

# Receiving the Gift of Limits

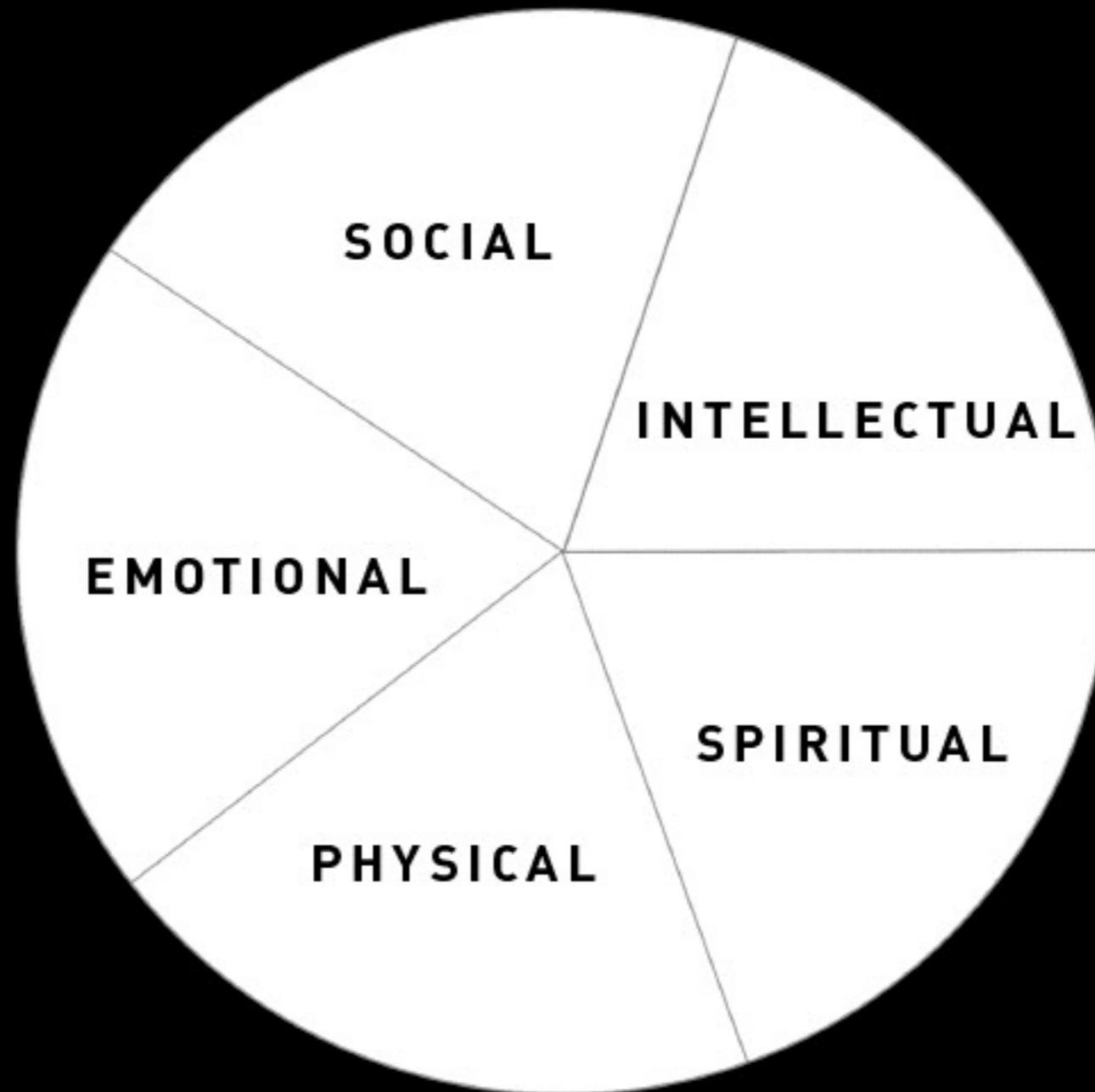
John 3:27-20

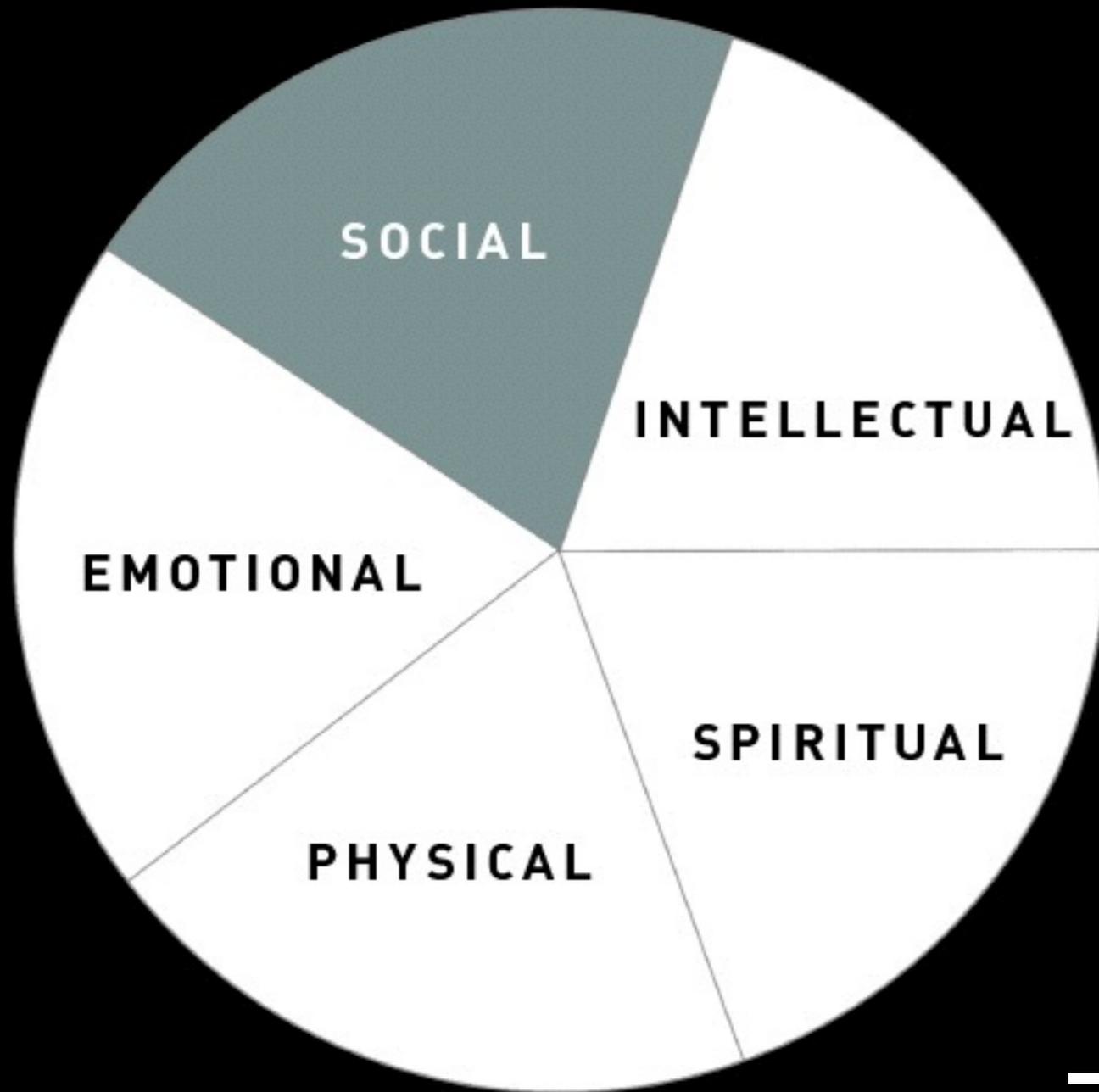
# SEVEN WEEKS

1. Look Beneath the Surface
2. Break the Power of the Past
3. Live in Brokenness and Vulnerability
4. Receive the Gift of Limits
5. Embrace Grieving and Loss
6. Make Incarnation Your Model for Loving Well
7. Slow Down and Lead with Integrity

