

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

I. Intro - No Limits??

- A. This is a popular saying today - google images
- B. Keep calm - there are no limits
- C. The only limits ones in your mind - KushanWizdom???
- D. Sometimes meant to encourage pressing on; even No Limits Church!
- E. No rules, no limits - the real philosophy
- F. No limits? or Know Limits? Which is wise?

II. The Importance of Limits

- A. We are encouraged to embrace limits
If you find honey, eat just enough — too much of it, and you will vomit. Proverbs 25:16
 - 1. Eat just enough honey - don't go overboard
 - 2. This is not against honey - but over-indulgence
Eat honey, my son, for it is good; honey from the comb is sweet to your taste. Proverbs 24:13
 - a. Eating honey is good - it tastes good, good for you
 - b. This is true in many areas - the problem is not the item or activity, but rejecting the limits God has built into the fabric of the universe and our very nature
- B. We are warned of consequences if we reject limits
If you find honey, eat just enough — too much of it, and you will vomit. Proverbs 25:16
 - 1. Honey is good; too much honey is sickening!

- 2. Story: me eating too many roasted marshmallows
- 3. We are given to over-indulging (Cruise ship stories)
- 4. Rejecting God-ordained limits does not lead to joy and fulfillment, but rather sickness and sorrow.
- 5. Those who reject limits lose self-control and are headed for woe and destruction
Like a city whose walls are broken down is a man who lacks self-control. Proverbs 25:28
- 6. Those who embrace God-ordained limits and practice self-control become like trained Olympians ready to run to victory
Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.
²⁶ Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air.
²⁷ No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. 1 Corinthians 9:25–27
 - a. One of many times Paul uses athletic or military metaphors to speak of Christians letting the Spirit train them to restrict their desires
 - b. Those who do this are able to compete and win the prize! But those who refuse the limits of training are giving up any chance of running well.

III. LifeHack: Knowing Limits

- A. We must know and love limits in eating and drinking
If you find honey, eat just enough — too much of it, and you will vomit. Proverbs 25:16
 - 1. This warns of over-indulging with food - gluttony

2. The same is true regarding drinking alcohol
Do not get drunk on wine, which leads to
debauchery. Instead, be filled with the Spirit.
Ephesians 5:18

3. The problem is not food or alcohol - it is over-
indulgence, rejecting any sense of limits

4. This is what led Esau into trouble!

5. Our culture is rife with gluttony, alcoholism, and drug
use. Like a city whose walls are broken down,
many can not control their impulses in these areas
and it is wreaking havoc in our bodies and souls.

B. We must know and love limits in leisure and pleasure

Do not love sleep or you will grow poor; stay awake
and you will have food to spare. Proverbs 20:13

He who loves pleasure will become poor; whoever
loves wine and oil will never be rich. Proverbs 21:17

1. Sleep and pleasure are the gifts of God!

2. But if we reject proper limits on this we become lazy
hedonists

3. Today this includes things like entertainment, social
media, sports, and surfing the web. In moderation,
these are acceptable forms of relaxation, but if left
unchecked they become a time-wasting hole that
prevents us from fulfilling our God-given vocations.

4. A lazy person or a hedonist will never be able to
truly prosper, for they will always consume more
than they have and will prefer idle pursuits rather
than their God-given vocations.

5. Ecclesiastes shows the emptiness of this pursuit.

6. This lack of prosperity is more than just money - it is
true in marriage and family, education, work,
spiritual life, etc.

C. We must know and love limits in work and wealth

Do not wear yourself out to get rich; have the wisdom
to show restraint. ⁵ Cast but a glance at riches, and
they are gone, for they will surely sprout wings and fly
off to the sky like an eagle. Proverbs 23:4-5

1. This is a rejection of the opposite limit to the
previous one!

2. Some people are not lazy hedonists, they are
greedy workaholics. But this is as much of a trap as
the former.

3. We must not wear ourselves out to get rich. We
must not fall into the trap of being consumed by
work and wealth that we postpone what God says is
most important

4. This is one reason God gave us the gift of Sabbath -
a day where we do no work, curb our desires, and
rest in God's sufficient provision for us.

