

BOUNDARY INVENTORY FOR PASTORS

Ministry flows best when your yes is honest and your no is holy.

INSTRUCTIONS:

Use this worksheet to reflect on how you're currently managing boundaries in different areas of ministry and life. This is not about guilt—it's about getting honest about where you're stretched too thin, where you're over-accessible, and where God may be inviting you to reclaim your peace.

Step 1: Where Are My Boundaries Strained?

Check any categories where your boundaries feel unclear, violated, or exhausted:

- ☐ Congregational expectations
- ☐ Family time vs. ministry demands
- ☐ Sermon prep vs. admin overload
- ☐ Texts/calls after hours
- ☐ Emotional availability (e.g., being "on" all the time)
- ☐ Pastoral care for people who consistently drain me
- ☐ Social media pressure to be present or perform
- ☐ _____
- ☐ _____

Step 2: Reflection Prompts

Where do I feel most overextended?



What boundary do I struggle to enforce, even though I know I need it?

What do I fear will happen if I set that boundary?

Where is God inviting me to rest—even if others don’t understand?

Step 3: Boundary Recalibration

Choose one boundary to begin resetting this week:

(ie. No work phone calls on Tuesdays)

The boundary:

What action will I take to begin honoring this boundary?

How I expect to feel when I follow through:

- ☐ Peaceful
- ☐ Relieved
- ☐ Guilty (but grounded)
- ☐ Empowered
- ☐ Other: _____
- ☐ Other: _____

Step 4: Boundaries and the Call of God

Reflect on the questions below:

What has God actually called me to do—and what have I added out of guilt, fear, or pressure?

Which boundaries am I afraid to set because I think it will disappoint people?

Which boundaries, if I honored them, would actually increase my ability to serve well and finish strong?

Step 5: Sacred Boundary Statement

Let them write a boundary statement tied to calling—not self-protection alone:

“In order to remain faithful to what God has entrusted to me, I will...”

Step 5: Scripture Anchor

Invite them to write down a verse that reminds them of their value, limits, or purpose. Examples:

“Even Jesus withdrew to lonely places and prayed.” – Luke 5:16

“Let your yes be yes and your no be no.” – Matthew 5:37

“It is in vain that you rise up early and go late to rest... for he gives his beloved sleep.” – Psalm 127:2

Affirmation:

I am not called to meet every need—only to walk faithfully in what God has entrusted to me.
Boundaries are not burdens. They are acts of obedience.

