

*Week Two*

BOUNDARIES THAT  
PROTECT PEACE

# Boundaries That Protect Peace

You are God's handiwork – created with intention, worth, and a calling designed just for you. Boundaries are not about building walls; they are about building space to walk in that calling with clarity and peace.

When we forget our identity in Christ, we often say “yes” to everything and everyone, until our energy is scattered and our joy is thin. But when we anchor ourselves in God's truth, boundaries become less about restriction and more about protection. They safeguard the peace He entrusted to you. This week is not about doing more – it's about choosing wisely. Every “no” to what drains you is a “yes” to the good works God has already prepared for you to walk in.

Boundaries are not selfish; they are sacred stewardship of the life you've been given.

Step into this week with confidence: you are free to release what doesn't serve your calling, and to embrace what draws you closer to Him.

# *Week 2 Boundaries That Protect Peace*

## SCRIPTURE

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

– Ephesians 2:10

Boundaries aren’t walls to keep people out – they are guardrails to keep your peace in. When you know your identity in Christ, boundaries stop feeling restrictive and start looking protective.

You were created with value and purpose. But when life fills with obligations that drain you, peace slips away. Boundaries create space for what matters most – the good works God has already prepared for you.

This week is an invitation to practice saying “no” where peace is stolen and “yes” where God is calling. Boundaries are not selfish – they are stewardship.





*date:*

# Monday Devotional

## SCRIPTURE

“For we are God’s handiwork...”

– Ephesians 2:10a

Your worth is not something you earn – it’s something God has already declared. You are His masterpiece, formed with care and intention.

When you know your value, it becomes easier to say no to what drains you and yes to what strengthens you.

Boundaries flow naturally when you live from a place of secure identity in Christ.

Your worth is secure.  
Boundaries simply protect what God already declared valuable.



# PLAN

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Where I saw God today

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# HABITS

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## MEAL 5

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## SNACKS/MISC

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## WORD OF THE DAY

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## TODAY I AM GRATEFUL FOR

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## NON NEGOTIABLES FOR TODAY

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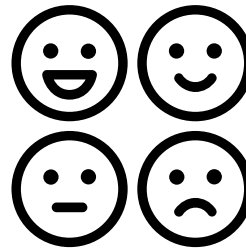
## SLEEP QUALITY

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## STRESS LEVEL

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## MOOD



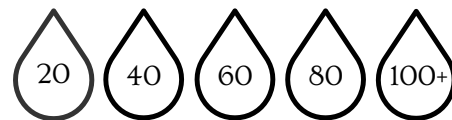
## MOVEMENT



## RECOVERY



## WATER TRACKER



## BIGGEST WINS TODAY

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## ONE THING TO IMPROVE TOMORROW

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# *Tuesday Devotional*

## SCRIPTURE

“...created in Christ Jesus to do good works...”

– Ephesians 2:10b

God did not create you to do everything – He created you for the right things. Boundaries help clear the noise so you can focus on what He prepared for you.

Saying yes to everything leaves you exhausted. Saying yes to God’s assignments fills you with peace.

Peace grows when your priorities align with His purpose.

You don’t have to do it all.  
Boundaries give you space to do what matters most.



# PLAN

*daily*

*date:*

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Where I saw God today

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### SNACKS/MISC

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### WORD OF THE DAY

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### TODAY I AM GRATEFUL FOR

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### NON NEGOTIABLES FOR TODAY

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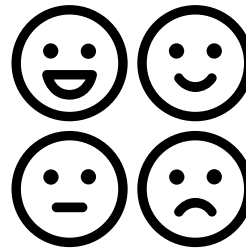
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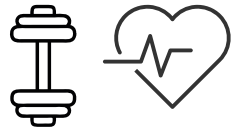
### STRESS LEVEL

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### MOOD



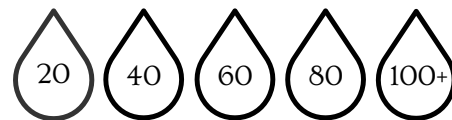
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

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### ONE THING TO IMPROVE TOMORROW

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*date:*

# Wednesday Devotional

## SCRIPTURE

“...which God prepared in advance for us to do.”

