

# **BOLD BOUNDARIES**

*Moving Forward Without Losing Yourself*

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A Seven-Week Bible Study  
Participant Guide

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New River Presbyterian Church

#BoldStepsForward

# Welcome

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Dear Disciple of Jesus,

*Taking a bold step forward with Christ requires courage and clarity.*

Many of us have been taught to say yes, carry everything, and show up for everyone. We've confused obedience with people-pleasing, sacrifice with self-neglect, and calling with control. But in doing so, we've often lost sight of what God has actually assigned to us and we become burnt out, overextended or retreating altogether.

**This study is an invitation to:**

- Discern what is yours to carry
- Release what is not
- Move forward with God in obedience—not obligation

## HOW TO USE THIS GUIDE

Each week includes:

- Scripture context (read the full passage)
- A focus verse (NRSVUE)
- Reflection
- Soul-awakening questions
- Boundary practice
- Prayer

## BIBLE STUDY SCHEDULE

- Wednesdays *weekly*
- April 22, 2026 – June 10, 2026 (*Note: No Bible Study on May 13, 2026*)
- 6:30 – 7:30 PM (EST)

Enjoy the journey!

A handwritten signature in cursive script that reads "Dr. Eustacia Moffett Marshall".

WEEK 1 – APRIL 22, 2026

# An Introduction – The Call to Freedom

## SCRIPTURE

Read: Galatians 5:1

### GALATIANS 5:1, NRSVUE

*“For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.”*

## REFLECTION

*Before we address boundaries, we have to talk about freedom. Many of us are bound.*

*Bound by expectations.*

*Bound by guilt.*

*Bound by the need to prove ourselves.*

*Bound by the fear of letting people down.*

*Over time, those patterns don't just shape our schedules—they shape our souls.*

*We say yes when we mean no.*

*We carry what was never ours.*

*We show up for everyone else, while slowly disappearing from ourselves.*

*But the gospel tells a different story.*

*Christ did not come just to save our souls for eternity.*

*Christ came to free our life right now.*

*And yet, we often return to the very patterns that exhaust us - pickings  
back up burdens God never gave us.*

*This study matters because we cannot step into new life while living weighed down.*

*Boundaries are not about control.*

*They are about freedom.*

*Freedom to live in alignment with God.*

*Freedom to honor your limits.*

*Freedom to walk in your calling without losing yourself in the process.*

**SOUL-AWAKENING QUESTIONS**

Where in my life do I feel the most pressure right now?

What expectations (spoken and unspoken) am I carrying?

Where do I feel like I am living more out of obligation than calling?

What would freedom look like in this season?

**BOUNDARY PRACTICE**

This week, do not try to fix anything.  
Just begin to notice.

Pay attention to:

- Moments when you feel stretched too thin
- Times when you say yes but feel resistance inside
- Situations where you feel responsible for more than your share

Write one moment you noticed: \_\_\_\_\_.

**◆ PRAYER ◆**

God, thank you for calling me to freedom.  
Show me where I have taken on burdens you never asked me to carry.  
Give me awareness, honesty, and courage as I begin this journey.  
Help me to walk in the freedom you have already given me. Amen.

WEEK 2—APRIL 29, 2026

# Guard What God Gave You

**SCRIPTURE***Read: Proverbs 4:20–23***PROVERBS 4:23, NRSVUE**

*“Keep your heart with all vigilance, for from it flow the springs of life.”*

**REFLECTION**

*You cannot protect what you refuse to define.  
God has given you a heart—your inner life, your emotions, your capacity, your calling.  
But many of us have allowed others to overrun what God told us to guard.  
Sometimes we are not stuck because we lack faith.  
We are stuck because we lack boundaries.  
Boundaries are not walls to keep people out—they are wisdom to keep you whole.*

**SOUL-AWAKENING QUESTIONS**

Where do I feel most drained right now?

What am I carrying that God never assigned me?

Where have I confused love with overextension?

**BOUNDARY PRACTICE**

*“In order to move forward, I need to stop \_\_\_\_\_.”*

**◆ PRAYER ◆**

*God, help me to guard what you have entrusted to me.  
Give me clarity to see what is mine—and courage to release what is not. Amen.*

WEEK 3 – MAY 6, 2026

# Jesus Had Boundaries

## SCRIPTURE

Read: Mark 1:29–39

MARK 1:38, NRSVUE

*“He answered, ‘Let us go on to the neighboring towns, so that I may proclaim the message there also, for that is what I came out to do.’”*

## REFLECTION

*Jesus withdrew.*

*With people still in need...*

*With expectations still waiting...*

*Jesus left—and chose where to go next.*

*Jesus did not meet every need.*

*He followed his assignment.*

*Not every opportunity is obedience.*

## SOUL-AWAKENING QUESTIONS

Where do I feel pressure to be everything for everyone?

