

Better Together

HOME CHURCH

AUGUST 29, 2021

Better Together

PEACE WITH GOD • PEACE WITH OTHERS • PEACE WITH SELF • PEACE WITH MATTER • PEACE WITH GOD

THE POWER OF



FOR REFLECTION AND DISCUSSION:

1. Is it difficult for you to say “no” to requests? Why?
2. When have you said “yes” to something that you regretted—not only at first but much more as time passed?
3. When have you said “yes” to something that you were originally going to say “no” to and it turned out to be very good for you?
4. Review the **Key Biblical Texts:** *Mark 1:21-45, John 5:6*. What jumps out to you? How do you see Jesus calling people to “own” their part in healing? How do you see Jesus expressing limits? Why do you think he didn’t heal everyone?
5. When is it appropriate to have a boundary in place with someone? Why?
6. Talk about the “Invasive people” quote above.
7. What do you believe the Bible tells us about self-care vs. selfishness? How do you wrestle with this?
8. What God-given limitations do you have in your life right now?
9. What do you think about the idea of God empowering us for a task/time/person beyond our normal (and good) limitations?
10. Other thoughts?

SIMPLE CHURCH, BOUNDARIES, AND LIMITS (JESUS)

Saying “no” to something means saying “yes” to something else. Are you shamed by secular or religious activism into saying “yes” to too many people and things? One aspect of emotional maturity is learning the importance of “no”. Jesus encourages us to filter our “yeses” and our “nos” in a way that helps us flourish, even if others get upset by our “nos”. Where are you embracing a “fake culture” or “saving face” in front of people that is fraud and killing you inside?

KEY BIBLICAL TEXTS: *Mark 1:21-45, John 5:6*

REVIEW

Seven Principles of Emotional Health are:

1. Know Yourself that You May Know God (David) - Looking Beneath the Surface
2. Go Back to Go Forward (Joseph) - Break the Power of the Past
3. Journey Through The Wall (Abraham) - Brokenness and Vulnerability + Letting Go of Power/Control
4. **Enlarge Your Soul through Grief and Loss (Jesus) - Gift of Limits**
5. Discover the Rhythms of the Daily Office/Sabbath (Daniel)
6. Grow Into an Emotionally Mature Adult (Good Sam)
7. Go the Next Step to Develop a “Rule of Life” (Acts 2:42ff)

I. TAKING OFF

Story of the man jumping off the bridge...

II. THE FLIGHT

Six Areas to Embrace Limits, Pete and Gerri Scazzero

1. Limits with Church

2. Jesus Embraced His Human Limits

Spiritual issues of limits

Jesus' limits amidst needs

Limits are "friends"

3. Discerning Limitations

Personality - see last week's "Better Together" update, Season, Life situation, Capacities, Triggers, Family of Origin. The Meyers-Briggs, the Enneagram, Strengths-finder, DISC, 16PF, etc.

True Self

4. Gift of Limits in the Life the Church

Self-care of leaders

Invasive People:

Those who take up too much space at the expense of others. "Often in churches, the most demanding, complaining members set the agenda. Like cancer cells, they kill healthy ones by invading other people's spaces. They seem unable to learn from their experiences and are unwilling to change....Jesus's highest priority was not to avoid conflict but to do God's will" (EHC, 152).

Saying "No"

Boundaries "We have been confused...about where we end and someone else begins" (EHC 153).

"The problem is the world's needs are far greater than my personal supply. And I must now discern what is the best response in the long run rather than what is the easiest to do right now."

101: Learning to be together yet separate

102: Respect in our togetherness yet separateness

5. Growing Through Limitations

LANDING

6. Watching God work

God, at times, will take us beyond our limits in supernatural ways...

Sarah, Elijah, Jeremiah, Moses, Timothy, Hebrews 11...

God, we are people who often forget boundaries and limits are gifts. In our lives may we heart the question of Jesus, "Do I want to be well"? Can I own the life you have given and the faith risks you are asking me to take on? Lord, help me and "We" to discern when to say no and when to say yes. In Jesus' Name, Amen.