– Ephesians 2:10c

You don't have to force the path – God already prepared it. Your role is to walk in it faithfully.

Boundaries help protect that path. Without them, distractions pull you off course and peace slips away.

When you set a boundary, you're not limiting yourself – you're keeping yourself aligned.

The path is already prepared. Boundaries help you stay on it.



# PLAN

*daily*

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I'm grateful today because

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Where I saw God today

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*notes*

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# HABITS

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### SNACKS/MISC

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### WORD OF THE DAY

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### TODAY I AM GRATEFUL FOR

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### NON NEGOTIABLES FOR TODAY

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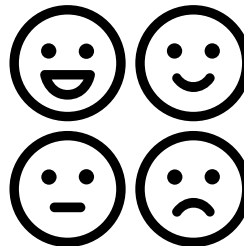
### SLEEP QUALITY

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### MOOD



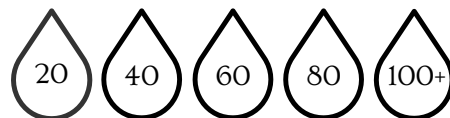
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

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### ONE THING TO IMPROVE TOMORROW

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# Thursday Devotional

## SCRIPTURE

“Above all else, guard your heart, for everything you do flows from it.”

– Proverbs 4:23

Your heart is the wellspring of your life. Everything you do flows from it, which is why God calls you to guard it.

Boundaries protect your heart from being drained, distracted, or divided. They make space for God’s peace to flow freely.

Guarding your heart is not about isolation – it’s about protection.

Peace flows from a guarded heart.



# PLAN

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I'm grateful today because

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Where I saw God today

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*notes*

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# HABITS

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### SNACKS/MISC

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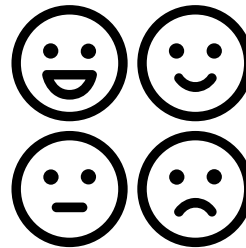
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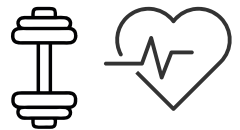
### STRESS LEVEL

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### MOOD



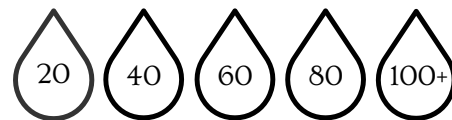
### MOVEMENT



### RECOVERY



### WATER TRACKER



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### ONE THING TO IMPROVE TOMORROW

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*date:*

# Friday Devotional

## SCRIPTURE

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

– Galatians 5:1

Boundaries are not restrictions – they are the framework that protects freedom. Every no creates space for a better yes.

When you live without boundaries, you feel scattered. When you live with them, you walk lighter and freer.

Freedom is not found in saying yes to everything – it’s found in saying yes to the right things.

Freedom grows when you honor your yes and your no.



# PLAN

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Where I saw God today

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# HABITS

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## SNACKS/MISC

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## WORD OF THE DAY

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## TODAY I AM GRATEFUL FOR

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## NON NEGOTIABLES FOR TODAY

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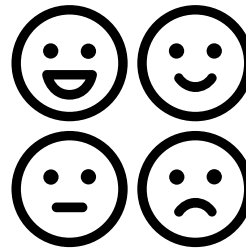
## SLEEP QUALITY

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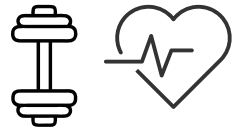
## STRESS LEVEL

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## MOOD



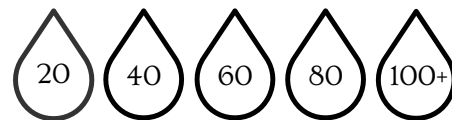
## MOVEMENT



## RECOVERY



## WATER TRACKER



## BIGGEST WINS TODAY

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## ONE THING TO IMPROVE TOMORROW

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*date:*

# Saturday Devotional

## SCRIPTURE

“For my yoke is easy and my burden is light.”

