# Godly Boundaries: Strength and Grace for Women Facing Narcissistic Abuse



A 7-day Bible study guiding women to establish godly boundaries, say "no" with strength and grace, and find healing through God's word.





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#### Introduction

Welcome to a transformative journey of empowerment and healing. In a world where narcissistic abuse often leaves women feeling trapped, confused, and depleted, learning to establish *godly boundaries* is essential. This study is specifically designed to help women recognize their value in God's eyes and to cultivate strength and grace in setting limits that protect their hearts and minds.

Understanding Narcissistic Abuse: Narcissistic abuse manipulates emotions and distorts truth, often eroding the victim's confidence and sense of self. But Scripture reminds us that every woman is deeply loved, uniquely created, and called to walk in dignity and strength. Through this study, you'll be invited to lean on God's Word to confidently say "no" when needed, safeguarding your spiritual, emotional, and physical well-being.

Boundaries are not about distancing ourselves from people out of bitterness, but about honoring God's design for relationships where respect, love, and truth abound. By exploring key passages of Scripture, reflecting deeply, and praying with intention, you will discover practical ways to guard your heart and maintain your peace.

Throughout these seven days, expect to be encouraged by powerful biblical women who set boundaries, inspired by God's promises for strength, and equipped with grace to walk free from abuse's chains. Whether you are currently in a challenging relationship or supporting someone who is, this







study aims to renew your hope and courage. Let's embark on this journey together—embracing God's truth, saying "no" with wisdom, and walking boldly in His freedom and purpose.















#### Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Genesis 1:27 "So God created mankind in his own image, in the image of God he created them; male and female he created them."
- Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."







#### Devotional: Embracing Your God-Given Identity

Today, we begin by reclaiming the truth about who you are in God's eyes.

Narcissistic abuse attempts to distort one's identity, causing feelings of worthlessness and confusion. But Scripture declares that you are fearfully and wonderfully made, crafted by the Creator Himself with intention and love. Your value is rooted in God's image within you, not in the opinions or control of others.

When you understand your divine identity, boundaries become a natural act of self-respect and obedience to God. Saying "no" is not selfish—it honors the sacredness of the life God breathed into you. You are designed to thrive, loved beyond measure, and destined for a future filled with hope, not harm.

**Reflection:** What lies have the enemy and narcissistic voices tried to convince you of about your worth? How does Psalm 139:14 inspire you to view yourself differently today? Begin to root your identity in God's truth rather than in abusive narratives.







# Reflect and Apply

1.	What false beliefs about yourself need to be replaced by God's truth?
	How does recognizing yourself as 'fearfully and wonderfully made' affect your confidence?
	In what ways can understanding your Godly identity empower you to set boundaries?







## **Journaling Prompts**

Write about times you felt devalued and how God's Word speaks over those feelings.
List affirmations based on Psalm 139:14 that you can remind yourself daily.
Reflect on how knowing you are created in God's image changes your view of yourself.







## Prayer for Today

Lord, thank You for creating me with purpose and great care. Help me to see myself as You do—wonderfully made and deeply loved. Strengthen me to stand firm in the truth of my identity when I face manipulation or lies. Teach me to set boundaries that honor Your design for my life and protect my heart. Fill me with Your peace and courage today. *Amen.*  $\bigwedge$   $\bigcirc$   $\bigcirc$ 















#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 6:5 "For each one should carry their own load."
- Matthew 5:37 "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."







#### Devotional: The Power of Guarding Your Heart

Setting boundaries begins with understanding their importance. Proverbs 4:23 calls us to guard our hearts diligently, for it influences every part of our lives. Healthy boundaries are like spiritual fences—they protect our inner selves from harm and maintain the integrity God desires.

Narcissistic abuse often blurs lines, pushing you to carry burdens not meant for you or to feel guilty for saying "no." Yet, Scripture encourages personal responsibility while also giving permission to establish limits. Jesus' teaching to say simply 'Yes' or 'No' reminds us to be clear and decisive, avoiding manipulation and confusion.

Learning to recognize where your heart needs protection involves wisdom and courage. Boundaries are not walls to isolate but gates to protect what God has entrusted to you—your emotions, your time, and your peace.







# Reflect and Apply

1.	What are some areas in your life where boundaries are unclear or weak?
2.	How does Proverbs 4:23 challenge you to protect your emotional and spiritual well-being?
3.	In what ways can saying "no" with grace improve your relationships?







