



How Far Is Too Far? A Teen's Guide to Boundaries



Explore biblical wisdom on limits, choices, and
purity to help teens navigate life's challenges with
faith and integrity.

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Introduction

Welcome to this 7-day journey designed especially for teens who are asking: 'How Far Is Too Far?' Life presents us with many decisions that challenge our values and test our boundaries. Whether it's relationships, friendships, social media, or personal habits, we often wonder where we should draw the line. This study will encourage you to seek God's guidance through Scripture and develop a clear vision for living with grace and wisdom.

Our teenage years are full of excitement, but also significant pressure to conform or explore beyond what feels safe. The Bible offers timeless principles that help us identify when something might be leading us away from God's best for us. Together, we'll discover how to honor God with our choices, protect our hearts, and embrace the freedom found within His boundaries.

As you engage in these devotions, you'll find scripture passages that speak to self-control, purity, friendship, and the power of saying no. By reflecting deeply and praying earnestly, you will gain strength to stand firm and wisdom to understand how far is too far in various areas of your life. Let's embark on this uplifting adventure of faith and growth!





Day 1: 🚦 Knowing Your Boundaries



Day 1: 🌈 Knowing Your Boundaries

Your Verse

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

Supporting Scriptures

- *Psalms 119:9 – "How can a young person stay on the path of purity? By living according to your word."*
- *1 Corinthians 10:13 – "God is faithful; he will not let you be tempted beyond what you can bear."*



Day 1: 🌈 Knowing Your Boundaries

Devotional: Guarding Your Heart Starts With Boundaries

Boundaries aren't meant to restrict you but to protect what's most valuable—your heart and spirit. Proverbs 4:23 reminds us that guarding our hearts is crucial because our actions flow from the intentions within. When you set limits, you create space to grow in purity and purpose.

Think about the friendships, hobbies, or media you allow into your life. Are they uplifting you or tearing you down? Psalm 119:9 shows that living by God's Word guides you on the path of purity. God knows the temptations you face and assures you in 1 Corinthians 10:13 that He won't allow challenges beyond what you can handle.

Today, reflect on your personal boundaries. Are there areas where you need to strengthen your guard? Remember, setting boundaries is an act of self-love and obedience to God.



Day 1: 🚦 Knowing Your Boundaries

Reflect and Apply

1. What areas in my life currently lack healthy boundaries?

2. How does guarding my heart influence my daily choices?

3. In what ways can I ask God to help me stay strong against temptation?



Day 1: 🚦 Knowing Your Boundaries

Journaling Prompts

1. List three boundaries you want to set or improve this week.

2. Write about a situation where guarding your heart helped you make a good decision.

3. Reflect on a time when ignoring boundaries led to difficulty.



Day 1: 🚦 Knowing Your Boundaries

Prayer for Today

Dear God, thank You for the wisdom in Your Word. Please help me recognize the boundaries I need to protect my heart. Give me courage to say no when something leads me away from You and strength to stand firm in Your truth. Teach me to rely on Your faithfulness every day as I navigate choices. Guide me toward purity, peace, and joy that come from living for You. Amen. 🙏 🌿



Day 2: The Power of 'No'



Day 2: 💬 The Power of 'No'

Your Verse

Galatians 5:16 – "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

Supporting Scriptures

- *1 Thessalonians 5:22 – "Avoid every kind of evil."*
- *Ephesians 6:11 – "Put on the full armor of God so that you can take your stand against the devil's schemes."*



Day 2: 💬 The Power of 'No'

Devotional: Walking by the Spirit to Say No Wisely

Saying 'no' can be one of the hardest yet most powerful decisions you make. Galatians 5:16 invites us to walk by the Spirit, which enables us to resist fleshly desires that pull us away from God's plan. This doesn't just mean avoiding harm—it means actively choosing what's good and right.

1 Thessalonians 5:22 encourages us to avoid every kind of evil, implying a clear boundary between what aligns with God and what doesn't. Ephesians 6:11 inspires us to equip ourselves spiritually, wearing God's armor to defend against temptation.

Remember, each time you say 'no' to something harmful, you say 'yes' to God's plan for your life. Saying no protects your integrity and honors God.



