

# KNOW LIMITS

## A Pace That Creates Space

**AUGUST 6, 2023**

These days, it can seem normal for life to be fast-paced, for schedules and finances to be tight, for work to bleed into home life. But life is better when we know our limits and have some room to breathe.

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### MESSAGE NOTES AND HIGHLIGHTS

- Life is better when you know your limits, and you build in some room to breathe.
- The underlying driver that causes us to overextend ourselves is fear.
- We fear missing out, falling behind, and not mattering.
- Over and over in scripture, God calls his people out of a life of fear and into a life of faith.
- One example of God establishing a pace that creates space is the sabbath.
- Other examples are the tithe, and the law of gleaning (Leviticus 19:9-10).
- So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. | Matthew 6:31-32
- What would happen to your fear if you really believed your heavenly Father knows what you need?
- But seek first his kingdom and his righteousness, and all these things will be given to you as well. | Matthew 6:33
- Something or someone will determine the limits you live by. Will it be fear, or your heavenly Father?
- Where do you need some room to breathe?

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### DISCUSSION QUESTIONS

1. Are you good at setting up boundaries and space for yourself in life?
2. Which of these fears show up in your life, and in what ways: the fear of missing out, the fear of falling behind, the fear of not mattering?
3. When do you most need to be reminded that God knows your needs, and you can trust him with them?
4. Where do you need some room to breathe?