



## **Know Limits**

### **Key idea:**

Humans were created with inherent limits, and the wise person knows and embraces the need for self-control and limits in life.

### **Key text:**

Proverbs 25:16

If you find honey, eat just enough — too much of it, and you will vomit.

### **Key points:**

1. Scripture teaches that it is wise to recognize the need for limits so that we do not over-indulge (Proverbs 25:16; Proverbs 24:13; 1 Corinthians 9:25-27).
2. Scripture gives warnings regarding the dire consequences of ignoring limits and not practicing self-control (Proverbs 25:16; 25:28; 30:15; Ecclesiastes 1:8; 1 Corinthians 9:25-27; Hebrews 12:16-17).
3. There are many areas where we should embrace limits and self-control, but four key areas are:
  - a. Eating and drinking (Proverbs 25:16; 23:1-2, 6-8; 24:13; 25:27; Ephesians 5:18)
  - b. Leisure and pleasure (Proverbs 20:13; 21:17; Ephesians 5:18)
  - c. Work and wealth (Proverbs 23:4-5; 30:7-9; Ecclesiastes 5:10-11; 1 Timothy 6:9-10, 17-19)
  - d. Sexuality (Proverbs 2:16-22; Proverbs 5; 6:23-35; Proverbs 7; 22:14; 23:26-27; 30:20)
4. The deceptive roots of a “no limits” philosophy and lifestyle are an arrogant desire for personal autonomy and equality with God (Proverbs 25:27; Genesis 3:4-7; Isaiah 14:12-15; Luke 12:16-21) and insatiable, ever-growing desires which can never find fulfillment apart from God (Proverbs 27:20; 30:15; Ecclesiastes 1:8; 2:10-11; 5:10-11; 6:7).
5. The true joy, fulfillment and rest our soul seeks is only found in God, and is offered freely through the Gospel!

### **Questions for discussion/application:**

1. What part of Sunday's text and teaching stood out most to me? Why?
2. Does our culture seem to encourage embracing limits, or does it view this as demeaning and restricting? Can I think of examples where God-given limits are being rejected and scorned?
3. When confronted with human desire, there are two opposite errors: libertinism and asceticism. Libertinism embraces and indulges any desire; asceticism becomes overly restrictive, refusing to even enjoy things within their God-given limits. Which do I think is a bigger danger in our culture at present? Which is a bigger temptation for me?
4. When I consider our culture at present, what are some examples of a "no limits" philosophy for each of the areas listed above?
5. When I consider the four areas of limits listed above, which one do I sense the Holy Spirit showing me that I struggle with the most? Why do I struggle with insatiable desires and reject limits in this area?
6. How can I draw upon the Holy Spirit's power to know, embrace and love God-given limits in the area I identified in question 5?
7. Can I think of concrete examples of how an arrogant quest for "no limits" as given by God leads to a never-ending quest that does not bring freedom but rather bondage? Why can this quest never satisfy?
8. How does the Gospel address and answer our deepest needs and offer true joy, fulfillment, and rest?
9. Whom can I pray for, share what I have learned, and invite to church this week?

**Preview of next week: Serene In An Age of Rage (Proverbs 29:11)**