# Finding Freedom: Setting Godly Boundaries



A 7-day Bible study to help those addicted to always saying yes learn to set godly boundaries and live with freedom in Christ.





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## Introduction

Welcome to this 7-day journey on discovering freedom through setting godly boundaries. Many believers find themselves trapped in the cycle of saying yes to every request, obligation, or demand, fearing disappointment or conflict. However, this pattern can lead to exhaustion, compromised values, and a loss of balance in life.

God calls us not only to love and serve others but also to steward the gifts, time, and energy He entrusts to us wisely. Learning to say no is not selfish—it is an act of faithfulness and wisdom. *Boundaries are essential for spiritual health and effective ministry.* They guard our hearts, preserve our joy, and enable us to serve from a place of strength rather than depletion.

Throughout this study, you will encounter Scripture passages, devotional insights, and reflection questions to help you identify unhealthy patterns and embrace God's design for boundaries rooted in love. Together, we'll explore how saying no can be a powerful, godly 'yes' to the priorities God has set for you.

Let this time be a healing and empowering season, as you learn to honor God, yourself, and others through setting clear, faith-filled limits. May you walk away feeling lighter, freer, and more aligned with God's will for your life.















## Your Verse

Matthew 5:37 - 'All you need to say is simply "Yes" or "No"; anything beyond this comes from the evil one.'

## **Supporting Scriptures**

- Proverbs 25:28 'Like a city whose walls are broken through is a person who lacks self-control.'
- Galatians 5:22–23 'But the fruit of the Spirit is... self-control...'







## Devotional: Identifying the 'Yes' Addiction Trap

Have you ever felt overwhelmed because you couldn't say no? Constantly agreeing to every request can become a form of bondage. Jesus teaches us in *Matthew 5:37* to be simple and clear in our commitments. When we become addicted to saying yes, we lose sight of God's wisdom about seasons, limits, and stewardship of the resources He has given us.

Consider Proverbs 25:28's description of a person lacking self-control as a defenseless city. When we say yes unwillingly or unnecessarily, we leave ourselves vulnerable to stress, resentment, and spiritual weariness. The fruit of the Spirit includes self-control—a gift that helps us align with God's will, including learning when to say no.

Today, ask God to help you recognize where your 'yes' habit is a trap and to give you courage to embrace godly boundaries that honor Him and yourself.







## Reflect and Apply

1.	When do you feel pressured to say yes even if you want to say no?
2.	How might your future look different if you practiced saying no more often?
3.	What fears surface when you consider setting clear boundaries?







## **Journaling Prompts**

1.	List recent occasions where you said yes but wished you hadn't.
2.	Write about your feelings when you say no—guilt, relief, anxiety?
3.	Describe what a healthy boundary might look like in one area of your life.







## Prayer for Today

Lord, help me to recognize where I am trapped by my constant desire to please others. Teach me to listen to Your Spirit and give me the courage to say no when it honors You and protects my soul. Help me embrace the freedom found in setting godly boundaries. *Guide my heart to balance compassion with wisdom.* In Jesus' name, Amen.

















Day 2: 🖰 Learning to Say No with Grace

## Your Verse

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

## **Supporting Scriptures**

- Ecclesiastes 3:1 'There is a time for everything, and a season for every activity under the heavens.'
- 2 Timothy 1:7 'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'







Day 2: 🕒 Learning to Say No with Grace

## Devotional: Saying No with Love and Self-Control

Saying no is hard, but it can be done with kindness and truth. Proverbs 4:23 calls us to guard our hearts because from them flow life's actions and attitudes. Unchecked, our desire to always say yes can open the door to exhaustion and resentment.

Ecclesiastes reminds us that life has seasons. We must discern when it is right to commit and when it is wise to step back. Saying no respectfully communicates that you value your time and well-being without alienating others.

Paul encourages Timothy (and us) that God's Spirit empowers us not with fear but with love and self-discipline. Through the Spirit's help, we can set boundaries that reflect God's heart — both protective and caring.

Practice gentle honesty today. Remember, grace-filled no's build trust and protect your God-given calling.







Day 2: 🕒 Learning to Say No with Grace

## Reflect and Apply

1.	What emotions come up for you when practicing saying no to others?
2.	How does understanding 'seasons' of life impact your willingness to set boundaries?
3.	How can love and self-discipline guide your responses?







Day 2: 🖰 Learning to Say No with Grace

## **Journaling Prompts**

1.	Recall a time when you said no gently. What was the outcome?
2.	Write a prayer asking God to fill you with His Spirit for wisdom and strength.
3.	Identify two relationships where you want to set boundaries lovingly.







