

# BIBLICAL BOUNDARIES WORKSHEET

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

## **WHAT ARE BOUNDARIES?**

Boundaries are limits we set to protect our physical, emotional, mental, and spiritual health. They reflect God's design for healthy relationships.

## **JESUS MODELED BOUNDARIES:**

- He withdrew to pray alone (Luke 5:16)
- He said "no" to others' demands when needed (Mark 1:37-38)
- He spoke truth directly (Matthew 23)
- He protected vulnerable people (Mark 10:13-16)

## **TYPES OF BOUNDARIES:**

### **1. PHYSICAL BOUNDARIES**

My body is a temple of the Holy Spirit (1 Corinthians 6:19)

- Personal space I need:
- Touch I'm comfortable/uncomfortable with:
- Physical activities I need to protect my health:

### **2. EMOTIONAL BOUNDARIES**

"Each one should carry their own load" - Galatians 6:5

- I am responsible for my own feelings: YES / NO
- I am responsible for others' feelings: YES / NO
- Emotional energy I need to protect:

### **3. TIME BOUNDARIES**

"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity" - Ephesians 5:15-16

- Time I need for rest/Sabbath:
- Activities I need to say "no" to:
- Time I need for my relationship with God:

### **4. MENTAL BOUNDARIES**

"Take captive every thought" - 2 Corinthians 10:5

- Negative thought patterns I need to interrupt:
- Media/content I need to limit:
- People whose opinions I've given too much power:

### **5. SPIRITUAL BOUNDARIES**

"Test the spirits" - 1 John 4:1

- Spiritual practices that drain rather than fill me:
- Relationships that pull me away from God:
- Religious expectations that aren't from God:

**BOUNDARY CHALLENGES:**

**A relationship where I need better boundaries:**

**Current problem (what's happening):**

**My boundary (what I will/won't do):**

**How I'll communicate it:**

"I feel \_ when \_. Going forward, I will \_."

**Scripture for strength:**

**BOUNDARY-SETTING SCRIPTS:**

- "I need to think about that and get back to you."
- "I'm not available that day, but I appreciate you thinking of me."
- "I'm not comfortable with that."
- "I need some time alone to recharge."
- "That doesn't work for me."
- "I can help with \_, but not \_."

**HEALTHY BOUNDARIES ARE:**

- Clear and specific
- Respectful of both yourself and others
- Consistent
- Followed through with action if violated

**UNHEALTHY BOUNDARIES INCLUDE:**

- Saying yes when you mean no
- Taking on others' responsibilities or emotions
- Allowing mistreatment
- Overcommitting to the point of burnout

**SCRIPTURE FOR BOUNDARY STRENGTH:**

- Proverbs 4:23 - "Guard your heart, for everything you do flows from it"
- Galatians 1:10 - "Am I now trying to win the approval of human beings, or of God?"
- Matthew 5:37 - "Let your 'Yes' be 'Yes,' and your 'No,' 'No'"
- Proverbs 29:25 - "Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe"

**PRAYER FOR BOUNDARIES:**

"Lord, give me wisdom to know what boundaries I need. Give me courage to set them with love. Help me trust that healthy boundaries honor both myself and others, as we are all made

in your image. Forgive me when I've neglected self-care that you've commanded. Give me strength to maintain boundaries even when it's difficult. Amen."