# **Journaling Prompts**

1.	Identify moments when you struggled to say "no" and explore why.
2.	Write about what carrying your own load means in your current context.
3.	Reflect on how guarding your heart can bring freedom and peace.







### Prayer for Today

Father, teach me to protect my heart with wisdom and discernment. Help me to recognize when I need to say "no" and to do so with clarity and kindness. Guard me from manipulation and confusion, and fill me with Your strength to maintain healthy boundaries that honor You. Guide me to walk confidently in Your truth. Amen.







# Day 3: Saying No with Strength and Grace









Day 3: Saying No with Strength and Grace

#### 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**

- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."
- Psalm 46:5 "God is within her, she will not fall; God will help her at break of day."







Day 3: Saying No with Strength and Grace

### Devotional: Graceful Strength in Boundaries

Communicating boundaries requires both strength and grace. Ephesians 4:15 encourages us to speak the truth in love. Saying "no" to those who seek to control or manipulate is an act of courage, but it is equally important to respond with kindness and respect. This delicate balance honors God and opens doors to healthier relationships.

Grace-filled communication is powerful—it diffuses conflict and demonstrates the maturity Christ desires in His followers. Remember, setting boundaries does not mean harshness or anger; instead, it is about standing firm lovingly, reflecting God's character.

Psalm 46:5 reassures you that God's presence empowers you. You will not fall because He sustains you. When you say "no" with strength wrapped in grace, you mirror Christ's heart and protect your soul.







Day 3: 💬 Saying No with Strength and Grace

# Reflect and Apply

1.	How can you balance firmness and kindness when setting boundaries?
2.	What fears or doubts come up about saying "no" to difficult people?
3.	How does relying on God empower you to communicate with grace?







Day 3: 💬 Saying No with Strength and Grace

# **Journaling Prompts**

1.	Write a prayer asking God for words to say "no" with love.
2.	Reflect on a past experience where you successfully set a boundary.
3.	List practical ways you can improve your communication about limits.







Day 3: 💬 Saying No with Strength and Grace

## Prayer for Today

Lord Jesus, help me to speak truth with love and grace. When I need to say "no," give me clarity, courage, and gentleness. Let my words honor You and protect my soul, reflecting Your heart in every conversation. Sustain me so I will not fall but stand strong in Your power. Amen. [22] 🖔 🔑















#### Your Verse

Matthew 7:24 - "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

#### **Supporting Scriptures**

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- 2 Timothy 3:16 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."







#### Devotional: Anchoring Boundaries in Scripture

**Strong, lasting boundaries are built on the foundation of God's Word.** Just as a wise builder constructs a house on solid rock, anchoring your boundaries in Scripture ensures they withstand storms of pressure or doubt.

Your personal convictions and limits gain power, clarity, and direction when guided by God's promises and principles. Psalm 119:105 highlights how His Word lights the path, showing you where to draw lines that honor Him and protect your heart.

Remember, Scripture is alive and useful—it teaches, corrects, and trains us in living righteously (2 Timothy 3:16). Engaging regularly with God's Word equips you with wisdom and discernment to navigate the complexities of relationships and stand firm against abuse.







# Reflect and Apply

1.	What parts of Scripture encourage or reinforce your need for boundaries?
	How can you use God's Word as a guide when confronted with manipulation?
3.	In what ways can anchoring your boundaries in Scripture bring peace and confidence?







# **Journaling Prompts**

1.	Write down Bible verses that give you strength to set boundaries.
	Reflect on times when applying God's Word changed how you handled a relationship.
	Journal your plan to incorporate Scripture into your daily boundary-setting.







### Prayer for Today

God, thank You for Your living Word that guides my steps. Help me to build my boundaries upon Your truth, that they may be firm and unshakable. Teach me to meditate on Scripture daily and apply it wisely in my relationships. Guard my heart as I walk in obedience to You. Amen.  $\square$ 







# Day 5: W Healing and Freedom Through Boundaries









Day 5: W Healing and Freedom Through Boundaries

#### Your Verse

Isaiah 61:1 - "The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor... to set the prisoners free."

#### **Supporting Scriptures**

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."







Day 5: W Healing and Freedom Through Boundaries

#### Devotional: Freedom and Healing in Boundaries

Boundaries are a path to healing and freedom. Narcissistic abuse often leaves deep wounds, but Scripture offers hope through the Spirit who sets the captives free (Isaiah 61:1). When you establish godly boundaries, you step into the freedom God intends for you.

