

BOUNDARIES + BIBLE

THE EMPOWERHER MENTOR



A Trauma-Informed Workbook for Women
Healing Through Scripture

HEY THERE!

If you've ever felt like setting boundaries makes you a "bad Christian" or that loving others means sacrificing yourself completely, this workbook is for you. You are not selfish for protecting your peace. You are not sinful for needing space. Jesus Himself practiced boundaries with wisdom and grace.

Let's take a gentle journey, one rooted in truth and healing, to explore what God really says about boundaries.

With love and light,

The EmpowerHER Mentor



How to Use This Workbook

- Read with intention, not pressure.
- Reflect honestly. There's no "wrong" answer.
- Pause when needed. Healing isn't rushed.
- Keep your Bible nearby, but your heart even closer.



WHAT ARE *Boundaries?*

DEFINITION:

Boundaries are simply the lines that define what's okay and what's not, emotionally, spiritually, mentally, and physically.

Reflection Prompt: What are some areas of your life where you currently feel boundary-less?

SCRIPTURE:

“Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil.” – Matthew 5:37

God never called you to be everything for everyone. He called you to be whole in Him.



JESUS HAD *Boundaries*

EXAMPLES OF JESUS SETTING BOUNDARIES:

- He withdrew to pray alone (Luke 5:16)
- He said no to certain requests (Mark 1:37–38)
- He walked away from hostile crowds (John 10:39)

Reflection Prompt:

Which of these examples feels most validating to you?

*You are not disobedient for protecting your peace.
Boundaries are not rebellion, they are restoration.*



TRAUMA + *Boundaries*

WHEN WE EXPERIENCE TRAUMA, ESPECIALLY IN FAITH SPACES,
WE OFTEN:

- Feel responsible for others' emotions
- Believe self-sacrifice = holiness
- Avoid conflict to “keep the peace”

Exercise:

Write a belief you picked up from religion or trauma that makes boundary-setting hard. What might God actually say about that belief?

Jesus never begged to be believed. Neither should you. You are worthy, even when others don't understand your 'no.'



REFRAMING RELIGIOUS Guilt

SCRIPTURE:

“There is therefore now no condemnation for those who are in Christ Jesus.” – Romans 8:1

Reflection Prompt:

Where have you confused guilt with conviction? Write a letter to yourself as if God is speaking truth over the lie.

Protecting your peace is not selfish, it's stewardship of your soul.



PEOPLE-PLEASING VS.

Spirit-Led Love

People-pleasing says, “If they’re happy, I’m safe.” Spirit-led love says, “If God is pleased, I’m at peace.”

Scripture:

“Am I now trying to win the approval of human beings, or of God?” – Galatians 1:10

Reflection Prompt:

Where are you performing for people but not showing up for yourself?

You don't have to shrink to be seen. God delights in the fullness of who you are, not just your compliance.



WHAT BOUNDARIES ARE & ARE NOT

ARE: Loving, clear, wise, grounded in God's truth

ARE NOT: Selfish, mean, unbiblical, weak

Exercise:

List 3 boundaries you've felt guilty about but now want to reclaim.

*Boundaries aren't walls to keep love out , they're gates that
let healing in.*



THE FRUIT OF *Boundaries*

BOUNDARIES CREATE:

- Emotional peace
- Space for intimacy with God
- Clear communication
- Healthy relationships

Scripture:

“A man without self-control is like a city broken into and left without walls.” – Proverbs 25:28

Reflection Prompt:

What fruits have come (or could come) from setting godly boundaries?

God is not glorified in your burnout. He is present in your rest, your ‘no,’ and your healing.



PERSONAL BOUNDARY

Inventory

Use the space below to rate (1–5) how well you're upholding boundaries in each area:

- Time
- Emotional Energy
- Faith Community
- Family
- Work

Reflection Prompt:

What 1 area needs your attention this month?

God doesn't require your exhaustion to prove your devotion.



SCRIPTURAL BOUNDARY *Toolkit*

LIST OF VERSES FOR SUPPORT:

- Proverbs 4:23 (guard your heart)
- James 1:19 (slow to speak, slow to anger)
- Matthew 22:39 (love neighbor as self)
- 2 Timothy 1:7 (spirit of power and self-control)

Reflection Prompt:

Choose one scripture and write what it personally means for your boundary journey.

Boundaries aren't bitterness, they're wisdom dressed in grace.



BOUNDARIES & *Family Guilt*

PRAYER PROMPT:

“Lord, help me choose truth over tradition, peace over pressure.”

Reflection Prompt:

What roles or expectations have you felt forced into?

You can choose peace without guilt. Jesus did too.



WHEN THEY DON'T LIKE *Your Boundaries*

JESUS WAS REJECTED TOO.

Scripture:

“For they loved human praise more than the praise of God.” –
John 12:43

Reflection Prompt:

What fear is keeping you from enforcing your boundaries?

