



# What is Finitude; how does it affect my walk with God?

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**God's limits are for our good.**

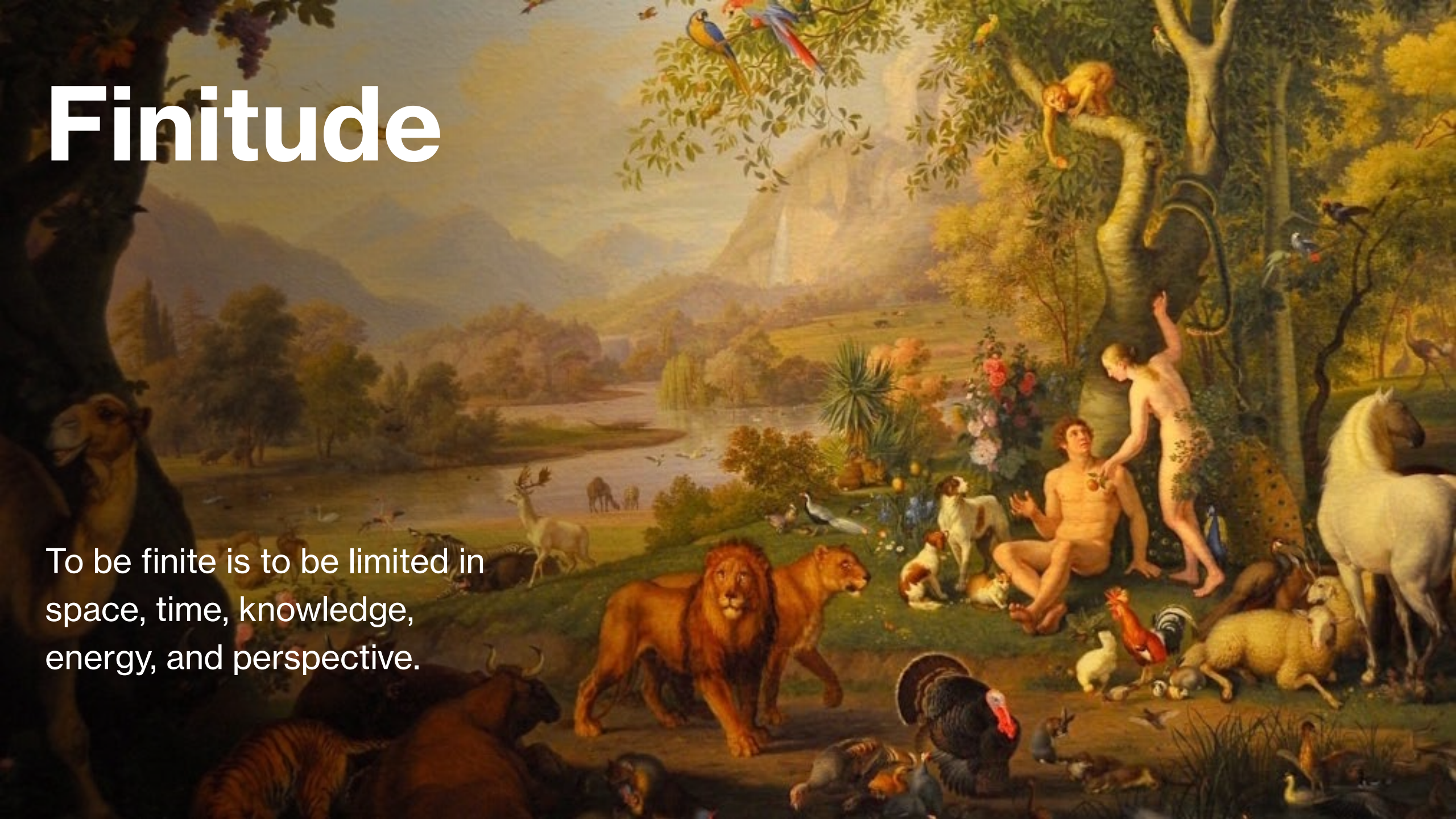


# 3 THINGS TO CONSIDER

1. Finitude is not sin
2. Tyranny of Time
3. Fear of the Lord and God's presence

# Finitude

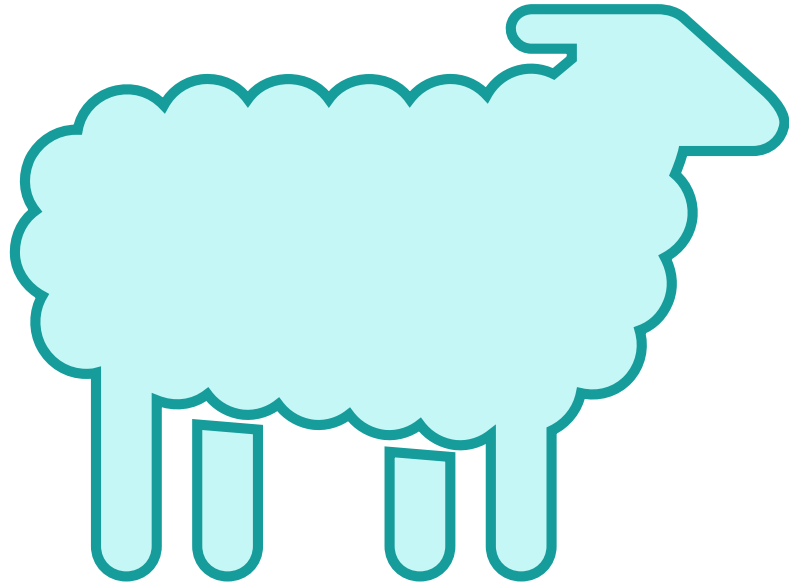
To be finite is to be limited in space, time, knowledge, energy, and perspective.



# Questions (1 minute)

- It might be easy for you to list your sins and shortcomings. But can you **name some things about yourself that you think reveal God's love and delight in you?**
- If you only imagine negative or bad things about yourself, could it be that you are struggling to see some of the good in God's creation, his specific creation in you?
- Turn to someone and share one or two things that come to mind.





## John 10:3, 14

- The gatekeeper opens the gate for him, and the sheep listen to his voice. *He calls his own sheep by name and leads them out.*
- “I am the good shepherd; *I know my sheep and my sheep know me—*



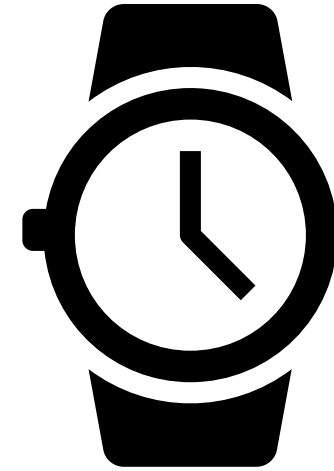


9:41

A digital clock with a white stand and a black display screen. The time 9:41 is shown in large, colorful digits. The '9' is pink, the colon is white, the '4' is light blue, and the '1' is purple. The clock is on a wooden nightstand next to a bed with orange pillows and a glass lamp with two spheres.

# Questions (2 minutes)

- How have you seen **your relationship with time affect your relationship with God?**
- How might appreciating time in terms of events and contexts rather than the clock reshape our experiences?
- What might we learn from other cultures in this regard?



# Psalm 111:10

- The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.





## **Proverbs 14:27**

- The fear of the Lord is a fountain of life, that one may avoid the snares of death.







**"I'm convinced more  
ever that true friendship  
built on  
yourself to love others  
well. I hope we are all a  
little more  
and a lot more present  
with each other this**

**-Marie Noel, DVM**

# Questions (2 minutes)



**How do you approach the fact that God values process as he transforms you to more and more reflect Christ?**



Does this process often frustrate you?