Jesus declared in John 8:36 that freedom in Him is real and lasting. Setting limits is not about punishment but restoration—a way to reclaim your life and wholeness. God draws near to those who are brokenhearted (Psalm 34:18), offering comfort and renewal.

Embrace boundaries as tools of healing, allowing you to move forward without fear, shame, or bondage. God's Spirit empowers you to recover strength and joy, cultivating peace that surpasses circumstances.







Day 5: ♥️ Healing and Freedom Through Boundaries

# Reflect and Apply

	How have boundaries contributed or could contribute to your healing journey?
2.	What fears or hopes arise when you think about living free from abuse?
	How does knowing God is close to your broken heart encourage you today?







Day 5: 😢 Healing and Freedom Through Boundaries

# **Journaling Prompts**

1.	Describe what freedom feels like or what you hope it will feel like.
2.	Write about how setting a boundary changed or might change your healing.
3.	Reflect on God's promises of comfort during difficult emotional seasons.







Day 5: 😂 Healing and Freedom Through Boundaries

## Prayer for Today

**Lord, thank You for Your healing and freedom.** Help me to use my boundaries as instruments of restoration, breaking chains of abuse and fear. Draw close to my broken heart and renew my spirit. Empower me by Your Spirit to live boldly in the liberty You provide. Amen. 😂 👽 🙏 💸















#### Your Verse

Proverbs 11:14 – "For lack of guidance a nation falls, but victory is won through many advisers."

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- 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."







#### Devotional: The Strength of Wise Support

You were never meant to walk this journey alone. Seeking support and discerning wise counsel is an expression of humility and strength. Proverbs 11:14 emphasizes that guidance from others fosters victory and stability.

Narcissistic abuse can isolate victims, but God encourages community and mutual support. Ecclesiastes reminds us that two are better than one—friends, mentors, or counselors who can help you stay strong and uphold your boundaries.

Moreover, always rely on God for wisdom (James 1:5). Prayerfully seek His guidance as you choose who to trust and how to proceed. Together with divine wisdom and godly counsel, you can navigate challenges with confidence and grace.







# Reflect and Apply

1.	Who in your life encourages and supports your boundary-setting?
2.	How can you become more open to seeking and receiving help?
3.	What steps can you take to pursue God's wisdom in difficult decisions?







# **Journaling Prompts**

1.	List people you trust who can support your healing.
2.	Reflect on a time support helped you overcome a challenge.
3.	Write a prayer asking God for guidance in choosing wise counselors.







### Prayer for Today

Father, thank You for the gift of community and wise counsel. Lead me to trustworthy people who will encourage and uphold me. Grant me wisdom as I seek advice and navigate difficult situations. Help me to remain humble and open to Your guidance and to the support You provide through others. Amen.

















#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."
- Romans 8:38–39 "Nothing will be able to separate us from the love of God that is in Christ Jesus our Lord."







#### Devotional: Empowered by Grace for Your Journey

As this study concludes, remember that God's grace empowers your journey. In your moments of weakness, His power shines brightest (2 Corinthians 12:9). Saying "no" and maintaining boundaries is an ongoing walk, not a one-time event.

Trust that He who began this good work will continue to perfect it, strengthening your resolve and expanding your freedom (Philippians 1:6). You are deeply loved—nothing can separate you from God's unwavering love (Romans 8:38–39).

Walk forward with confidence, rooted in grace and fortified by Scripture. Your future is bright, and your worth is eternal. Embrace each step with strength, humility, and a heart anchored in Christ's love.







# Reflect and Apply

1.	How can you rely on God's grace when you feel weak or overwhelmed?
2.	What promises encourage you to persevere in protecting your heart?
3.	How will you continue to nurture boundaries in your daily life?







# **Journaling Prompts**

1.	Write about what 'sufficient grace' means to you personally.
2.	Reflect on your growth over these past seven days.
3.	Plan practical steps to continue walking in freedom and grace.







## **Prayer for Today**

Lord, thank You that Your grace is enough for me. When I feel weak or uncertain, remind me that Your power is made perfect in those moments. Continue the good work You have started in me, helping me to walk forward with strength, wisdom, and peace. Let Your love be my firm foundation always. Amen.







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