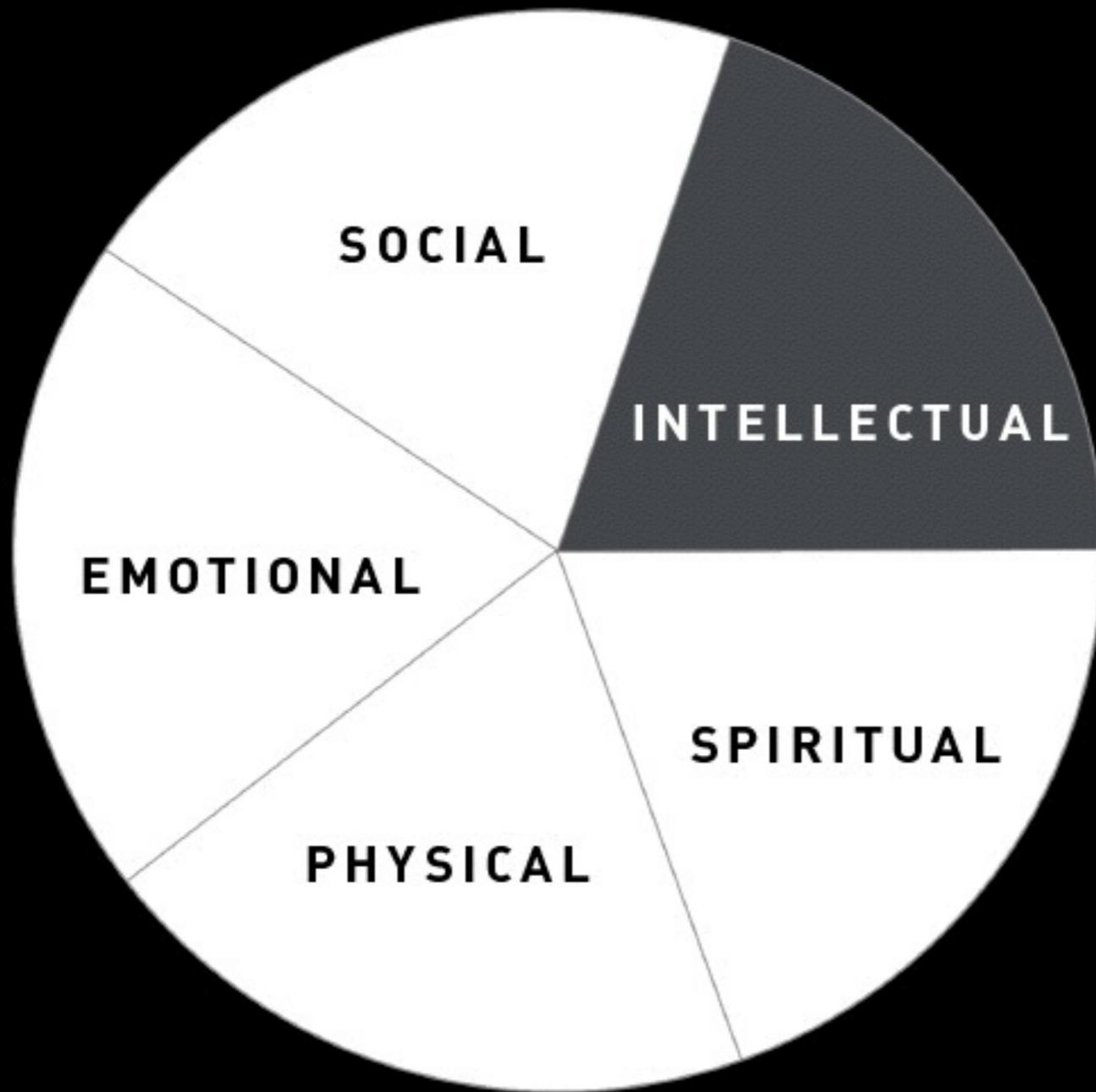
**“No pastor lives up to what he preaches. If he does, he is preaching too low”**

