaries often feel unfamiliar before they feel peaceful.

> "There is now no condemnation for those who are in Christ Jesus."
>
> **ROMANS 8:1**

DISCERN THE VOICE

False guilt / pressure	Godly conviction
You are selfish for having needs.	Be truthful, loving, and responsible.
Keep everyone happy.	Honor God even when someone disagrees.
You must fix their feelings.	Own your words and actions; release their response.
A good woman never says no.	A wise woman stewards her time and strength.

What thought makes you feel guilty when you set a limit?

Is that thought supported by Scripture, wisdom, and truth - or by fear and people-pleasing?

What would responsible love look like without self-abandonment?

PAUSE BEFORE REVERSING A BOUNDARY

[ ] Pray [ ] Check the facts [ ] Seek wise counsel [ ] Notice manipulation
[ ] Review your values [ ] Allow discomfort [ ] Respond calmly [ ] Follow through

PART FIVE

Boundaries and Reconciliation

Forgiveness can release revenge, but reconciliation requires truth, repentance, safety, and rebuilding trust. Access is not owed simply because someone apologizes.

> "If it is possible, as far as it depends on you, live at peace with everyone."
>
> ROMANS 12:18

AS FAR AS IT DEPENDS ON YOU

You can pursue peace without pretending harm did not happen. You can forgive while maintaining distance. You can pray for someone and still require changed behavior before restoring closeness.

What part of this situation belongs to me to address or repair?

What part belongs to the other person and cannot be carried by me?

What evidence of safety or change would be needed before greater access?

SAFETY MATTERS

Submission, forgiveness, family loyalty, or church unity should never be used to excuse abuse, threats, coercion, stalking, or repeated harm. If you feel unsafe, seek trusted support and professional or emergency help. Distance can be a wise and faithful boundary.

PRACTICE

My Boundary Plan

Choose one boundary that protects what God has entrusted to you and makes room for honest love.

The situation that needs a boundary:

The value, responsibility, or relationship I am protecting:

My clear boundary statement:

The action I will take if the boundary is crossed:

A safe person who can support accountability:

THIS WEEK I WILL

[ ] Pause before saying yes
[ ] Use one clear sentence
[ ] Stop overexplaining
[ ] Expect some discomfort
[ ] Stay calm and consistent
[ ] Review the result prayerfully

MY ANCHOR PRAYER

Lord, let my boundaries be guided by truth, expressed with grace, and protected with courage.

CLOSING TOGETHER

Love Can Be Kind and Clear

You are not unloving because you have limits. God can teach you to serve freely, rest without shame, and speak the truth without losing tenderness.

CLOSING PRAYER

Heavenly Father, free us from fear, resentment, and false guilt. Give us courage to say yes with joy and no with honesty. Teach us to protect our peace without punishing others, to forgive without ignoring wisdom, and to remain softhearted without abandoning safety. Help our boundaries reflect truth, grace, responsibility, and love. Amen.

A WORD OF ENCOURAGEMENT

A boundary is not proof that you love less. Sometimes it is the structure that allows love to remain honest, safe, and sustainable.

CLOSING CIRCLE

One boundary I now have permission to set:

One way this group can pray for courage and wisdom:

MY DECLARATION

With God's wisdom, I will love others without abandoning the life, peace, and responsibilities He has entrusted to me.

Signature _____ Date _____