





# COMMUNITY GUIDE

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## WEEKLY APPLICATION

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**TAKEAWAY:** Most of us live with overwhelmed schedules and underwhelmed souls.

**HEAD CHANGE:** Say NO to the good things.

**HEART CHANGE:** Say YES to the God things.

**LIFE CHANGE:** Recognize that time is holy and God desires to reveal His best purposes for the time you have been given.

## OVERVIEW

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### The Limit of Time, the Gift of No

If you want to build margin in your life so that you can do the work God meant for you to do, you have to remember that you are only human. You have limits. Psalm 119:96 says, “*I have learned that everything has limits*” (GNT). God is the author of your limitations. He put them there for your good—because he loves you. So rather than fighting your limits, you need to accept your limits. Sadly, as human beings we’re not very adept at recognizing our limits. We constantly overestimate our abilities and underestimate obstacles and how much time it will take to do something. On top of that, we live in a culture that constantly tells us, “You can do it all! You can have it all! You can be whatever you want!” But it’s not true. You can be all that *God* wants you to be, but you cannot be whatever *you* want to be. There are limits in your life.

**Romans 12:3,6** - *Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. <sup>6</sup> In his grace, God has given us **different gifts** for doing certain things well.*

## DISCUSSION QUESTIONS

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1. Why do you think God gave you limits? Why doesn’t he want you to do it all?
2. How do you find out what you should cut out or stop doing so that you have more margin in your life?
3. What limits do you already know you have? How did you discover them? Are you honoring them?

## CLOSE IN PRAYER

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Father, we can’t do any of this without You. May we live with a greater understanding of your grace and approval on our lives because of what Jesus has done. Teach me to number my days so that I may use the time you have given me wisely. If there are any areas of our lives that are captured by pride, reveal that to me now, I repent and ask for your humility to walk with you and obey you in response to your love and grace toward me. In Jesus’ name, amen.

**IN THIS TOGETHER!**