Day 2: 🕒 Learning to Say No with Grace

## **Prayer for Today**

Father, grant me the wisdom to say no with grace and the courage to guard my heart. Fill me with Your Spirit of power, love, and self-discipline so I can set gentle boundaries that honor You and nurture my soul. Help me to recognize each season You lay before me. Guide my words to be truthful and kind. Amen.







## Day 3: SEmbracing God's Freedom Through Boundaries









Day 3: ধ Embracing God's Freedom Through Boundaries

## Your Verse

John 8:36 - 'So if the Son sets you free, you will be free indeed.'

## **Supporting Scriptures**

- Galatians 5:1 'It is for freedom that Christ has set us free.'
- Psalm 119:45 'I will walk about in freedom, for I have sought out your precepts.'







Day 3: ধ Embracing God's Freedom Through Boundaries

## Devotional: Living in the Freedom Christ Offers

Freedom in Christ is not license to be overwhelmed—it's freedom to live wisely and fully. John 8:36 reminds us that Jesus frees us completely. Yet, freedom is best enjoyed when paired with boundaries that reflect God's will.

Paul encourages believers in Galatians to stand firm in this freedom so they aren't burdened again by patterns that enslave them. Saying yes to everything is such a burden—a yoke that weighs down the spirit.

Psalm 119 celebrates walking in freedom through obedience to God's precepts. Boundaries are biblical; they protect our faithfulness and allow us to serve God's purposes without burning out.

Today, consider how saying no when needed can actually be an expression of loving obedience — preserving the freedom Christ gained for you.







Day 3: 😂 Embracing God's Freedom Through Boundaries

## Reflect and Apply

1.	What does 'freedom indeed' feel like in your own life?
2.	How might setting boundaries be part of embracing that freedom?
3.	In what ways has saying yes too often felt like bondage?







Day 3: 😂 Embracing God's Freedom Through Boundaries

## **Journaling Prompts**

Describe what freedom in Christ means to you personally.
List areas where freedom feels limited because of boundary struggles.
Write a prayer thanking Jesus for setting you free.







Day 3: W Embracing God's Freedom Through Boundaries

## Prayer for Today

Jesus, thank You for setting me free from every chain, including the addiction to say yes to all things. Help me walk daily in the fullness of that freedom by honoring the healthy boundaries You inspire in my heart. May I follow Your precepts that lead to abundant life and joy. Amen.

















Day 4: Finding Wisdom to Set Boundaries

## Your Verse

James 1:5 - 'If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.'

## **Supporting Scriptures**

- Proverbs 3:5-6 'Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.'
- Ecclesiastes 7:19 'Wisdom makes one wise person more powerful than ten rulers in a city.'







Day 4: Finding Wisdom to Set Boundaries

## Devotional: Asking God for Wisdom in Boundaries

Deciding where to draw boundaries can feel confusing, but God promises to give wisdom abundantly. James 1:5 encourages believers to ask for wisdom without fear or hesitation. Setting boundaries isn't about rigid rules but wise stewardship shaped by God's guidance.

Proverbs reminds us to trust God rather than relying solely on our own insight. When we submit our boundary decisions to Him, He directs our paths and clarifies what's best.

Ecclesiastes beautifully illustrates that wisdom increases our influence and effectiveness. Boundaries flow from understanding priorities and God's purpose in your life.

Pray today for God's wisdom as you examine your yes's and no's. Trust that He will guide you clearly.







Day 4: Tinding Wisdom to Set Boundaries

## Reflect and Apply

1.	Where do you feel most uncertain about setting limits?
2.	How does trusting God change your approach to saying no?
3.	What steps can you take to seek God's wisdom daily?







Day 4: Tinding Wisdom to Set Boundaries

## **Journaling Prompts**

1.	Write a prayer asking God for wisdom specific to your boundaries.
2	Identify one area where you will seek guidance before saying yes.
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3.	Record any insights or scriptures God brings to mind about boundaries.







Day 4: Tinding Wisdom to Set Boundaries

## **Prayer for Today**

Heavenly Father, I need Your wisdom to navigate the complexities of life and relationships. Please grant me clarity and discernment to set boundaries that honor You and protect my soul. Help me lean not on my own understanding but fully trust Your perfect guidance. Teach me to hear Your voice clearly as I decide when to say yes and no. Amen.  $\square$ 















## Your Verse

Philippians 4:13 - 'I can do all this through him who gives me strength.'

## **Supporting Scriptures**

- Ephesians 6:10 'Finally, be strong in the Lord and in his mighty power.'
- Isaiah 41:10 'So do not fear, for I am with you; do not be dismayed, for I am your God.'







## Devotional: Relying on God's Strength for Boundaries

Setting and maintaining boundaries can be challenging, requiring strength beyond our own. Paul reminds the Philippians—and us—that our strength comes from Christ. This is vital when saying no may provoke discomfort or opposition.

