



## Taking the Limits Off

Become aware of the limits we unintentionally place on ourselves (glass ceiling).

The Key is seeing ourselves and others the way God sees us every day.

### **Five Areas of Limitation**

**Past Experiences** - Trauma, mistakes, bad circumstances and relationships can be transferred from the past to the present in our thought patterns. Isaiah 43:16-19 God reminds Jacob who He is and says forget the past. Begin to see ourselves the way God sees us. Psalms 78:8; 45:10. We can exchange the filter of the past (pain or shame) for the filter of the Word of Truth.

**Fear of Man** - People pleasing is a trap Proverbs 29:25. We will not always be liked/popular especially if we speak the truth Matthew 10:26-28. God helps us as a Father, rescues us as a HERO and says we never have to fear man Psalms 118:5-8. People can disappoint but God never does. Promotion comes not from man but from the Lord, who is our source, our protector and our defender Psalms 27:1.

**Sin** - Unrepented sin can cause feelings of unworthiness, guilt, shame and the idea we deserve what is happening. Truly knowing and understanding what Jesus did allows us to walk in eternal life now. We are made completely new and all the old has vanished forever II Cor 5:17-21. The blood of Jesus is a continual washing Isaiah 1:18; 43:25-26; 53:4-12, Ephesians 5:25-28. God wants us to see ourselves past, present and future the way He sees us--through the blood of Jesus.

**Believing Lies** - Lies can come from others or ourselves but ultimately they come from the enemy. All the enemy can do is lie--there is no truth in him John 8:44. Learn to measure truth--the Word of God--against the lies of the enemy. We have the Holy Spirit to show us the truth John 14:17, Colossians 2:8, Jeremiah 7:8. We can capture those lies and exalt the Word as truth over them--even the seeds of lies II Corinthians 10:5, Matthew 16:6, Colossians 2:4.

**Pride** - We can exalt our shortcomings or mistakes over what Christ did for us. Believing our own limitations or what is possible in the natural instead of what the Word says. God has made provision for us in all areas of our life--all we have to do is receive Luke 18:14. Humility is a decision that brings wisdom and soundness of mind. Pride--whether believing we can make it on our own or believing we can't make it on our own--is destructive. Proverbs 11:2; 13:10; 16:18; I Peter 5:6.