

Embrace
God's Gift of Limits

Emotionally Healthy Discipleship 5

2 Corinthians 4:7—5:10

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INDIAN HILLS
COMMUNITY CENTER

**BEFORE MOUNT
RUSHMORE WAS
CARVED, ITS
BEAUTY WAS
UNPRESIDENTED!**



**IF YOU HAVE TO
WEAR BOTH MASK
AND GLASSES, YOU
MAY BE ENTITLED
TO CONDENSATION**

INDIAN HILLS
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MY FRIEND DAVID
HAD HIS
ID STOLEN
NOW HE'S
JUST DAV

MY DENTIST TOLD
ME I NEEDED
A CROWN
I WAS LIKE
I KNOW, RIGHT?

**WELCOME TO
ASSUMPTION CLUB!**

I THINK WE ALL

KNOW WHY WE

ARE HERE

2 Corinthians 4:7-10 (ESV)

⁷But we have this *treasure in jars of clay*, to show that the *surpassing power belongs to God and not to us*. ⁸We are *afflicted* in every way, but not crushed; *perplexed*, but not driven to despair; ⁹*persecuted*, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the *life of Jesus* may also be manifested in our bodies.

2 Corinthians 4:11-12 (ESV)

*¹¹For we who live are always being given over to death for Jesus' sake, so that the **life of Jesus** also may be manifested in our mortal flesh. ¹²So death is at work in us, but **life in you**.*



2 Corinthians 4:13-15 (ESV)

¹³Since we have the same **spirit of faith** according to what has been written, “I believed, and so I spoke,” we also believe, and so we also speak,
¹⁴knowing that he who **raised the Lord Jesus** will **raise us also** with Jesus and bring us with you into his presence. ¹⁵For it is all for your sake, so that as **grace** extends to more and more people it may increase **thanksgiving**, to the **glory of God**.

2 Corinthians 4:16-18 (ESV)

¹⁶So we **do not lose heart**. Though our outer self is **wasting away**, our inner self is being **renewed** day by day. ¹⁷For this **light momentary affliction** is preparing for us an **eternal weight of glory** beyond all comparison, ¹⁸as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are **eternal**.

2 Corinthians 5:1-3 (ESV)

*¹For we know that if the tent that is our **earthly** home is destroyed, we have a building from God, a house not made with hands, **eternal** in the heavens. ²For in this tent we groan, longing to put on our heavenly dwelling, ³if indeed by putting it on we may not be found naked.*

2 Corinthians 5:4-5 (ESV)

⁴For while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life. ⁵He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee.

2 Corinthians 5:6-10 (ESV)

⁶So we are always of good **courage**. We know that while we are at home in the body we are away from the Lord, ⁷for we **walk by faith**, not by sight. ⁸Yes, we are of good courage, and we would rather be away from the body and at home with the Lord. ⁹So whether we are at home or away, we make it our **aim to please him**. ¹⁰For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.

Gift of Limits

1. Guard Us

- *“And the LORD God commanded the man, saying, ‘You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.’” (Genesis 2:16-17)*

Gift of Limits

1. Guard Us

2. Ground Us

- “So *to keep me from becoming conceited* because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, *to keep me from becoming conceited.*” (2 Corinthians 12:7)

Gift of Limits

1. Guard Us

2. Ground Us

3. Glorify God

- *“Three times I pleaded with the Lord about this, that it should leave me. But he said to me, “My grace is sufficient for you, for **my power is made perfect in weakness.**” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. **For the sake of Christ**, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.” (2 Corinthians 12:8-10)*

Grow from Limits

1. Receive and Submit

- “What limits do I need to receive and submit to joyfully as God’s invitation to trust him? (EHD p.95)
- “*I praise you, for I am **fearfully and wonderfully made**. Wonderful are your works; my soul knows it very well.*” (Psalm 139:14)
- “In which area of life are you most aware of how your limits are truly a gift, a means of God giving you direction, wisdom, and encounters with himself?” (EHD p.96-99)
 - ✓ personality and temperament
 - ✓ current season of life
 - ✓ marriage or singleness
 - ✓ emotional, physical, and intellectual capacities
 - ✓ family of origin
 - ✓ time

Grow from Limits

1. Receive and Submit

2. Reflect and Surmount

- “Which limits are God asking me to break through by faith for the sake of his name in the world? What are the limits of immaturity that God is asking me to break through in my personal life?” (EHD p.100)
- *“Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. ... Practice these things, immerse yourself in them, so that all may see your **progress.**” (1 Timothy 4:12,15)*

Guidelines for Limits

1. Self-Care

- “Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others. Anytime we can listen to true self and give it the care it requires, we do so not only for ourselves, but for the many others whose lives we touch.” (Parker Palmer, EHD p.103)