Ephesians encourages believers to be strong in the Lord's might. Boundary setting often means standing firm in love even when others expect different responses. God's power enables us.

Isaiah offers reassurance we are not alone; God is with us, strengthening us so we will not fear or be shaken.

Today, rely on God's strength knowing He equips you to uphold boundaries that protect your spiritual and emotional health.







## Reflect and Apply

1.	In what situations do you find it hardest to uphold boundaries?
2.	How can remembering God's strength change your confidence?
3.	What fears might melt away when you depend on His power?







## **Journaling Prompts**

1.	Journal about a boundary you want to keep but feel weak about.
2.	Write a prayer asking God for strength in that situation.
3.	List affirmations from Scripture that encourage your boundary setting.







## Prayer for Today

**Lord, I sometimes feel weak and unsure when trying to say no.** Remind me that through You, I have strength to stand firm. Fill me with courage and peace as I establish boundaries that honor You. Help me not to be afraid, for You are always with me, mighty and loving. Amen.















## Your Verse

Mark 6:31 - 'Come with me by yourselves to a quiet place and get some rest.'

## **Supporting Scriptures**

- Psalm 46:10 'Be still, and know that I am God.'
- Matthew 11:28 'Come to me, all you who are weary and burdened, and I will give you rest.'







## Devotional: Finding Rest Through Healthy Boundaries

One consequence of saying yes too often is exhaustion—spiritually, emotionally, and physically. Jesus knew the importance of rest and intentional withdrawal. In Mark 6:31, He invited His disciples to find quiet places to restore.

Psalm 46:10 teaches the power of stillness in God's presence. When we fail to say no, we miss crucial opportunities to recharge and listen.

Jesus' invitation in Matthew 11:28 reminds us that rest is a gift freely offered to everyone burdened by life's demands. Learning to set boundaries helps us embrace this rest and restore balance.

Today, prioritize a moment or space to rest and reflect on how boundaries create room for God's peace.







## Reflect and Apply

1.	How has overcommitting affected your rest and peace?
2.	What is one way you can create space for quiet and renewal?
3.	Why is rest essential to spiritual health and effectiveness?







## **Journaling Prompts**

1.	. Describe your ideal quiet place where you can rest with God.
2.	. Write about how resting affects your ability to serve others.
3.	. Plan a realistic boundary that will allow more regular rest.







## **Prayer for Today**

Jesus, thank You for inviting me to rest in You when I am weary. Help me learn to say no to demands that steal my peace and yes to moments of restoration. Teach me the value of stillness and quiet to reconnect with Your heart. May I honor these boundaries with joy, embracing Your gift of rest. Amen.







## Day 7: 🎇 Living Boundaries as Freedom in Christ









Day 7: 🎇 Living Boundaries as Freedom in Christ

## Your Verse

Romans 8:1–2 – 'Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.'

## **Supporting Scriptures**

- Colossians 3:23 'Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.'
- 1 Corinthians 10:13 'God is faithful; he will not let you be tempted beyond what you can bear.'







Day 7: 🗱 Living Boundaries as Freedom in Christ

## Devotional: Walking in Christ's Freedom with Boundaries

As this study comes to a close, remember that the boundaries you set are part of the new life in Christ. Romans 8:1–2 celebrates the freedom from condemnation that Jesus brings—a freedom that empowers you to live intentionally and without fear.

Colossians reminds us that our work, whether saying yes or no, is ultimately for the Lord. This shifts our mindset from people-pleasing to God-pleasing, freeing us from the need to constantly say yes.

God promises in 1 Corinthians 10:13 that He will not allow temptations or pressures beyond what you can handle. Trust that each boundary you set is supported by His faithfulness.

Live boldly today as a person freed in Christ, setting boundaries with confidence and love, reflecting His glory in all you do.







Day 7: 💥 Living Boundaries as Freedom in Christ

## Reflect and Apply

1.	How can you remind yourself daily that your boundaries honor God?
2.	What changes have you noticed in your heart through this study?
3.	How can you encourage others to find freedom through boundaries?







Day 7: 💥 Living Boundaries as Freedom in Christ

## **Journaling Prompts**

1.	Write a commitment statement about living with godly boundaries.
2.	Reflect on the most powerful insight you gained from this study.
3.	Plan one way to share these truths with someone in your life.







Day 7: 🎇 Living Boundaries as Freedom in Christ

## **Prayer for Today**

**Lord Jesus, I thank You for the freedom You've given me through Your sacrifice.** Help me to live this freedom daily by setting boundaries that glorify You and reflect Your love. Strengthen me to stand firm, to work wholeheartedly for Your kingdom, and to trust Your faithfulness in every choice. May my life point others to Your grace and truth. Amen. \*\*







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