



January 31/February 1
Receiving the Gift of Limits

I. Problem: We are all _____.

a. It is impossible for a Christian to be _____ mature,
growing as a Christ-like lover of people while remaining _____
broken.

II. Solution: Allow Jesus to show you the areas of _____ and let
Him love you into wholeness.

III. In order to be long-term lovers of God and others, we need to understand and respect our
_____ and _____.

a. How can we embrace limits within our lives?

b. Maturity in life is when someone is _____
within their God-given limits.

Action Steps

Read *Emotionally Healthy Church* by Peter Scazzero (Chapter 8, pages 132 - 151)

Read *Boundaries* by Dr. Henry Cloud & Dr. John Townsend

Actively participate in Healing Journey or Christ-Life Solution

For Discussion

1. Some of the most active people in our churches struggle with the discipline of self-care. Imagine four different gas tanks within yourself. Rate where you are in the following tanks. Share one reason why one or more of your tanks is near empty.

SPIRITUAL	RELATIONAL	PHYSICAL	EMOTIONAL
F E	F E	F E	F E

2. Read Mark 1:32-39. The next morning, needy people were already looking for Jesus. What do you think the disciples thought when Jesus told them they were going to move on to other villages?
3. In what situation is it difficult for you to say “no?” Why?
4. How did a profound sense of limits allow Jesus to have a sense of completion and satisfaction in his work? What might be some of the consequences if you go beyond what God has asked you to do?