

## KNOW YOUR LIMITS

Room to Breathe #6  
Pastor Dennis Clanton  
Woodland Church  
Sunday, March 28, 2021

*“Even perfection has its limits, but your commands have no limit.”*  
(Psalm 119:96, NLT)

### 1. Learn to accept my limits and rely on God.

*“Though the LORD is supreme, he takes care of those who are humble, but he stays away from the proud.”* (Psalm 138:6, NCV)

*“We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.”* (2 Corinthians 1:8–9, NLT)

#### a. Honor the limits of your physicality and enjoy good health.

*“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.”* (Exodus 20:8–11, NLT)

#### b. Honor the limits of relationships and enjoy peace and love.

“The vast majority of couples who drift apart do so slowly, over time, in a snowballing pattern of blame and self-justification,” they write. “Each partner focuses on what the other one is doing wrong, while justifying his or her own preferences, attitudes, and ways of doing things. . . . From our standpoint, therefore, misunderstandings, conflicts, personality differences, and even angry quarrels are not the assassins of love; self-justification is.”

*-Carol Tavris and Elliot Aronson, Mistakes Were Made (But Not By Me)*

*“Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.”*  
(James 5:16, Message)

*“Onesimus hasn’t been of much use to you in the past, but now he is very useful to both of us.”* (Philemon 11, NLT)

**c. Ignore those limits and you will wither and die alone.**

*“So be careful how you live. Don’t live like fools, but like those who are wise.”*  
(Ephesians 5:15, NLT)

## **2. HAVE FAITH IN GOD NOT YOUR LIMITATIONS.**

*“Beware in your prayer, above everything, of limiting God, not only by unbelief, but by fancying that you know what he can do.” -Andrew Murray*

*“Test yourselves to make sure you are solid in the faith. Don’t drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it.”* (2 Corinthians 13:5, Message)

**a. Passionate followers of Christ reassure one another.**

**b. Test your faith regularly.**

**c. If you fail the test, reorient your life to the gospel.**

*“We have stopped evaluating others from a human point of view. ... anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him.”*  
(2 Corinthians 5:16-18, NLT)

## **GROWTHWORK**

**1. Get up, God is calling you this morning.**

**2. Be a Passionate Follower of Christ.**

**3. Your limitations are not liabilities; they are gateways to victory through Christ.**