



B E C O M I N G
**Emotionally
Healthy**

WEEK THREE:

**GOD
GIVEN
LIMITS**

We become unhealthy when we ignore our limits.

We become stronger when we exceed our limitations.

Wisdom helps us discern whether we need to embrace or exceed a limitation.

SERIES BIG IDEA:

Spiritual maturity is having a healthy relationship with God, myself, and others.

Emotional health is measured by my ability to manage what you think, feel, say, and do regardless of what happens to me.

Emotional health and spiritual maturity are inseparable. It is impossible to be spiritually mature while remaining emotionally immature.

Pete Scazzero, Emotionally Healthy Discipleship (p.138)

¹⁵ The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶ And the Lord God commanded the man, "You are free to eat from any tree in the garden; ¹⁷ 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 2:15-17 (NIV)

The curse of sin is the result of humanity not trusting in God's goodness, rejecting our God-given limits, and not submitting to God's authority.

Where the first Adam (and humanity) failed, the second Adam (Jesus Christ) prevailed.

Jesus embraced His limitations without sinning.

Jesus models for us how to embrace our limitations and accomplish God's purpose and plan.

TEACHING BIG IDEA:

Be content and don't resent my God-given limits.

- **Be content with the limits I cannot change about myself.**
- **Be content with the limits on my time and my season of life.**
- **Create boundaries around my priorities.** (Proverbs 4:23)
- **Do what I can with who I am and what I have and trust God with what I cannot do.**
- **The Holy Spirit gives me the strength and self-control to breakthrough the limits of my unhealthy attitudes, habits, and behaviors.**

Teach us to number our days, that we may gain a heart of wisdom.

Psalms 90:12 (NIV)

I gain wisdom when I embrace my God-given limits.

I will trust that God reveals His power through my limitations.

WEEK THREE:

GOD GIVEN LIMITS



B E C O M I N G

Emotionally Healthy

PRAY TOGETHER

"Father, help my friend be content with his/her God-given limits."

MY NOTES



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TEACHING SUMMARY:

Humans don't like being limited. Tell children what they cannot do or where they cannot go and they will want to gravitate to the boundary of the limit. As adults, we can be the same.

When we don't embrace our God-given limits, our relationship with God suffers, our relationship with ourselves suffer, and our relationships with others suffer. That is how we got into this mess of suffering—Adam and Eve didn't embrace their God-given limit. They believed the lie that they could be like God (limitless). They sinned because they did not trust God and believe His plan was good for them.

We need to be content with, not resent, our God-given limits. When we learn to embrace our God-given limits and trust in God's plan to break out of our unhealthy self-imposed limits of our attitudes, habits, and behaviors, we will discover a wealth of wisdom. It will lead us to become more emotionally healthy and more spiritually mature.

TALK-IT-OVER:

In what ways do you see people trying to be limitless?

Do you agree or disagree with this statement? "Freedom can only be experienced within limits." Can you give an example of your thoughts?

What are some God-given limits that you see described in scripture?

What God-given limits do you need to be content with?

What unhealthy habits, attitudes, or behaviors are limiting you?

What next step do you need to take today?

DAILY SCRIPTURE READING:

Day 1) John 16:4-15

Day 2) Acts 1:7-8

Day 3) Ephesians 1:17-22

Day 4) Ephesians 6:10-18

Day 5) Galatians 5:16-17

Day 6) 1 Thessalonians 4:7-8