Setting boundaries isn't spiritual rebellion, it's spiritual growth.



PRACTICING HARD

Conversations

SCENARIO EXERCISE: CHOOSE ONE:

- Someone keeps crossing your line with toxic words.
- A loved one uses religion to guilt you.
- You've outgrown your current community.

Write a response that's kind, clear, and truthful.

*You are not too much. You were just too honest in places
that didn't honor your truth.*



EMOTIONAL REGULATION

Tools (Faith-Based)

- Breath prayer: “Inhale: God is with me / Exhale: I am safe.”
- Scripture meditation
- Christian music or soaking worship

Reflection Prompt:

What tools calm your spirit when your boundaries are tested?

Boundaries are the grace lines God draws around your healing.



THE BOUNDARY YOU'RE *Afraid to Set*

What is one boundary God is inviting you to set this season — even if it scares you?

What's the cost of not setting it?

*You don't owe access to those who abuse your 'yes.'
Forgiveness doesn't mean forfeiting protection.*



HEALING AFFIRMATIONS IN *Christ*

- I am allowed to protect my peace.
- Saying no is spiritual.
- God honors my wholeness.
- I do not have to be everyone's savior — that's Jesus' job.

Space to write your own affirmations.

*Healthy boundaries position you to hear God more clearly
and love others more purely.*



PRAYER FOR THE *Boundary-Setting Woman*

A fill-in-the-blank prayer: “Lord, I feel _____ when I try to set boundaries. Help me remember that you call me _____ and promise _____. Thank you for _____.”

God's 'well done' matters more than anyone else's approval.



FINAL REFLECTION & *Commitment*

Encouragement:

You're not failing by setting boundaries. You're finally freeing yourself. And that honors both you and the God who made you whole.

Prompt:

- What have you learned about yourself?
- What have you learned about God?
- What is one boundary you commit to practicing this week?

Silencing your voice isn't humility. Healing teaches you to speak with grace and truth.



SELF-CULTIVATION

SELF-CULTIVATION GUIDE:

Self-cultivation is a sacred journey of becoming, an intentional, Spirit-led practice of nurturing your mind, emotions, spirit, and habits in alignment with God's truth. It's not about perfection or performance, but about healing what was broken, unlearning what no longer serves, and planting seeds of grace, wisdom, and self-worth. This guide invites you to slow down, reflect deeply, and rebuild your identity in Christ, not in the opinions of others. Through Scripture, prayer, reflection, and radical honesty, you'll begin to rise again, rooted in God's love and clarity.

SELF-CULTIVATION STRATEGIES:

True transformation begins with intentional habits that create space for God to work in and through you. Self-cultivation strategies include setting healthy boundaries, practicing Sabbath rest, rewriting internal narratives through Scripture, and honoring your emotions without shame. These tools are both spiritual and practical, designed to help you grow in discernment, protect your peace, and rewire patterns shaped by trauma. Each strategy is an act of obedience and self-love, empowering you to show up healed, whole, and holy in the spaces God has called you to.

- Set sacred boundaries rooted in Scripture to protect your peace and honor God.
- Journal with the Word to heal religious guilt and reconnect with your identity in Christ.
- Practice breath prayers to calm your spirit and invite God's presence in anxious moments.
- Rehearse loving "no's" to break the habit of people-pleasing and reclaim your voice.
- Study the Psalms for emotional honesty, comfort, and spiritual renewal.



PLANNING AHEAD & NOTES

PLANNING AHEAD: A GENTLE, GOD-LED PRACTICE

Planning ahead isn't about control—it's about stewardship. As a woman healing from guilt, people-pleasing, or trauma, planning gives you the sacred space to breathe, rest, and choose what aligns with God's truth instead of emotional urgency or external expectations. When we plan ahead, we reclaim time as a gift—not a guilt trip. Whether it's creating a boundary around your time, choosing where your energy goes, or deciding when to say yes or no, planning with God invites peace into your future before it even arrives.

GUIDED WRITING PROMPT:

"God, as I look ahead, what do You want me to protect, prepare for, or release?"

List 1–3 priorities God is highlighting for you in this season. Think spiritually, emotionally, relationally, and practically. What boundary or truth do you want to carry forward as you plan?

YOU ARE NOT BEHIND

You are not broken; you are being built. Every time you choose truth over guilt, peace over pressure, and Christ over chaos, you're reclaiming pieces of yourself that were never meant to be lost. Healing is not linear. Boundaries are not walls. God sees your trying, your tears, your tiny steps, and He calls it progress. So keep going gently, with grace in your heart and Scripture in your soul. You're not behind.

You're becoming everything He whispered over you before the world ever touched you.

Keep choosing yourself, because God already did.

Keep choosing truth, because it will set you free.

Keep choosing love, because you are deeply loved.

You're doing holy work. And heaven is cheering you on.

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