



# 72 Hours to Building Healthy Boundaries in Friendships



Explore biblical wisdom on establishing healthy boundaries in friendships over 3 days to nurture respect, love, and mutual growth.

---

# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ Understanding Boundaries with Wisdom</u>	4
<u>Day 2: ❤️ Communicating Boundaries with Love</u>	10
<u>Day 3: 🌱 Cultivating Healthy, God-Honoring Friendships</u>	16



## Introduction

Welcome to this transformative 3-day Bible study on building healthy boundaries in friendships. Friendships are a blessing from God, offering companionship, support, and joy. Yet, without healthy boundaries, friendship dynamics can become strained, leading to hurt and misunderstanding.

*In these 72 hours, we will journey together through Scripture to discover how God's Word guides us to set loving, respectful limits that protect both ourselves and others.* Healthy boundaries honor our identity in Christ and reflect His love by fostering mutual respect and care.

We will explore how to discern when and how to say “no,” protect our well-being without guilt, and cultivate friendships that encourage spiritual and emotional growth. Throughout this study, embrace God's grace as you learn to balance kindness with wisdom and truth with love.

Get ready to deepen your understanding of friendship through the lens of Scripture and to cultivate relationships that are God-honoring, uplifting, and sustainable. Let's begin this vital journey toward healthier, more vibrant friendships.





## Day 1: 🛡️ Understanding Boundaries with Wisdom



## Your Verse

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

## Supporting Scriptures

- *Galatians 6:2 – "Carry each other's burdens, and in this way you will fulfill the law of Christ."*
- *Matthew 7:6 – "Do not give dogs what is sacred; do not throw your pearls to pigs."*



## Devotional: Guarding Your Heart Wisely in Friendships

**Day 1 is about recognizing the importance of boundaries in friendships.** Proverbs 4:23 reminds us to guard our hearts vigilantly. Our hearts are the wellsprings of life, influencing our emotions, decisions, and relationships. Guarding them means we pay attention to who and what we let influence us.

Friendships are valuable, but not every relationship should drain or harm our spirit. Jesus taught in Matthew 7:6 to be discerning about what and who we entrust with our deepest parts. This doesn't mean rejecting people, but setting wise limits to protect our spiritual and emotional health.

Additionally, Galatians 6:2 encourages carrying each other's burdens, which reflects compassion and empathy. Yet, healthy boundaries ensure that helping others does not overwhelm us or enable unhealthy patterns. It's a balance of love and wisdom.

Today, reflect on your current friendships: Are there areas where your heart feels unguarded or vulnerable? What steps can you take to be more discerning and protect your well-being lovingly? Asking God for wisdom, as Solomon did, will guide you to set boundaries that glorify Him and nurture your friendships.



## Reflect and Apply

1. How do my current friendships affect my emotional and spiritual health?

---

---

---

2. In what ways do I find it challenging to say 'no' or set limits?

---

---

---

3. How can I balance compassion with wisdom in carrying others' burdens?

---

---

---



Day 1:  Understanding Boundaries with Wisdom

# Journaling Prompts

1. Write about a time when a friendship lacked healthy boundaries and how it impacted you.

---

---

---

2. List qualities you desire in friendships that help maintain your well-being.

---

---

---

3. Describe what guarding your heart means for you personally in the context of relationships.

---

---

---



Day 1:  Understanding Boundaries with Wisdom

## Prayer for Today

**Heavenly Father**, thank You for the gift of friendships. Help me to guard my heart with Your wisdom, so I may protect the peace and joy You have given me. Teach me to discern whom to trust and when to lovingly set boundaries. Guide me to carry others' burdens without losing myself in the process. Strengthen me to build relationships that honor You and sustain my soul. In Jesus' name, Amen.





## Day 2: ❤️ Communicating Boundaries with Love



## Day 2: ❤️ Communicating Boundaries with Love

## Your Verse

*Ephesians 4:15 – "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."*

## Supporting Scriptures

- *Matthew 5:37 – "Let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one."*
- *Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone."*



## Day 2: ❤️ Communicating Boundaries with Love

## Devotional: Speaking Boundaries with Truth and Grace

**On Day 2, we focus on how to communicate boundaries with love and clarity.** Setting boundaries can feel uncomfortable or even confrontational, but Scripture shows us a God-honoring way to do this—through honesty wrapped in love.