Day 2: 💬 The Power of 'No'

Reflect and Apply

1. What temptations do I find most difficult to say no to?

2. How can relying on the Holy Spirit help me make better choices?

3. What are the benefits of saying no rather than giving in?



Journaling Prompts

1. Write about a recent time when you said no to something harmful.

2. Describe how trusting God has helped you resist temptation.

3. List three ways you can prepare yourself to say no in challenging situations.



Day 2: 💬 The Power of 'No'

Prayer for Today

Lord, thank You for the guidance of Your Spirit. Help me to walk closely with You so I can say no to things that don't honor You. Give me clarity and strength to avoid evil and protect my heart. May I always put on Your armor and stand firm when faced with temptation. Teach me to value Your plan above momentary pleasure. Amen. 🚫 🙏 🤝 🛡️





Day 3: 🤝 Choosing Friends Wisely



Day 3: 🧡 Choosing Friends Wisely

Your Verse

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

Supporting Scriptures

- *Proverbs 13:20 – "Walk with the wise and become wise, for a companion of fools suffers harm."*
- *Ecclesiastes 4:9 – "Two are better than one because they have a good return for their labor."*



Day 3: 🧡 Choosing Friends Wisely

Devotional: The Influence of True Friends

The people we surround ourselves with deeply affect who we become. 1

Corinthians 15:33 warns that bad company can damage good character. This is why choosing friends wisely is crucial, especially in the teenage years when peer influence is strong.

Proverbs 13:20 highlights the value of walking with wise companions to grow wiser ourselves. Friendships should encourage your faith, build up your spirit, and inspire positive choices. Ecclesiastes 4:9 reminds us that friendship provides strength and support.

Ask yourself if your closest friends help you stay on track with God or tempt you to go too far. Remember, true friends respect your boundaries and encourage your growth.



Day 3: 🧡 Choosing Friends Wisely

Reflect and Apply

1. Who are my closest friends, and how do they impact my choices?

2. Are there any relationships that challenge my values or boundaries?

3. How can I be a good friend to others in supporting their walk with God?



Day 3: 🧡 Choosing Friends Wisely

Journaling Prompts

1. List qualities you seek in a friend who encourages your faith.

2. Write about a friendship that helped you stay within your boundaries.

3. Reflect on ways to support a friend facing temptation.



Day 3: 🧡 Choosing Friends Wisely

Prayer for Today

Father, *thank You for the gift of friendship. Please guide me to choose friends who uplift me in You and respect the boundaries I set. Help me to be wise and discerning in my relationships. Give me courage to distance myself from influences that draw me away from Your path. Teach me also how to be a supportive friend to those around me. Amen.* 🧡❤️🙏🕊️





Day 4: 💡 Wisdom in Decision-Making



Day 4: 💡 Wisdom in Decision-Making

Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

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."*
- *Psalms 25:4 - "Show me your ways, Lord, teach me your paths."*



Day 4: 💡 Wisdom in Decision-Making

Devotional: Seeking God's Wisdom for Choices

Making wise decisions is essential to staying within healthy limits. James 1:5 encourages us to ask God for wisdom, promising that He gives generously without judgment. God wants to guide you through your choices, big and small.

Proverbs 3:5-6 reminds us to trust God completely and not rely solely on our limited understanding. When we submit our plans to Him, He directs us on the right path. Psalm 25:4 is a beautiful prayer asking God to teach us His ways.

When faced with difficult decisions, seek God first. Pray for wisdom and listen for His guidance. His Answer will always protect you from going too far.



Day 4: 💡 Wisdom in Decision-Making

Reflect and Apply

1. How often do I ask God for wisdom before making decisions?

2. What does it mean to trust God over my own understanding?

3. Have I experienced God guiding me when I sought His wisdom?



Day 4: 💡 Wisdom in Decision-Making

Journaling Prompts

1. Write about a decision you made with God's guidance.

2. List areas where you need God's wisdom currently.

3. Pray and journal a request for wisdom for an upcoming choice.



Day 4: 💡 Wisdom in Decision-Making

Prayer for Today

God, I come to You, asking for Your wisdom in all I do. Help me to trust You fully and submit my decisions to Your will. Teach me Your paths so I won't stray or go too far in the wrong direction. Thank You for being patient and generous in guiding me. I commit to seeking You first, knowing that Your wisdom leads to life. Amen. 📖 🙏 💡 🌿



Day 5: ✨ Living a Pure Life



Day 5: ✨ Living a Pure Life

Your Verse

Philippians 4:8 - "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right...think about such things."

Supporting Scriptures

- *1 Timothy 4:12 - "Don't let anyone look down on you because you are young, but set an example in purity."*
- *Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*



Day 5: ✨ Living a Pure Life

Devotional: Focusing on Purity to Protect Your Heart

Purity is more than avoiding mistakes; it's focusing your mind and heart on what is good and godly. Philippians 4:8 calls us to dwell on things that are true, noble, and right. When your thoughts are centered on God's truth, your actions naturally follow.