# GOD MADE US WHOLE PEOPLE

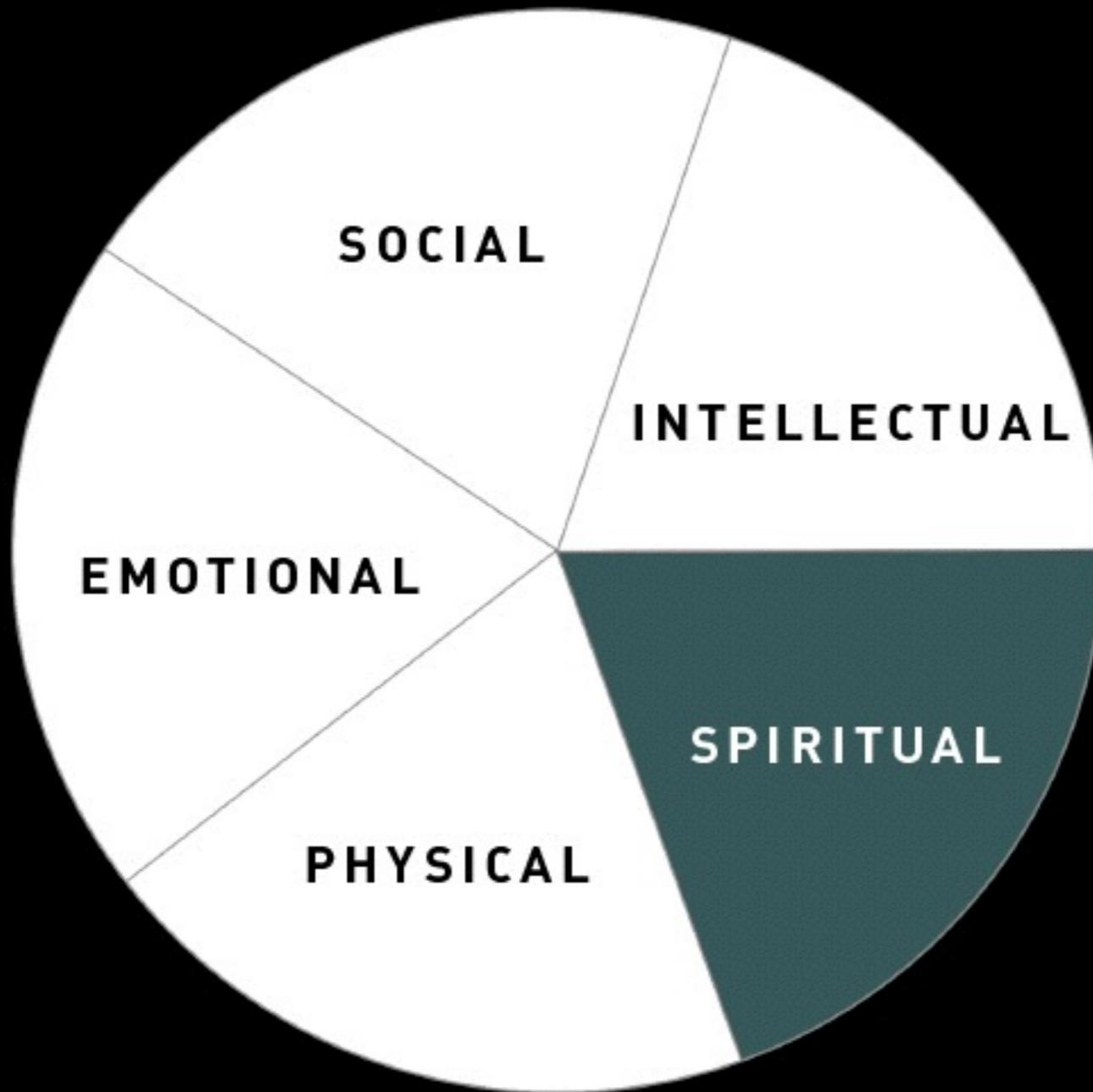