5. Paul warns us that those who walk this path will
pierce themselves with many griefs, cultivate all
kinds of evil, and may wander away from the faith (1
Timothy 6:9-10)

D. We must know and love limits in sexuality

My son, give me your heart and let your eyes keep to
my ways, ²⁷ for a prostitute is a deep pit and a wayward
wife is a narrow well. Proverbs 23:26-27

1. Sexual immorality is falling into a deep pit or well;
escape is extremely difficult.

2. Proverbs is replete with warnings against sexual immorality - see Proverbs 2:16-22; Proverbs 5; Proverbs 6:23-35; Proverbs 7
3. This is one of the major areas driving “no limits” in our culture right now. Anyone who dares to suggest that certain sexual desires are wrong will quickly be accused of being a hate-filled bigot.
4. Scripture is clear that there are very strict limits on human sexuality: we are born male or female regardless of how we feel, and the only godly, proper sexual desires are for a spouse of the opposite sex. All other desires are expressions of the raging sinful nature and must be resisted and put to death.
5. Proverbs warns us that embracing the lunacy of our “no limits” culture regarding sexuality produces pain & disappointment in this life and is the path to hell.
6. Rejecting limits in this area led to great problems for Sodom, Samson, and Solomon.

IV. The Deceptive Roots of “No Limits”

- A. “No limits” is false because only God has no limits - and we are not God!
 1. This was what led to the fall of Adam and Eve - “you can be like God”!
 2. But this is a lie! God has no limits, but limits are inherent to how we are created and how we flourish!
 3. The root of “no limits” is an arrogance that we can be like God and even exceed God, but this only leads to trouble and sorrow

How you have fallen from heaven, O morning star, son of the dawn! You have been cast down to the earth, you who once laid low the nations! ¹³ You said in your heart, “I will ascend to heaven; I will raise my throne above the stars of God; I will sit enthroned on the mount of assembly, on the utmost heights of the sacred mountain. ¹⁴ I will ascend above the tops of the clouds; I will make myself like the Most High.” ¹⁵ But you are brought down to the grave, to the depths of the pit. Isaiah 14:12–15

- a. About the king of Babylon - and possibly alluding to Satan
 - b. The attitude is certainly in line with Genesis 3, and it is repeated in every one of us when we reject God’s purposes and the limits He sets on us.
4. This is massive in our culture right now where personal autonomy, the freedom to reject any limits and to do as I please and demand others applaud is the supreme value. But this only ends in grief.
- B. “No limits” only leads to insatiable desires

I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor. ¹¹ Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun. Ecclesiastes 2:10–11

All man’s efforts are for his mouth, yet his appetite is never satisfied. Ecclesiastes 6:7

1. This is a major theme in Ecclesiastes - human desires can never be satisfied apart from God.

2. Any human desire that does not end in a desire for God Himself will become an endless black hole, consuming everything around it until it collapses in on itself.
3. This is because we were made to know, love, glorify and enjoy God. A life lived apart from this reality can only end in futility.
4. The “no limits” philosophy rejects not only our God-given limits but ultimately God Himself. Thus, its search for freedom ends in slavery, and its search for fulfillment ends in futility and frustration.

4. Hear the Gospel - what you seek is found and given freely in Christ!
 “Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. ² Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. ³ Give ear and come to me; hear me, that your soul may live. Isaiah 55:1–3
5. Come and eat freely, finding rest and fulfillment for your soul’s deepest longings and desires!

V. Applying the Word

A. Do I know and love the God-given limits in my life?

1. Do I know and love limits in eating and drinking?
2. Do I know and love limits in leisure and pleasure?
3. Do I know and love limits in work and wealth?
4. Do I know and love limits in sexuality?

B. The Lord’s Table of True Fulfillment

1. Wherever the Spirit is showing me I am rejecting limits, I can know that the root cause is my attempt to be like God and to find fulfillment apart from Him.
2. We need to freely and openly confess this to God, and turn our hearts afresh to Him.
3. Come and confess that He is God and you are not, that you have sought fulfillment elsewhere, and receive fresh pardon and grace.

Know Limits

Proverbs 25:16

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Communion

1 Timothy 6:15-16

Teaching keywords: Wisdom and Knowledge; humanity; self-control

May God - the Only Ruler, the King of Kings and Lord of lords, who alone is immortal and self-existent - may He bless you with the abundance of His Presence and grace so that you find deep fulfillment and then may freely be a blessing to others. (Based on 1 Timothy 6:15-16)

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