



Series: Emotionally Healthy Discipleship

Sermon: Part 4: Embracing God's Gift of Limits

Date: Sunday, November 9th, 2025

Limits are a deeply _____ issue.

Our understanding and response to our limits gets to the core of our relationship with God.

"You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." (Genesis 2:16-17)

"You will not certainly die," ... "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." (Genesis 3:4-5)

Limits are a deeply spiritual issue because when we embrace and surrender to them, we are acknowledging that we are not God - God is God and we are not.

Types Of Limits In Our Lives:

1. Limits to _____: What limits do I need to receive from, and joyfully submit to, as an invitation by God to trust Him?

2. Limits to _____: What limits is God asking me to break through by my faith in Him as I become the person He intends for me to be?

Limits To Receive:

- a. Limits of our personality/temperament
- b. Limits in our current season of our life
- c. Limits of our marriage or singleness
- d. Limits of our emotional, physical, and intellectual capacities
- e. Limits of our family of origin
- f. Limits of our time

We all have limits - to both receive and to breakthrough.

Scripture referenced in sermon message: Mark 6:30-43

Can I trust that God is good, that He will take care of me, and that He has control and a true grip on all things in my life and in the world?

Sabbath: a day, or 24 hour period, in each week to cease or stop working in order to rest and worship God



By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done. (Genesis 2:2-3)

Incorporating Sabbath Into Our Life:

1. Pick a _____ in your week

2. Rest and _____

What constitutes work that depletes me that I need to cease from?

What things can I do that refresh me instead?

3. Do things with _____

4. Be _____

When we include our children in our Sabbath we are demonstrating to them what it looks like to have healthy rhythms of rest as we live within our limits.

5. Don't be _____ or hard on yourself

*"The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."
(Mark 2:27 NLT)*

Bottom Line: *Even in our limits, Jesus will provide for all of our needs.*

Questions to reflect on this week or with others:

- 1. When it comes to your life, what is a limit that you are currently struggling to receive from God as a gift?*
- 2. What area of your life do you put a limit on, thinking that God cannot break through? How can you surrender that limit over to God, trusting that He can break through it as He shapes you into the person He wants you to be?*
- 3. If you are currently practicing a weekly Sabbath, what does the day look like for you? If you are not, what next step can you take towards practicing a weekly Sabbath?*

Songs used in service: Too Good To Not Believe (Cody Carnes & Brandon Lake), Lord, I Need You (Matt Maher), Nothing But The Blood (Robert Lowry), Song of The Saints (Phil Wickham), Goodness of God (Rhett Walker)

Any prayer requests?

-----Tear Here -----

Name _____ **Date:** _____ **Email:** _____

What can we be praying for you about?