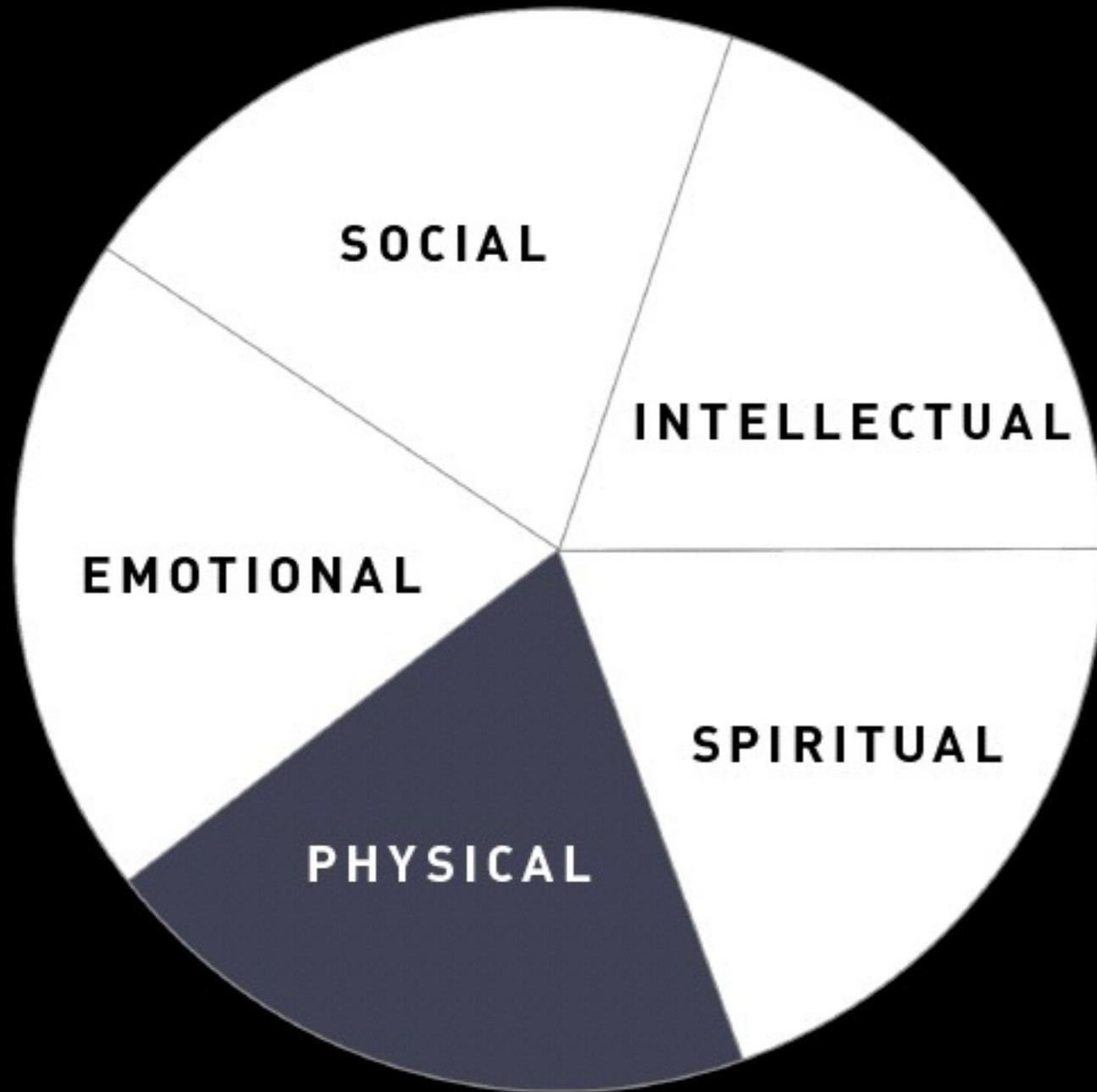
- FELLOWSHIP
- ACCOUNTABILITY
- “ONE ANOTHERS”



