

**Greater Life Church Central***"Loving and Leading People to a Greater Life"*

Pastor Nate Stewart, Lead Servant

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| [admin@greaterlifesd.org](mailto:admin@greaterlifesd.org)| [www.greaterlifesd.org](http://www.greaterlifesd.org)**WOMAN TO WOMAN****October Small Group Study : "SETTING BOUNDARIES"****October 6 – November 10, 2026**

**STUDY OBJECTIVE:** The objective of this six-week study is to help women understand that **healthy boundaries are biblical, necessary, and loving**. Boundaries help us recognize what God has given us responsibility for and what He has not.

**What Are Boundaries?**

Boundaries are **healthy limits that define what we will accept, allow, participate in, and take responsibility for**. They help us determine where our responsibility ends and another person's responsibility begins.

Boundaries are not walls designed to keep everybody out. They are guidelines that help us determine **who and what should have access to our time, energy, emotions, resources, and lives**.

**Why Are Boundaries Important?**

- Boundaries protect our **peace, emotional health, time, and relationships**.
- Boundaries help prevent **burnout, resentment, and unhealthy dependency**.
- Boundaries teach people how to **appropriately interact with us**.
- Boundaries help us distinguish between **loving people and enabling people**.
- Boundaries allow us to give from a healthy place instead of constantly giving from emptiness.

**The Danger of Not Setting Boundaries**

When we live without healthy boundaries, we can:

- Become emotionally and physically **exhausted**.
- Develop **resentment** toward people we continually say yes to.
- Allow people to become **dependent on us** for things they should handle themselves.
- Lose ourselves trying to **keep everybody else happy**.

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- Remain in unhealthy relationships because we confuse **love with unlimited access**.
- Neglect what God has actually assigned us because we're consumed with things **He never asked us to carry**.

**Key Truth:****You can love people deeply without giving them unlimited access to you.****WEEK 1 — Tuesday, October 6****Boundaries Are Biblical****Focus Scripture:** Proverbs 4:23*"Keep your heart with all diligence, for out of it spring the issues of life."***Introduction**

For many women, setting boundaries feels selfish. We have been taught to help, nurture, serve, sacrifice, and be available. Those are beautiful qualities—but without boundaries, our greatest strengths can become sources of exhaustion.

God never called us to be everything to everybody. This first lesson establishes a simple truth: **protecting what God entrusted to you is not selfish; it is stewardship.**

**Lesson Points****1. Boundaries identify what I am responsible for.**

- I am responsible for my choices, attitudes, actions, and responses.
- I am not responsible for managing everybody else's emotions.

**2. Boundaries protect what God has entrusted to me.**

- My heart, time, energy, family, purpose, and spiritual health matter.
- Everything valuable requires some level of protection.

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- Saying "no" doesn't mean I don't love you.
- I can love you and still establish limits.

**Discussion Questions**

1. Where do you struggle most with setting boundaries?
2. Why does saying "no" sometimes make us feel guilty?

**WEEK 2 — Tuesday, October 13****Know Your Limits****Focus Scripture:** Mark 1:35–38**Introduction**

Sometimes the problem isn't that other people demand too much—it is that **we keep giving too much**. We say yes when we're tired, show up when we're depleted, and keep pouring because we don't want to disappoint anybody.

Jesus had needs surrounding Him constantly, yet He still withdrew, prayed, rested, and remained focused on His assignment. **Having a need in front of you does not automatically make it your assignment.**

**Lesson Points****1. Even Jesus wasn't available to everybody all the time.**

- He withdrew to pray and rest.
- Availability is not the same as obedience.

**2. Being needed can become addictive.**

- Sometimes we confuse being needed with being valued.
- Ask yourself: *Do I help because God led me, or because I need to feel needed?*

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| [admin@greaterlifesd.org](mailto:admin@greaterlifesd.org)| [www.greaterlifesd.org](http://www.greaterlifesd.org)**3. You cannot pour endlessly without being replenished.**

- Constant exhaustion may reveal missing boundaries.
- Rest is not laziness.

**Discussion Questions**

1. What are the signs that you've reached your emotional, physical, or spiritual limit?
2. When have you said "yes" while everything inside you was saying "no"?