How does it affect your prayer life?



## **Luke 2:40**

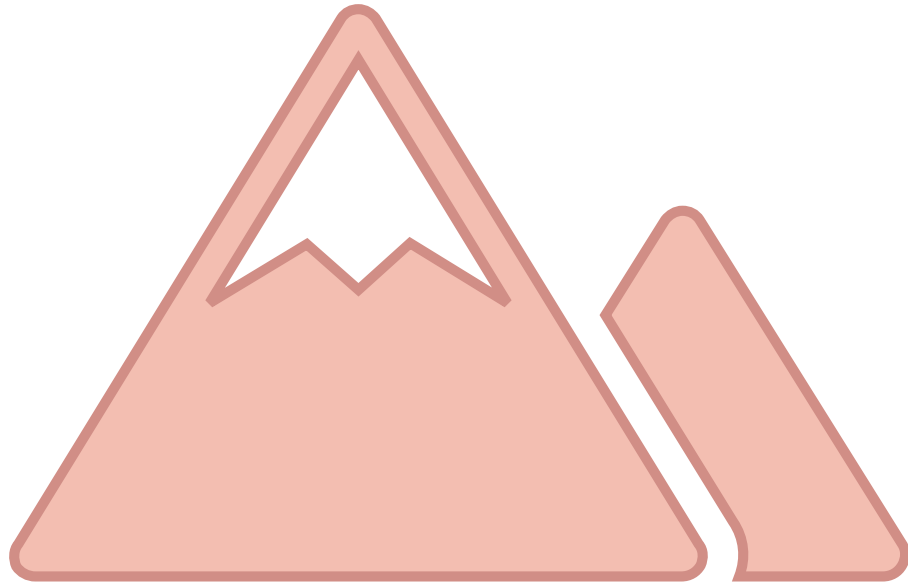
- And the child (Jesus) grew and became strong, filled with wisdom. And the favor of God was upon him.

A photograph capturing a serene sunset scene. Two individuals are seated in folding chairs on a grassy field, their forms silhouetted against the bright, low sun. The sun is positioned between them, creating a lens flare effect. To the right, a large tree with dense foliage frames the scene. The sky is filled with soft, wispy clouds, transitioning from a deep orange near the horizon to a pale, hazy blue at the top. The overall mood is peaceful and contemplative.