2. Saying No

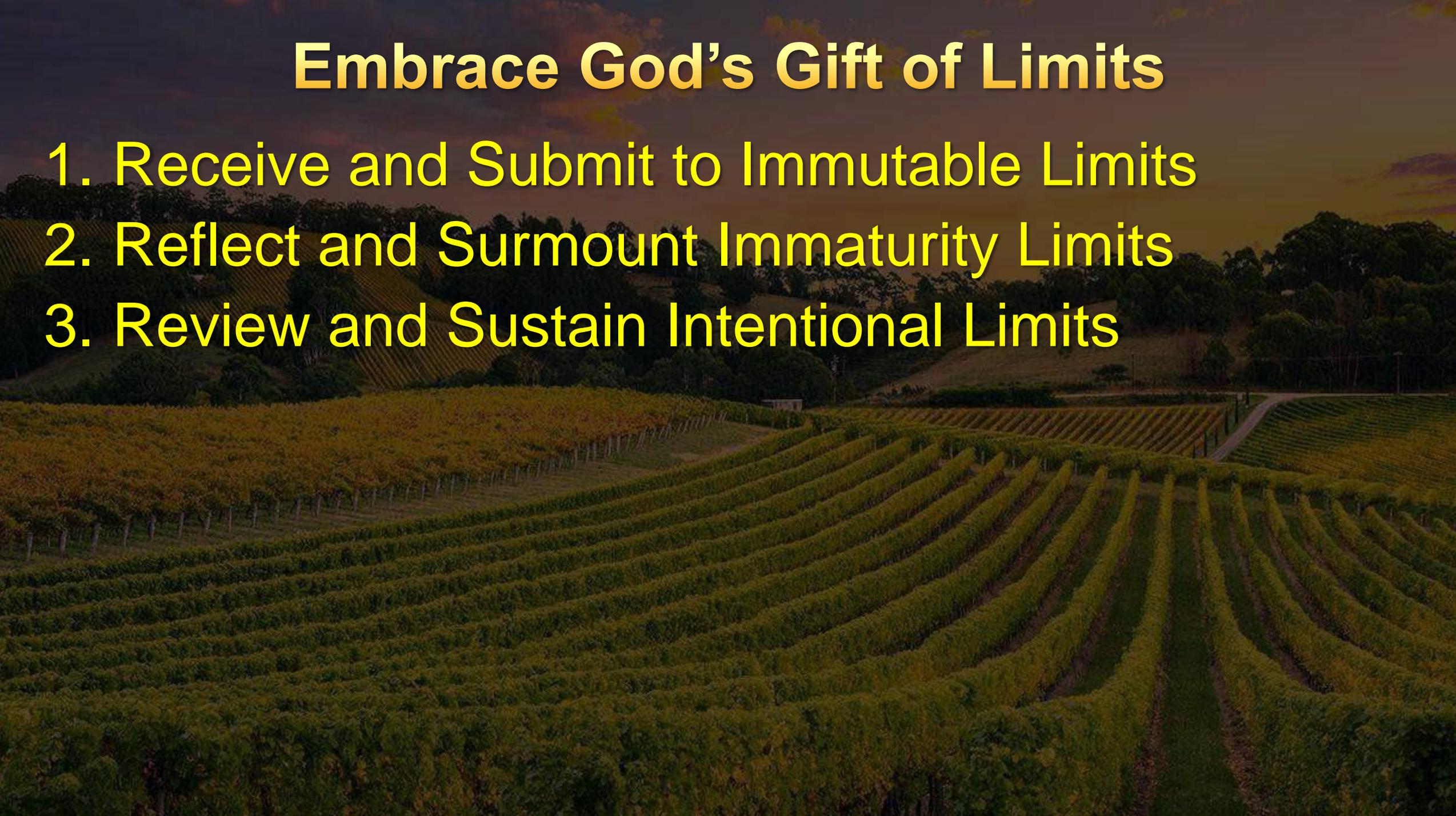
- “I’m not busy . . . I’m just limited.” (EHD p.105)

3. Setting Boundaries

- “Boundaries are an expression of the fact that I am a separate person, apart from others. With proper boundaries, I know what I am and am not responsible for. . . the world’s needs are far greater than my personal supply. . . discern what is the best response in the long run rather than what is the easiest to do right now.” (EHD p.106-107)

Embrace God's Gift of Limits

1. Receive and Submit to Immutable Limits
2. Reflect and Surmount Immaturity Limits
3. Review and Sustain Intentional Limits



Discussion Questions

1. What aspects of this topic do you find hardest to understand or accept or put into practice?
2. What are some “immutable limits” that you have struggled to receive and submit to?
3. Share an example of an “immaturity limit” that you have had to discern and have wrestled to surmount.
4. What boundaries do you find easiest or hardest to establish? Why? And how might you be able to grow in this?
5. Share an example of how God has used a weakness of yours to glorify Himself (or how you would like Him to do that).