- THEOLOGY
- DOCTRINE
- APOLOGETICS



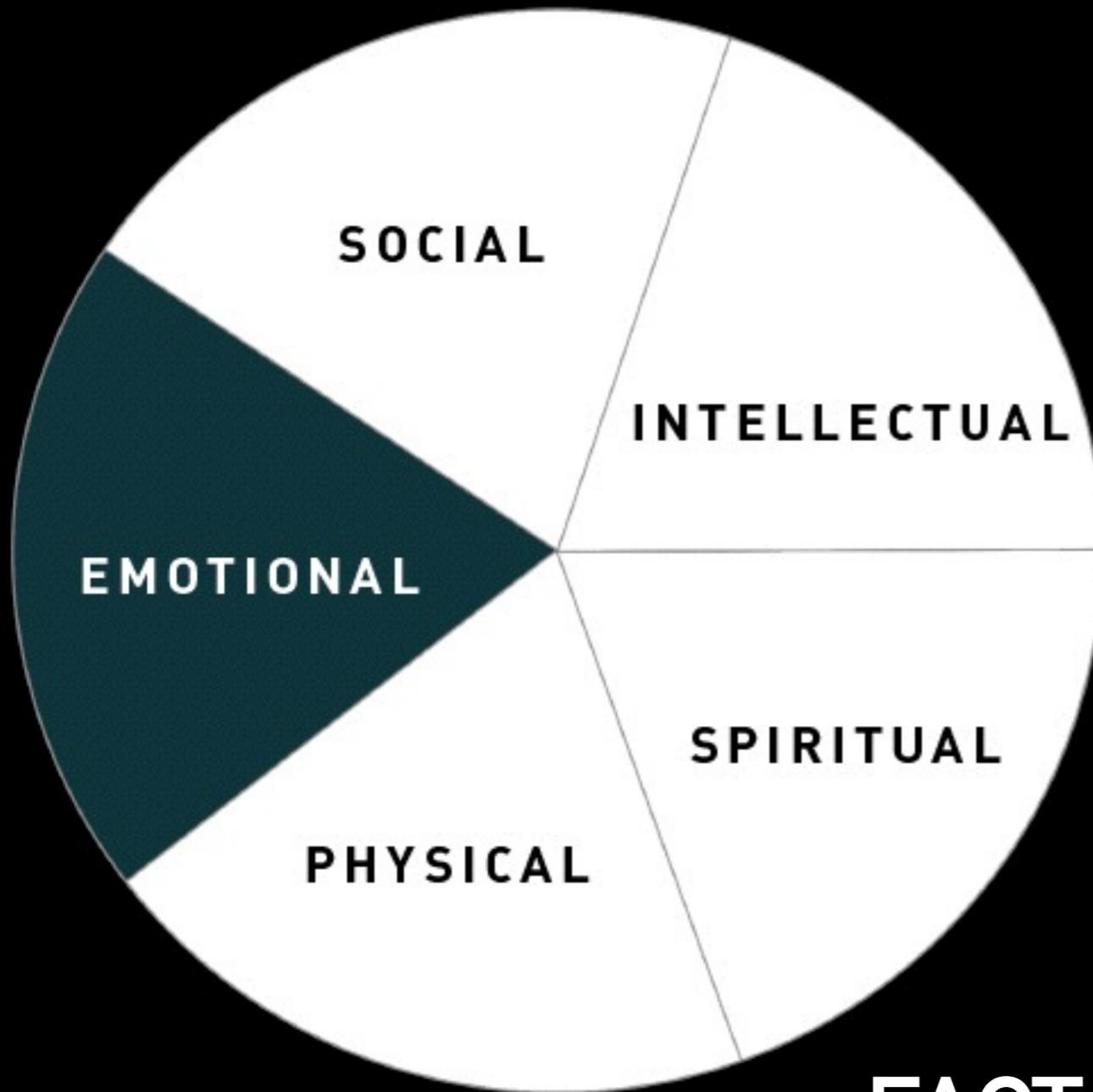
- PRAYER
- LEXIO DIVINA
- DEVOTIONALS



**-HOLINESS**

**-MODESTY**

**-CARE**



**-FACT OVER FEELING**

**-JEREMIAH 17:9**

**~~-DASHBOARD CONFSSIONAL~~**

**When we're not disciplined emotionally  
we think...**

**-All emotions are bad.**

**-Overcome bad emos with good emos**

**IT IS NOT POSSIBLE  
FOR A CHRISTIAN TO BE  
SPIRITUALLY MATURE  
WHILE REMAINING  
EMOTIONALLY  
IMMATURE.**

Peter Scazzero, *The Emotionally Healthy Church*

- You can be a dynamic, gifted speaker for God in public and be an unloving spouse and parent at home.
- You can function as a community group leader or prayer leader and be unteachable, insecure, and defensive.
- You can memorize entire books of the New Testament and still be unaware of your depression and anger, even displacing it on other people.
- You can fast and pray a half-day a week for years as a spiritual discipline and constantly be critical of others, justifying it as discernment.
- You can lead dozens of people in a Christian ministry while driven by a deep personal need to compensate for a nagging sense of failure.

- You can pray for deliverance from the demonic realm when in reality you are simply avoiding conflict, repeating an unhealthy pattern of behavior traced back to the home in which you grew up.
- You can be outwardly cooperative at church but unconsciously try to undercut or defeat your supervisor by coming habitually late, constantly forgetting meetings, withdrawing and becoming apathetic, or ignoring the real issue behind why you are hurt and angry.

The reason we don't want to feel is that feeling exposes the tragedy of our world and the darkness of our hearts...

The route to facing what we feel is not by devaluing the darkness of what we feel, but by valuing the deep structure of why we don't want to feel. Once we face why feeling is so hard, then we can move beyond what we feel to the deeper energy within us that keeps us from grappling honestly with our emotions. Then we will not only feel more deeply, but—more importantly—we will feel our feelings in a way that **exposes our struggle with God.**

Dan B Allender; Tremper Longman. The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be **deeply distressed and troubled.** "My soul is **overwhelmed with sorrow to the point of death,**" he said to them. "Stay here and keep watch."

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. **Take this cup from me.** Yet not what I will, but what you will." [Mark 14v32-36]

**IGNORING OUR EMOTIONS  
IS TURNING OUR BACK ON  
REALITY; LISTENING TO  
OUR EMOTIONS USHERS  
US INTO REALITY. AND  
REALITY IS WHERE WE  
MEET GOD.**

Dan B Allender; Tremper Longman. *The Cry of the Soul: How Our Emotions Reveal Our  
Deepest Questions About God*

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Give  
your  
feelings

Give  
your  
desires

Give  
your  
trust