1 Timothy 4:12 reminds young people that age does not limit their ability to set powerful examples, especially in purity. Romans 12:2 encourages us not to conform to worldly patterns but to be transformed by renewing our minds daily.

Pursuing purity invites God's power to work through you and keeps you from crossing boundaries that hurt your soul. Your mind is a battleground; choose to focus on what honors God.



Day 5: ✨ Living a Pure Life

Reflect and Apply

1. What kinds of thoughts am I focusing on most days?

2. How can renewing my mind protect me from going too far?

3. In what ways can I set an example of purity for others?



Day 5: ✨ Living a Pure Life

Journaling Prompts

1. Write about what purity means to you personally.

2. List three things you will choose to think about to stay pure.

3. Reflect on a time when pure thoughts influenced a good decision.



Day 5: ✨ Living a Pure Life

Prayer for Today

Lord, help me to think about what is true and good. Purify my heart and mind so I can live a life that honors You. Give me the courage to set an example, even as a young person. Transform my thoughts and keep me from conforming to harmful patterns. I want to follow You and stay within Your boundaries. Amen. ✨ 🙏 🤝 📖



Day 6: ⚖️ Balancing Freedom and Responsibility



Day 6: ⚖️ Balancing Freedom and Responsibility

Your Verse

Galatians 5:13 – "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh."

Supporting Scriptures

- *Romans 6:12 – "Do not let sin reign in your mortal body so that you obey its evil desires."*
- *Colossians 3:17 – "Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus."*



Day 6: ⚖️ Balancing Freedom and Responsibility

Devotional: Choosing Responsible Freedom in Christ

God gives us freedom, but it comes with responsibility. Galatians 5:13 reminds us not to use freedom as an excuse to follow sinful desires. True freedom is walking the path God sets.

Romans 6:12 encourages us to not let sin control our bodies, which means choosing daily not to cross lines that lead to harm. Colossians 3:17 says that whatever we do, in word or action, should be in Jesus' name — honoring Him in all.

Balancing freedom and responsibility means making wise choices that reflect your faith, not just what feels good in the moment. This keeps you from going too far and protects your future.



Reflect and Apply

1. How do I define freedom in my life?

2. Are there areas where I might be misusing my freedom?

3. How can honoring Jesus influence my daily decisions?



Journaling Prompts

1. Describe what responsible freedom looks like for you.

2. Write about a time you exercised freedom in a way that honored God.

3. List ways you want to grow in balancing freedom and responsibility.



Day 6: ⚖️ Balancing Freedom and Responsibility

Prayer for Today

Jesus, thank You for the freedom You bring. Help me use it wisely and not indulge in harmful desires. Teach me to honor You in all I say and do. Guide me to live responsibly and avoid crossing boundaries that could hurt me or others. May my freedom always point to You. Amen. ⚖️ 🙏 🌿 ✝️





Day 7: 🌈 Embracing God's Best



Your Verse

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."

Supporting Scriptures

- *Psalms 37:4 – "Take delight in the Lord, and he will give you the desires of your heart."*
- *Matthew 6:33 – "But seek first his kingdom and his righteousness, and all these things will be given to you as well."*



Devotional: Trusting God's Plan for Your Future

God desires an abundant, hope-filled future for you. Jeremiah 29:11 reminds us that His plans are for good—to prosper, not harm. When you stay within His boundaries, you embrace the very best He has for your life.

Psalm 37:4 invites you to delight in the Lord, which aligns your desires with His. As you seek God first, Matthew 6:33 promises that all other things will fall into place.

Trust that living according to God's plan keeps you far enough—and not too far—from the life you were created to enjoy. His love always leads to hope and fulfillment.



Reflect and Apply

1. How does trusting God's plan change the way I view boundaries?

2. What hopes do I have that align with God's promises?

3. How can delighting in God shape my choices every day?



Journaling Prompts

1. Write about God's plans you want to embrace.

2. List ways you can seek God's kingdom first this week.

3. Reflect on how trusting God helps you stay on the right path.



Day 7: 🌈 Embracing God's Best

Prayer for Today

Father, *thank You for Your good plans for my life. Help me trust You even when I don't understand the full path. Teach me to delight in You and seek Your kingdom above all else. I want to live within Your boundaries to experience the hope and future You promise. May I embrace Your best with joy and faith. Amen.* 🌈 🙏 📖 ✨





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