



RADiation *Worksheet*

Reflection | Application | Discussion

Week of October 22

Key Idea: You are not able to do everything all the time. Accept that truth as a gift from God.

DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

What has God done that you are thankful for this week?

What are you worried about?

SCRIPTURE

[2 Corinthians 12:5-10](#)

(Read these verses on your own and aloud as a group.)

REFLECTION

In addition to physical and mental limitations, we all face other limitations, like time. From what you know about the ministry of Jesus, list some of the ways He spent His limited time on earth:

Read [Galatians 6:2-5](#). Sometimes it's good to carry someone else's burden; sometimes it's better for them to carry their own burden. How can we tell the difference?

APPLICATION

What is an example of a limit you have learned to embrace as a gift from God?

Think about your emotional, relational, physical, and spiritual capacities. How can you tell if you are living within your limits? What are you willing to do to pull back to rest and replenish when you feel overextended?

How can you tell the difference between a God-given limitation and a barrier God wants you to overcome?

NOTE: Keeping track of your group's prayers from week to week allows you to look back and see how God is working in, through, and around your group. If you have a great story to share, email rachael@newdaywi.com so she can celebrate with you!