**Series: Emotionally Healthy You**

**Today: The Gift of Limits**

**Speaker: Ronnie Norman**

Emotionally healthy people understand the limits God has given them. They joyfully receive the one, two, seven or ten talents God has so graciously distributed. As a result, they are not frenzied and covetous, trying to live a life God never intended. They are marked by contentment and joy. Emotionally healthy churches also embrace their limits with the same joy and contentment, not attempting to be like another church. They have a confident sense of God’s “good hand” on their church for such a time as this. – Peter Scazzero. The Emotionally Healthy Church

***Genesis 3***

*Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”*

*2The woman said to the serpent, “We may eat fruit from the trees in the garden, 3but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”*

*4“You will not certainly die,” the serpent said to the woman. 5“For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”*

God Has not made a bad tree. He has simply made a tree. And there is nothing intrinsic about the tree that is different in any way from the other trees. Rather, God has simply confronted mankind with a choice. He could have just as well said, “Don’t cross this stream; don’t climb this mountain.” He is saying, “Believe me and stand in your place as a creature, not as one who is autonomous. Believe me and love me as a creature to his creator, and all will be well. This is the place for which I have made you.”

Francis Schaeffer, Genesis in Space and Time

**You are not all knowing.**

**You are not all powerful.**

**You cannot be all present.**

***John 1:19-26***

*19Now this was John’s testimony when the Jewish leadersin Jerusalem sent priests and Levites to ask him who he was. 20He did not fail to confess, but confessed freely, “I am not the Messiah.”*

*21They asked him, “Then who are you? Are you Elijah?”*

*He said, “I am not.”*

*“Are you the Prophet?”*

*He answered, “No.”*

*22Finally they said, “Who are you? Give us an answer to take back to those who sent us. What do you say about yourself?”*

*23John replied in the words of Isaiah the prophet, “I am the voice of one calling in the wilderness, ‘Make straight the way for the Lord.’”*

*24Now the Pharisees who had been sent 25questioned him, “Why then do you baptize if you are not the Messiah, nor Elijah, nor the Prophet?”*

*26“I baptize withwater,” John replied, “but among you stands one you do not know. 27He is the one who comes after me, the straps of whose sandals I am not worthy to untie.”*

***Mark 1:35-38***

*35Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36Simon and his companions went to look for him, 37and when they found him, they exclaimed: “Everyone is looking for you!”*

*38Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.*

1. Receiving limits is a deeply spiritual matter.
2. Discern your unique limits.

Personality

Season of life

Life Situation

Emotional, Physical, Spiritual & Intellectual Capacities

Span of Care

1. Think Requests, Not Demands
2. “Yes” and “No” are your friends.

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1. Ask God to work through your limitations.

“Maturity in life is when someone is living joyfully within their God-given limits. I find many of us resent limits – in ourselves and in others. We expect far too much from ourselves and each other and often live frustrated and angry lives. Much burnout is a result of giving what we do not possess.” – Peter Scazzero