

## **Summary**

In this sermon, we explore the concept of pushing our spiritual limits, much like in physical fitness, to avoid plateauing in our relationship with Jesus. The message emphasizes the importance of continuous spiritual growth, stepping out of our comfort zones, and embracing the challenges that come with following Christ. By doing so, we can fulfill our God-given purpose and help others come to know Jesus. Key scriptures such as Philippians 4:13 and 2 Timothy 1:7 remind us of the strength and power we have through Christ, encouraging us to overcome fear and limitations.

## **Intro Prayer**

Heavenly Father, we come before You with open hearts and minds, ready to receive what You have for us today. Help us to be receptive to Your guidance and to push beyond our limits in our spiritual journey. May we grow closer to You and be empowered to share Your love with others. In Jesus' name, we pray. Amen.

## **Ice Breaker**

What's one thing you've done recently that pushed you out of your comfort zone?

## **Key Verses**

- Philippians 4:13
- 2 Timothy 1:7
- Philippians 3:12-14
- 1 Corinthians 9:19-23
- 2 Corinthians 4:17

## **Questions**

- What does it mean to push your spiritual limits?
- How can we identify when we've plateaued in our faith?
- What are some practical ways to step out of our comfort zones for Christ?
- How does fear hold us back from fulfilling our God-given purpose?
- In what ways can we rely on God's strength when we feel weak?
- Why is it important to find common ground with others when sharing the Gospel?
- How can we encourage each other to grow spiritually?
- What is one step of faith you feel God is calling you to take this week?

## **Life Application**

This week, take time to reflect on areas where you may be limiting yourself or God in your life. Pray for strength and courage to take a step of faith, whether it's sharing your faith with someone, volunteering, or starting a new spiritual discipline.

## **Key Takeaways**

- Spiritual growth requires pushing beyond our comfort zones.
- God's strength is made perfect in our weakness.
- Fear can prevent us from fulfilling our purpose, but God equips us to overcome it.
- Finding common ground with others is crucial for effective evangelism.
- We are called to continuously grow in our relationship with Jesus.

## **Ending Prayer**

Lord, thank You for the time we've spent together discussing how to push our spiritual limits. Help us to apply what we've learned and to trust in Your strength as we step out in faith. May we be bold in sharing Your love and truth with those around us. Keep us encouraged and united as we grow in our walk with You. In Jesus' name, we pray. Amen.