What expectations am I trying to meet that God never gave me?

When was the last time I stepped away to listen for God’s direction?

## BOUNDARY PRACTICE

*“I’m not able to take that on right now.” Write where you will use it this week:*

\_\_\_\_\_.

## ◆ PRAYER ◆

*Jesus, teach me to choose calling over pressure.  
Help me to follow your assignment with clarity. Amen.*

WEEK 4 – MAY 20, 2026

# Strengthen Your Yes by Honoring Your No

**SCRIPTURE***Read: Matthew 5:33–37***MATTHEW 5:37, NRSVUE**

*“Let your word be ‘Yes, Yes’ or ‘No, No’; anything more than this comes from the evil one.”*

**REFLECTION**

*A weak “no” will sabotage your strong “yes.”  
When everything is a yes, nothing is sacred.  
God is not calling you to do everything—  
God is calling you to do what is yours.*

**SOUL-AWAKENING QUESTIONS**

Where have I said yes out of guilt?

What has my lack of boundaries cost me?

What “no” do I need to say to honor God’s “yes”?

**BOUNDARY PRACTICE**

*“I will not \_\_\_\_\_ so that I can faithfully \_\_\_\_\_.”*

**◆ PRAYER ◆**

*God, strengthen my no so I can honor my yes.  
Help me to walk in truth and integrity. Amen.*

WEEK 5 – MAY 27, 2026

## Boundaries in Relationships

### SCRIPTURE

Read: Luke 10:38–42

#### LUKE 10:41-42, NRSVUE

*“But the Lord answered her, ‘Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her.’”*

### REFLECTION

*Martha was overwhelmed—but not just because of the work.  
She took on responsibility that was never assigned.  
Some frustration comes from carrying what others were meant to carry.  
Boundaries allow relationships to be healthy—not heavy.*

### SOUL-AWAKENING QUESTIONS

Where am I over-functioning for others?

Where have I assumed responsibility instead of clarifying it?

What would it look like to let others carry their part?

### BOUNDARY PRACTICE

*“I will no longer take responsibility for \_\_\_\_\_.”*

#### ◆ PRAYER ◆

*God, help me to love others without losing myself.  
Teach me to walk in truth in my relationships. Amen.*

WEEK 6 – JUNE 3, 2026

# Boundaries and Healing

## SCRIPTURE

Read: John 5:1–9

### JOHN 5:6, NRSVUE

*“When Jesus saw him lying there and knew that he had been there a long time, he said to him, ‘Do you want to be made well?’”*

## REFLECTION

*Jesus asked a question.*

*He did not assume.*

*He did not force.*

*He invited responsibility.*

*You cannot do someone else’s healing work for them.*

*Boundaries create space for people to take ownership.*

## SOUL-AWAKENING QUESTIONS

Where am I trying to fix what is not mine to fix?

Who am I rescuing instead of releasing?

What healing work is mine to do?

## BOUNDARY PRACTICE

*“I release \_\_\_\_\_ to God and their own responsibility.”*

### ◆ PRAYER ◆

*God, help me to release what I cannot control.  
Give me peace as I trust you with others. Amen.*

WEEK 7 – JUNE 10, 2026

## Step Forward—And Stay Whole

### SCRIPTURE

Read: Matthew 14:22–33

#### MATTHEW 14:29, NRSVUE

*“He said, ‘Come.’ So Peter got out of the boat, started walking on the water, and came toward Jesus.”*

### REFLECTION

*Peter stepped out—but only after Jesus called him.  
Bold steps are not random—they are responsive.  
You don’t need to carry everything to move forward.  
You need to carry what’s yours.*

### SOUL-AWAKENING QUESTIONS

What is God calling me to step into?

What do I need to release to take that step?

What fear is trying to hold me back?

### BOUNDARY PRACTICE

*“My next bold step is \_\_\_\_\_, and I will release \_\_\_\_\_.”*

#### ◆ PRAYER ◆

*God, give me courage to step forward.  
Help me to move in faith, clarity, and wholeness. Amen.*

## Closing Declaration

*I will carry what God gave me.  
I will walk in clarity, courage, and calling.  
And I will take bold steps forward—without losing myself.*