

Breaking Through Your Limitations

Philippians 4:13, *"I Can do all things through him who strengthens me"*

Limitations hold us back from what we should be able to accomplish. Limitations come in all shapes and sizes, and take away from our strengths. Let's imagine for a moment that you are an incredible guitar player, but you have a limitation of pride. You are so confident and cocky in your ability to play guitar, that you never put extra effort into learning more and dedicating your time to practice the guitar. The limitation that you have, being prideful, will stand in the way of you gaining new skills that will take your guitar playing to the next level.

Whatever your strengths are, they can't develop to their full potential and bless the people around you in the way they could if your limitations were not tied to them.

If you are able to recognize your limitations that you have, you will be able to break through them and your strengths will be able to shine much brighter.

What limitations do you feel you have?

1. _____
2. _____
3. _____

How can you free yourself from these limitations?

1. _____
2. _____
3. _____

Group Discussion

1. What is a gift or strength you have that can help others?
2. How can you use this strength in a productive way?
3. If you have a friend who has a great gift, such as a wonderful singing voice, and they have the limitation of poor self belief, how can you help that friend break through their limitation?