– Matthew 11:30

God never meant for you to carry the weight of every demand. His way is gentle, His burden light.

Boundaries help you set down what is heavy and carry only what He’s asked of you.

When your load feels lighter, it’s a sign you’re walking in step with Him.

Light burdens, steady peace.



# PLAN

*daily*

*date:*

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Where I saw God today

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*notes*

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# HABITS

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### SNACKS/MISC

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### WORD OF THE DAY

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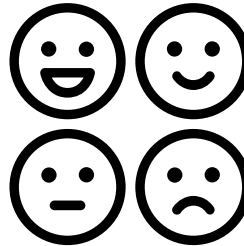
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### STRESS LEVEL

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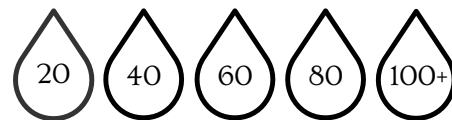
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### ONE THING TO IMPROVE TOMORROW

\_\_\_\_\_

\_\_\_\_\_

*date:*

# *Sunday Devotional*

## SCRIPTURE

“The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.”

– Psalm 16:6

God’s boundaries are not punishment – they are blessing. They create space for joy, peace, and inheritance in Him.

When you see His boundaries as gifts, you find contentment instead of frustration.

The places God has set for you are good, and within them you will flourish.

God’s boundaries are gifts that protect peace and joy.



# daily PLAN

date: \_\_\_\_\_

MON	TUE	WED	THU	FRI	SAT	SUN
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Time	Activity
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	

I'm grateful today because

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*coming up*

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Where I saw God today

*notes*

*to do*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# HABITS

## Sunday

### MEAL 1

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 2

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 3

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 3

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 4

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 5

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### SNACKS/MISC

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WORD OF THE DAY

\_\_\_\_\_

### TODAY I AM GRATEFUL FOR

\_\_\_\_\_

### NON NEGOTIABLES FOR TODAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

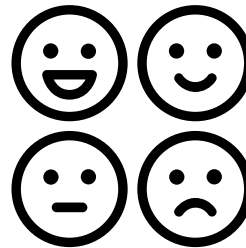
### SLEEP QUALITY

1	2	3	4	5	6	7	8	9	10
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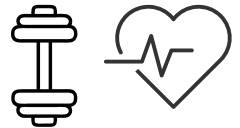
### STRESS LEVEL

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

### MOOD



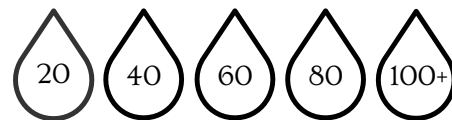
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

\_\_\_\_\_

\_\_\_\_\_

### ONE THING TO IMPROVE TOMORROW

\_\_\_\_\_

\_\_\_\_\_

# Week 2 Reflection

## BOUNDARIES THAT PROTECT PEACE

SCRIPTURE: "FOR WE ARE GOD'S HANDIWORK, CREATED IN CHRIST JESUS TO DO GOOD WORKS, WHICH GOD PREPARED IN ADVANCE FOR US TO DO."

– EPHESIANS 2:10

### MY WINS THIS WEEK

THIS WEEK I EXPERIENCED PROGRESS IN

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### MY CHALLENGES THIS WEEK

A CHALLENGE I FACED WAS

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THIS WEEK TAUGHT ME

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### WHERE I SAW GOD AT WORK

THIS WEEK I NOTICED GOD'S STRENGTH IN

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ONE BOUNDARY THAT  
PROTECTED MY PEACE:

ONE BOUNDARY THAT  
NEEDS MORE ATTENTION:

ONE BOUNDARY I WANT TO  
CARRY FORWARD:

ONE BOUNDARY I WILL  
FOCUS ON NEXT WEEK:

MOVEMENT THAT ENERGIZED ME:

REST THAT RENEWED ME:

