

Resilience, part 7: Embracing Our Limits

Without limits we severely compromise our ability to love God, love others and even love ourselves.

Limits are necessary because they are a deeply spiritual issue. When we surrender to the limits in our lives we are acknowledging that God is God and we are not.

Ever feel like there was too little time and too much to do?

Limits in the beginning

Genesis 2:16-17

Genesis 3:4-5

Limits in the life of John the Baptist

John 3:26-27

Limits in the ministry of Jesus

John 17:4

Receive the "Gift" of Limits

What are the limits of your personality and temperament?

Self-awareness

What are the limits of your current season of life?

Ecclesiastes 3:1-2

What are the limits of your marriage or singleness?

What are the limits of your emotional, physical and intellectual capacities?

What are the limits of your time?

Receive the gift of "your" limits

God is God and you are not!

1. Prioritize self-care (silence, solitude, being before doing, sabbath etc...)
2. Set limits on invasive people and technology
3. Recognize your limits but also the limits of others

Ever since the fall we have been confused about limits, about boundaries. Confused about where we end and where someone else begins.

Boundaries are an expression of the fact that I am a separate person, apart from others. With proper limits, I know what I am and am not responsible for.

<u>Me</u>	<u>You</u>
Hopes	Hopes
Opinions	Opinions
Feels	Feels
Values	Values
Beliefs	Beliefs
Fears	Fears

The major problem is that the world's needs are far greater than my personal supply.

Embracing your limits is recognizing God is God, and I am not.

["You get what you tolerate"--Dr. Henry Cloud](#)

Matthew 11:28-30 The message version

John 17:4

DISCUSSION QUESTIONS

1. How did God speak to you through this message?
2. What are some limits you are currently encountering?
3. How do you typically respond to being reminded of your limits?
4. Pastor Rick said: "Embracing our limits is recognizing God is God, and we are not." Do you find this truth to be helpful?
5. Is God leading you to an application step or a truth you can apply?