

The Biblical Boundary & Forgiveness Script Guide

Exactly What to Say When Church Guilt, Family Pressure, or Past Trauma Hits.



A roadmap for guarding your heart, keeping your peace, and reclaiming your voice.

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Are You Dealing with Genuine Repentance or an Unsafe Dynamic?



Before choosing a script, run your situation through these three biblical filters:

[] 1. Fruit vs. Words

Has this person demonstrated genuine, consistent behavioral change over time, or are they relying solely on words, guilt trips, or religious pressure to regain access?

"Produce fruit in keeping with repentance." – Matthew 3:8

[] 2. Accountability & Ownership

When the damage is brought up, do they take full responsibility, or do they minimize, shift blame, defend themselves, or accuse you of being "unforgiving"?

"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy." – Proverbs 28:13

[] 3. Peace & Safety Check

Does engaging with this person bring clarity and mutual respect, or does it consistently pull you back into confusion, panic, and fight-or-flight?

"For God is not the author of confusion but of peace." – 1 Corinthians 14:33

If you checked "**No**" to ownership or behavioral change, you are dealing with an unrepentant dynamic. Your biblical duty is to forgive in your heart, but set firm, loving boundaries in your life. Use the scripts on the following pages to guard your peace without guilt.

BIBLICAL BOUNDARIES IN ACTION

Category 1: When Family or Friends Push for Unearned Access

(e.g., "Can't you just move on?" / "Family is family!")

- ❌ What NOT to Say: "I'm sorry, I'm just not ready yet, maybe in a few months if things get better..." (Leaves room for debate and places blame on you).
- ✅ What to Say: "I have completely released any bitterness toward [Name] and pray for their peace. However, for my own spiritual and emotional health, I am keeping distance right now. Thank you for respecting that decision."

Category 2: When the Offender Re-Engages Without Repentance

(e.g., Texting like nothing happened or demanding a meet-up)

- ❌ What NOT to Say: Ignoring them while panicking, or sending a long, 10-paragraph text detailing all the ways they hurt you.
- ✅ What to Say: "I hold no anger toward you and forgive you for what happened. But trust and access take time and proven fruit to rebuild. Right now, I need space, so I will not be meeting up or engaging."

Category 3: When Church Culture Tries to Guilt-Trip You

(e.g., "A true Christian forgives and forgets!")

- ❌ What NOT to Say: "Maybe you're right, I must be holding onto bitterness..."
- ✅ What to Say: "Scripture commands me to forgive, and I have released them to God. But Proverbs 22:3 tells us to foresee danger and guard our hearts. I am following God's instruction to protect my peace. It's not bitterness, it's wisdom."

THE 3 GOLDEN RULES OF BIBLICAL BOUNDARIES

Rule #1: Don't Over-Explain

When you over-explain, you give pushy people fuel to argue with your reasons. State your decision once with grace, and stop there. "No" paired with kindness is a complete, holy sentence.

Rule #2: You Don't Need Their Permission

A boundary is not a request for the other person to change; it is a statement of what you will do to guard your heart. You do not need their agreement or approval to protect your God-given peace.

Rule #3: Do Not Engage in the "Debate Loop"

If someone pushes back against your boundary, do not re-explain yourself. Simply repeat your boundary once using the Broken Record Method:

"I understand you feel that way, but my decision remains the same. Thank you for respecting my space."

BIBLE VERSES TO ANCHOR YOUR HEART

- Proverbs 4:23 – "Guard your heart above all else, for it determines the course of your life."
- Matthew 10:16 – "Look, I am sending you out as sheep among wolves. So be as wise as snakes and harmless as doves."
- Proverbs 22:3 – "A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences."

YOU DON'T HAVE TO WALK THIS WILDERNESS ALONE.

Scripts give you the exact words to say, but holding boundaries in real life—especially against deep family dynamics, spiritual guilt, or betrayal trauma—takes ongoing strength, strategy, and safe support.

If you are tired of living in survival mode, tired of feeling guilty for protecting your heart, and ready to walk in true freedom and emotional regulation... I'm here to walk alongside you.

Ready to Map Out Your Personal Breakthrough?

In my 1-on-1 Faith-Based Coaching Intensive at Within The Temple, we work together to:

- Unpack past betrayal without staying stuck in bitterness.
- Regulate your nervous system when trauma triggers hit.
- Build custom, scriptural boundary plans for your specific relationships.

[APPLY FOR 1-ON-1 COACHING](#)