**You are  
given  
today: be  
present.**

**Sleep is a  
gift .**



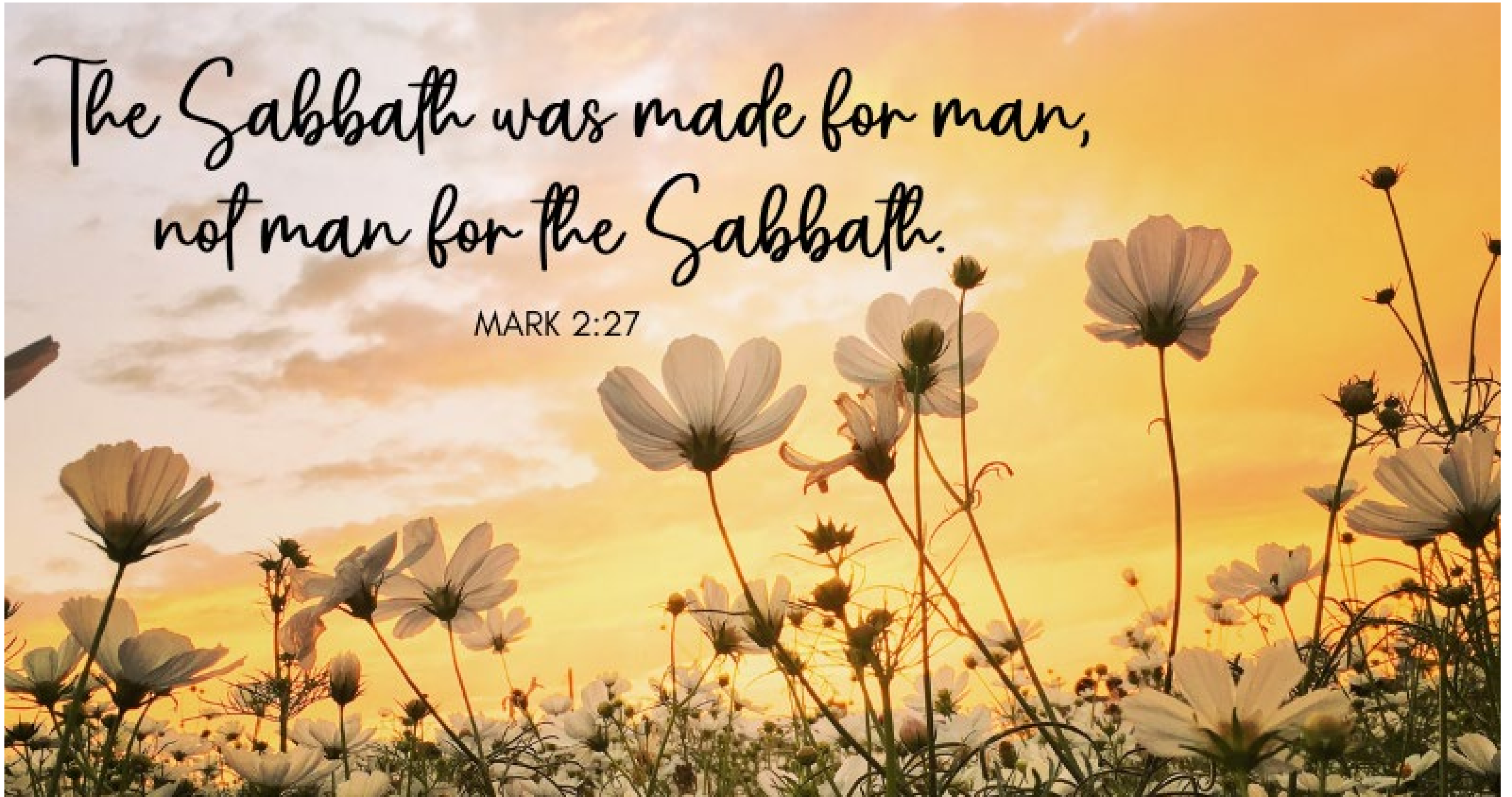


# Psalm 121

- I lift up my eyes to the mountains –  
where does my help come from?  
<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.
- <sup>3</sup> He will not let your foot slip –  
he who watches over you will not slumber;  
<sup>4</sup> *indeed, he who watches over Israel  
will neither slumber nor sleep.*
- <sup>5</sup> The LORD watches over you –  
the LORD is your shade at your right hand;  
<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.

The Sabbath was made for man,  
not man for the Sabbath.

MARK 2:27



## **Annie F. Downs** **(Matt Chandler, Abraham Herschel-The Sabbath)**

If you work with  
your mind, Sabbath  
with your hands.

- Get outside, garden, knit, build, cook, draw, move your body, play an instrument, paint

If you work with  
your hands,  
Sabbath with your  
mind.

- Read Scripture, read a book, write, journal, memorize Scripture, discuss faith with others, do puzzles, play games with friends

# 2 Corinthians 12:9



- Therefore, I will boast all the more gladly about my weaknesses, *so that* Christ's power may rest on me.



# Sources

- Kopic, Kelly M. *You're Only Human: How Your Limits Reflect God's Design and Why That's Good News*. Brazos Press, 2022
- Wajcman, Judy. *Pressed for Time: The Acceleration of Life in Digital Capitalism*. University of Chicago Press. 2016.
- Annie F. Downs  
<https://www.anniefdowns.com/sabbath/>



Psalm 100

*Grateful*

*For the Lord is Good*

**Thank you!**

