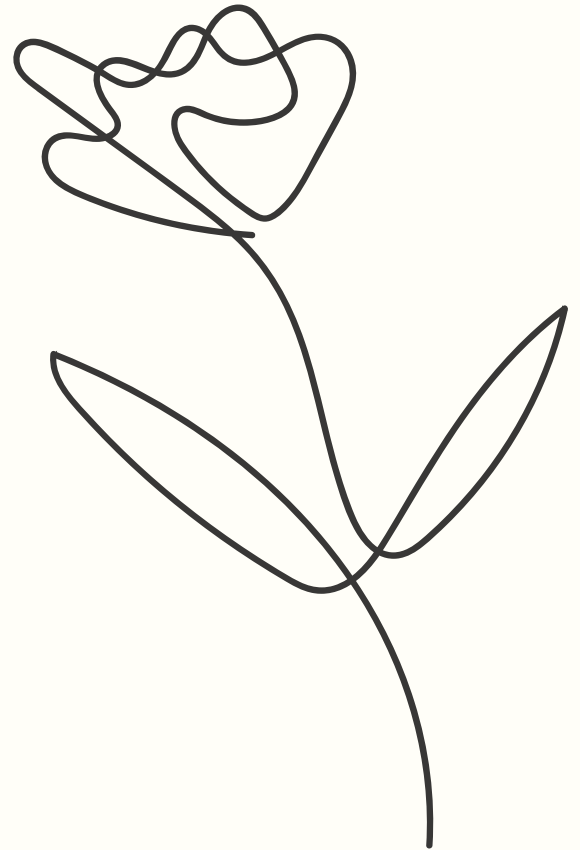


# BOUNDARIES JOURNAL



# BOUNDARIES JOURNAL

DATE: \_\_\_\_\_

S M T W T F S

“LET YOUR ‘YES’ BE ‘YES,’ AND YOUR ‘NO,’ ‘NO.’” — MATTHEW 5:37

FIRST LET DISCOVER WHERE HEALTHIER BOUNDARIES NEED TO BE SET.

We are called to be faithful stewards of our peace and our time. We may find ourselves struggling to maintain biblical rest and honest connection when we feel consistently drained or resentful. These challenges in setting God-honoring limits often manifest as

- **Honesty Gaps:** Saying "Yes" when your capacity is actually a "No" (Matthew 5:37).
- **Misplaced Burdens:** Carrying others' emotions or choices as your own responsibility.
- **False Peace:** Avoiding honest conversations to bypass temporary discomfort.
- **Fear-Driven Choices:** Letting guilt or the "fear of man" outvote the Holy Spirit.
- **Muted Voice:** Struggling to share the thoughts or needs God put on your heart.
- **Indiscreet Sharing:** Disclosing personal details without discerning the safety of the relationship.

LIST THE AREAS/PEOPLE YOU STRUGGLE TO SET BOUNDARIES WITH

■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____

NOW LIST THE DIFFERNT WAYS YOU WOULD LIKE TO IMPROVE THEM

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# BOUNDARIES

“LET YOUR ‘YES’ BE ‘YES,’ AND YOUR ‘NO,’ ‘NO.’” — MATTHEW 5:37

Purpose: Reflect on whether your "Yes" is driven by Spirit-led stewardship or fear-based obligation.

## INSTRUCTIONS:

The Goal: Observe your heart's motivation when you commit your time.

The Action: For seven days, list every time you say "Yes."

Ask yourself: Was this a cheerful choice or felt pressure?

The Reflection: Look for patterns. Where is God inviting you to say a prayerful "No" to better steward the capacity He has given you?

MONDAY   TUESDAY   WEDNESDAY   THURSDAY   FRIDAY   SATURDAY   SUNDAY

FAITH REFLECTION: JESUS SAID “NO ONE CAN SERVE TWO MASTERS” — CONSIDER WHAT YOU ARE SERVING WHEN YOU SAY “YES” OUT OF GUILT.

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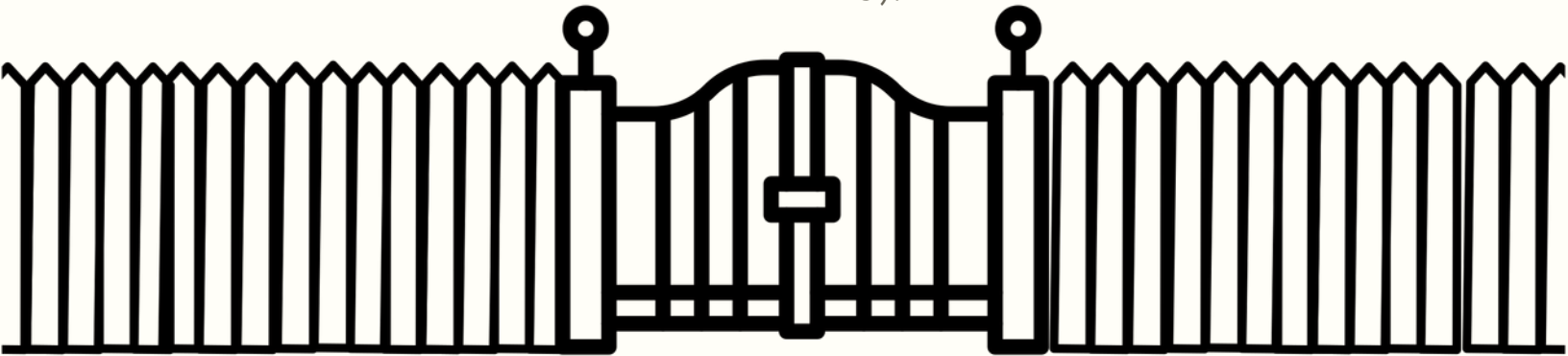
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# BOUNDARIES: GOD'S GARDEN

YOU ARE THE CARETAKER OF THE GARDEN GOD ENTRUSTED TO YOU —  
YOUR HEART, TIME, AND PEACE.  
“ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS  
FROM IT.” — PROVERBS 4:23

CONSTANT  
DEMANDS

GATE OF DISCERNMENT: OUTSIDE THE FENCE,  
WRITE THINGS THAT DRAIN YOUR PEACE  
(CONSTANT DEMANDS, GOSSIP, FEAR, TOXIC  
HABITS).



DRAW THINGS THAT NOURISH YOUR SPIRIT  
(PRAYER, REST, CHURCH FAMILY,  
SCRIPTURE, UPLIFTING FRIENDS).



REST