**WEEK 3 — Tuesday, October 20****Stop Carrying What Isn't Yours****Focus Scripture:** Galatians 6:2, 5**Introduction**

There is a difference between **helping someone carry a burden and carrying someone's life for them.**

Sometimes our love causes us to step into situations God never assigned us to fix. We solve problems, pay bills, make excuses, cover mistakes, and constantly rescue people. Eventually, we're exhausted while the person we're "helping" never learns responsibility.

**Everybody's problem is not your problem to solve.**

**Lesson Points****1. There is a difference between a burden and a responsibility.**

- Scripture teaches us to help carry burdens while also requiring each person to carry their own load.

**2. Helping doesn't mean rescuing.**

- Healthy help strengthens people.

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- Unhealthy help can create dependency.

**3. Sometimes people need to experience consequences.**

- Constantly rescuing someone can interrupt lessons they need to learn.
- Love doesn't always remove consequences.

**Discussion Questions**

1. Whose responsibility have you been carrying?
2. How can you recognize when helping has turned into enabling?

**WEEK 4 — Tuesday, October 27****Boundaries Without Guilt****Focus Scripture:** Matthew 5:37*"Let your 'Yes' be 'Yes,' and your 'No,' 'No.'"***Introduction**

Setting the boundary is one thing. **Dealing with people's reaction to the boundary is another.**

People may become disappointed, offended, angry, or distant when you stop doing what they have become accustomed to you doing. That doesn't automatically mean your boundary is wrong.

This week is about learning to communicate clearly **without allowing guilt to talk us out of healthy decisions.**

**Lesson Points****1. "No" is a legitimate response.**

- Every request does not require a yes.
- You can be kind and still be firm.

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- Over-explaining often comes from wanting people to approve our decision.
- Clear communication is better than endless justification.

**3. Their disappointment doesn't automatically mean you did something wrong.**

- You cannot control how someone responds to your boundary.
- You are responsible for communicating it respectfully.

**Discussion Questions**

1. Why do we sometimes feel responsible for other people's reactions?
2. What boundary have you avoided because you were afraid of someone's response?

**WEEK 5 — Tuesday, November 3****Boundaries in Relationships****Focus Scripture:** Proverbs 13:20**Introduction**

Not everyone belongs in the same place in your life. You can love many people while giving different people **different levels of access**.

Family history, friendship, romantic feelings, church relationships, or longevity do not automatically entitle someone to unlimited access. Healthy relationships understand that **trust, respect, accountability, and access belong together**.

**Lesson Points****1. Access should be connected to relationship and trust.**

- Everyone doesn't need access to every part of your life.
- Proximity should not automatically equal intimacy.

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- Forgiveness doesn't always mean restored access.
- Reconciliation and trust may require time and change.

**3. Healthy relationships respect healthy boundaries.**

- Mature people may not always like your boundaries, but they can learn to respect them.
- Resistance may reveal where unhealthy expectations have developed.

**Discussion Questions**

1. Which relationships are hardest for you to establish boundaries in—family, friendships, romantic relationships, work, or church?
2. What does loving someone while limiting their access practically look like?

**WEEK 6 — Tuesday, November 10****Protect Your Peace****Focus Scripture:** Colossians 3:15*"And let the peace of God rule in your hearts..."***Introduction**

The goal isn't simply to **set** boundaries. The goal is to **live by them**.

Sometimes we establish a boundary when we're frustrated, but abandon it when we feel lonely, guilty, pressured, or afraid. Healthy boundaries require consistency.

You don't need to keep reopening doors God gave you wisdom to close. **Peace has to be protected.**

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- Consistency teaches others that you mean what you communicate.
- Don't repeatedly move the line because someone doesn't like where you placed it.

**2. You cannot control their reaction, but you can control your response.**

- Boundaries do not require arguments.
- You don't have to fight to prove why your boundary is necessary.

**3. Your peace is worth protecting.**

- Familiar doesn't always mean healthy.
- Growth sometimes requires changing patterns, relationships, and access.

**Discussion Questions**

1. What causes you to abandon boundaries you've already established?
2. After these six weeks, what is **one boundary** you need to establish, strengthen, or maintain?