



Message:

KNOW YOUR LIMITS !

Scripture: Gen 2:16-17, 2 Cor 12. 12: 1-10, John 3:22-30

*Without a deep theological **and** practical understanding of limits, we severely compromise our ability to love God, ourselves, and others over the long haul.
Limits are a deeply spiritual issue.*

You cannot give what you do not possess.

When we are operating out of a position of Spiritual ‘emptiness’ we have less and less to offer God or others.

What you do is important, but who you are is even more important.

God loves when we ‘do’ for him (and the Kingdom) but he loves it more when our priority is to ‘be’ with Him.

The state you are in is the state you give to others.

Our level of emotional and spiritual fullness has a direct impact on those around us.



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Next Steps - Going Deep

1. Prioritize self-care
2. Set limits on invasive people
3. Allow freedom to say no
4. healthy boundaries

What are some limits - more than one - what are some limits, some thorns that you have been given in your life:_____

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