



SERMON SERIES
EMOTIONALLY HEALTHY SPIRITUALITY

STUDY GUIDE | AUGUST 16, 2020

RECEIVE THE GIFT OF LIMITS

THE POINTS FROM THIS WEEK'S MESSAGE WERE:

- Embracing your limits is a vital step toward contentment and joy in Jesus.
- Why it's hard to embrace your limits
 - our egos are overinflated.
 - fear of what other people think.
- How to discern your limits.
 - look at your life situation/season.
 - look at your gifts, strengths, and personality.
 - look at your negative emotions and past wounds.
- How to embrace your limits.
 - see limits as your friend.
 - recognize that it's a spiritual warfare issue.
 - draw near to Jesus.

LET'S TALK

1. What impacted you the most from this week's message?
2. What do John the Baptist's words in John chapter 3 tell us about a healthy understanding of limits?
3. Do you find it hard to embrace your limits? Why or why not?
4. Is an overinflated ego or fear of what others think a bigger issue for you?
5. Have you done any personality tests or spiritual gifts surveys? What did they teach you about yourself?
6. Pastor Steve quotes Phil Vischer as saying, "I was trying to be someone that God didn't call me to be... [or] create me to be." Can you think of a time when this was true in your own life? Is it true now?
7. What is one thing you can do this week to embrace your limits?

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

This resource and additional study guides are available at cornerstonechurch.ca/messages

For more group resources including icebreakers, group activities, serving and other meeting ideas, visit cornerstonechurch.ca/onlinegroupideas