Ephesians 4:15 teaches us to speak the truth in love. This means being authentic about our needs and limits without being harsh or defensive. It means respecting others while honoring our own feelings.

Jesus exhorts us in Matthew 5:37 to let our words be simple and clear: “Yes” or “No.” This directness prevents misunderstanding and manipulation. Clear communication is the foundation of healthy boundaries.

Yet, recognizing that none of us is perfect, Colossians 3:13 calls for patience and forgiveness when offenses occur. Even as we set limits, we must be willing to extend grace, keeping relationships rooted in mercy.

Today, consider how you express your boundaries. Are you clear and kind? How might you better communicate your needs so your friendships flourish in honesty and grace?



## Day 2: ❤️ Communicating Boundaries with Love

## Reflect and Apply

1. How comfortable am I with saying 'no' or expressing my limits clearly?

---

---

---

2. In what ways can I communicate my needs without causing hurt or conflict?

---

---

---

3. How do forgiveness and patience play a role in maintaining boundaries?

---

---

---



## Day 2: ❤️ Communicating Boundaries with Love

# Journaling Prompts

1. Recall a recent conversation where you struggled to express a boundary; what could you do differently next time?

---

---

---

2. Write out a prayer or script to help you say 'no' with love and clarity.

---

---

---

3. Reflect on how forgiveness has supported your friendships when boundaries were tested.

---

---

---



## Day 2: ❤️ Communicating Boundaries with Love

## Prayer for Today

**Lord Jesus**, teach me to communicate my boundaries with honesty and love. Give me words that are clear and gentle, so my friends understand my heart. Help me to respect others' feelings while honoring my own needs. When misunderstandings arise, fill me with patience and forgiveness to restore peace. May my relationships reflect Your grace and truth every day. Amen.



## Day 3: Cultivating Healthy, God-Honoring Friendships



## Your Verse

*1 Corinthians 15:33 – "Do not be misled: 'Bad company corrupts good character.'"*

## Supporting Scriptures

- *Ecclesiastes 4:9 – "Two are better than one, because they have a good return for their labor."*
- *John 15:12 – "My command is this: Love each other as I have loved you."*



## Devotional: Nurturing Friendships That Honor God

**For our final day, we reflect on the importance of cultivating friendships that honor God and promote growth.** 1 Corinthians 15:33 warns us that the company we keep influences our character. Healthy boundaries help us choose wisely whom to invest in and how to foster relationships that build up rather than tear down.

Ecclesiastes 4:9 highlights the blessings of companionship and partnership. Friendships are designed to be mutually beneficial — encouraging, supporting, and strengthening each other in faith and life.

Jesus' command in John 15:12 to love as He loves sets the highest standard. Our boundaries should never be walls of isolation but fences of protection that cultivate a safe space for genuine love, accountability, and encouragement.

Today, envision the friendships you want to nurture. How do your boundaries protect and enhance these relationships? Commit to walking alongside friends with love that reflects Christ and the wisdom to maintain healthy limits.



## Reflect and Apply

1. What qualities do I see in my friendships that reflect God's love?

---

---

---

2. Are there relationships I need to reassess based on the boundaries I have learned?

---

---

---

3. How can I better support my friends while maintaining healthy limits?

---

---

---



# Journaling Prompts

1. Write about a friendship that has helped you grow spiritually or emotionally.

---

---

---

2. Set personal goals for cultivating healthy, God-honoring friendships.

---

---

---

3. Describe how you can show Christ-like love while respecting your boundaries.

---

---

---



Day 3: 🌱 Cultivating Healthy, God-Honoring Friendships

## Prayer for Today

**Gracious Father**, thank You for the friendships You have placed in my life. Help me to cultivate relationships rooted in Your love and wisdom. Guide me to choose companions who encourage my faith and well-being. May my boundaries protect these friendships and allow them to flourish in truth and grace. Empower me to love as You love — sacrificially and wholly. Through Jesus Christ, Amen.





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.