



Victory Wednesday Bible Study Series

Walk in Wholeness

Week 2 – Boundaries and Balance: Learning to Say Yes to the Right Things

A Four-Week Personal Journal

Theme: Learning to say yes to the right things and no to the wrong ones

Purpose: To help you set, strengthen, and sustain healthy personal boundaries that protect your peace, align with your values, and honor your relationship with God.

Week 1: Becoming Aware of Your Boundary Needs

Anchor Scripture: Matthew 5:37 – “Let your ‘yes’ be yes, and your ‘no,’ no...”

Reflect

Where in your life do you feel emotionally, spiritually, or physically drained?

👉 My reflections:

Are there people or situations that leave you feeling resentful, anxious, or guilty?

👉 My reflections:

When was the last time you said “yes” to something you didn’t want to do? Why?

👉 My reflections:

Tool: Awareness

Weekly Action

Choose one area of life (work, family, time, energy, spiritual life). Identify one boundary that needs to be created or reestablished. Write a simple sentence that defines this boundary clearly.

👉 What I did/noticed this week:

Prayer Prompt

Holy Spirit, show me where I've allowed confusion, fear, or guilt to replace healthy boundaries. Help me walk in truth, clarity, and peace.

Week 2: Learning to Say “No” Without Guilt

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

Reflect

Who or what do you find hardest to say no to?

👉 My reflections:

What emotions arise when you even think about saying no?

👉 My reflections:

How might fear of rejection or disapproval be shaping your decisions?

👉 My reflections:

Tool: Practice Saying No

- That doesn't work for me right now.
- I can't take that on but thank you for thinking of me.
- I'm choosing to rest instead.

Weekly Action

Use a delay phrase when asked to commit: “Let me check my schedule.” Write down how it feels to pause instead of instantly agreeing.

👉 What I did/noticed this week:

Prayer Prompt

Lord, remind me that my worth isn't based on how many people I please, but in being faithful to what You've called me to do.

Week 3: Protecting What Matters Most

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

Reflect

What do I value most right now (peace, health, purpose, family, time with God)?

👉 My reflections:

Are my commitments aligned with my values?

👉 My reflections:

Which current boundary helps protect what matters most?

👉 My reflections:

Tool: Clarify Your Values

- List your top 3 current priorities.
- Ask: Does my schedule reflect these values? If not, what needs to change?

Weekly Action

Revisit any boundary that isn't working and adjust it. Schedule one intentional action that supports one of your top values.

👉 What I did/noticed this week:

Prayer Prompt

God, give me the courage to protect what You've entrusted to me—my time, my purpose, my joy. Help me steward it well.

Week 4: Sustaining Boundaries for Long-Term Peace

Anchor Scripture: Galatians 6:9 – “Let us not become weary in doing good...”

Reflect

Which boundary has made the biggest impact over the last 3 weeks?

👉 My reflections:

Have you noticed any changes in your energy, clarity, or peace?

👉 My reflections:

What challenges came up—and how did you respond?

👉 My reflections:

Tool: Build Accountability

- Who supports me in keeping healthy boundaries?
- What structures (e.g., reminders, routines, check-ins) help me stay consistent?

Weekly Action

Write one Boundary Declaration you will carry with you beyond this journal.

👉 What I did/noticed this week:

Prayer Prompt

Lord, thank You for the freedom to say yes to the things that give life and no to the things that steal it. Help me walk in boldness, discernment, and peace.

Presenter: Pastor Troy Johnson

Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. ©2025 Windsor Village Church Family. All rights reserved — No reproduction of the material is permitted without the expressed permission of WVCF.