

Emotionally Healthy Discipleship | Embracing Limits
Compelled Church, October 2-3, 2021
Dustin Reed

You have limits!

Types of Limitation

- Season of Life
- Family of Origin
- Past
- Physical Body
- Marital Status
- Intellectual capacity
- Talents
- Financial
- Education
- Time

“A core mark of emotionally healthy discipleship is a deep theological and practical understanding of limits.” - Peter Scazzero

2 Corinthians 2:7-10

“Even though I have received such wonderful revelations from God. So to keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from becoming proud. Three different times I begged the Lord to take it away. Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.”

What do limits do in our lives?

Limits Ground Us

How do you respond to your limits?

- Deny
- Receive
- Breakthrough

God is at work in limits

My power is made perfect in weakness

Gods power expresses itself in weakness and limits.

Have peace in the fact that the things you call limits are a gift from God.

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Sermon discussion questions for group discussion and/or personal study.

1. What is the first thing that comes to your mind when you hear the phrase, “embrace limitations.”?
2. Pastor talked through a list of limits that are common in many people’s lives. Can you relate with any on this list in your own life? Season of Life, Family of Origin, Past, Physical Body, Marital Status, Intellectual capacity, Talents, Financial, Education, Time.
3. What other limitations have you experienced in your own life?
4. In 2 Corinthians 12, Paul says that He was given a thorn in his flesh (limitation) as means to keep him from becoming too proud. What does he mean by that?
5. How has God made Himself shine through your own weakness and limitations?
6. If you have never experienced this, how could you see God doing this in and through your life?
7. Pastor said there are three ways in which we deal with limitations. We deny, receive, and breakthrough. How do you see this play out in your own life?
8. How do you typically respond when a limitation is made aware of in your life?
9. What limits do you need to receive and submit to joyfully as Gods invitation to trust Him?
10. What limits is God asking me to break through by faith so that others might know Him, or so I may become the person that He intends?