



COMPANION WORKBOOK

THE THEOLOGY OF LIMITS

You Are Not God

Christian Business Concepts Podcast · Episode #200

PREPARED FOR:

BEFORE YOU BEGIN

How To Use This Workbook

This workbook is your companion to the podcast on The Theology of Limits. One of the most spiritual things a Christian leader can say is, “I am not God.” This workbook will help you find the specific places where you've been living, leading, and scheduling as though you were unlimited — and walk you toward the freedom of accepting your limits as part of God's good design.

Work through it honestly. Some of these questions will be convicting. That's the point — conviction is grace showing you where to grow.

As you work through this workbook, you will:

- ☐ Understand why limits are part of God's original design, not just the result of the fall.
- ☐ Rest in the truth that God's limitlessness frees you from having to pretend you have none.
- ☐ Identify the lies that keep you overextended, unable to delegate, or afraid to rest.
- ☐ Run your own Limits Audit across every major area of your life and business.
- ☐ Commit to one faithful next step.

"The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone."

— Exodus 18:17-18

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SECTION 1

You Are Not God

Most Christian leaders would never say out loud, “I think I am God.” We’d reject that immediately. But many of us deny with our theology what we practice with our schedule. We say God is unlimited, but then we live as though we are. We say Jesus is Lord, but then we behave like everything depends on us.

One of the most spiritual things some Christian leaders need to say is simply: “I am not God.” I am not all-knowing. I am not all-powerful. I am not everywhere at once. I do not have unlimited energy, strength, attention, time, capacity, or wisdom. I am finite. And that is not bad — that is human.

The Cup and the Fountain

You are a cup. God is the fountain. A cup can be filled, and a cup can pour out — but a cup is not the source. Many leaders are trying to be the fountain: the endless supply for their business, team, family, church, and customers. But you are not the fountain. You are a vessel. If you keep pouring out without being filled, you eventually run dry. But God never runs dry.

The goal is not to become the fountain. The goal is to stay connected to the fountain.

1. Where in your life right now are you trying to be the fountain instead of staying connected to it?

SECTION 2

Why We Need a Theology of Limits

Limits existed before sin entered the world. We often assume limits are only a result of the fall — but Adam, before he ever sinned, was still a creature. He had a specific garden, a specific body, and a specific assignment. He did not have every assignment or the whole universe.

"And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it."

— Genesis 2:15

"Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it."

— Genesis 2:16-17

Before there was sin, there was a boundary. Before there was rebellion, there was a limit. That means limits are not automatically bad. There are sinful limits that came because of the fall — sickness, decay, death, frustration. But creaturely limits are not bad. You were never designed to be unlimited. You were designed to be dependent.

The enemy's temptation in Genesis 3 was an invitation to reject creaturely limits altogether:

"For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods."

— Genesis 3:5

That temptation has never stopped — it just shows up differently now.

Check any of these modern versions of the same temptation that sound familiar:

- ☐ "I can handle it all."
- ☐ "No one can do this but me."
- ☐ "If I stop, everything will fall apart."
- ☐ "I cannot delegate because they won't do it right."
- ☐ "I cannot rest because there is too much to do."
- ☐ "I cannot say no because people may be disappointed."
- ☐ "I have to carry this alone."

2. Which of these statements do you find yourself saying — or living out — most often?

SECTION 3

God Has No Limits — And That's Good News

God is infinite — eternal, unlimited, self-existent, all-powerful, all-knowing, and present everywhere. He does not faint, burn out, run out of wisdom, or need a vacation.

"Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God."

— Psalm 90:2

"Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary?"

— Isaiah 40:28

"Behold, he that keepeth Israel shall neither slumber nor sleep."

— Psalm 121:4

If God has no limits, then I do not have to pretend that I have none. His limitlessness frees me to accept my own limits. God is omniscient — He knows all things. God is omnipotent — He does not need us to be God.

"God is greater than our heart, and knoweth all things."

— 1 John 3:20

But here is the amazing part: God chooses to use us anyway. That should humble us, comfort us, and correct us. God is not limited by our limits — but He often works through people who have accepted their limits and surrendered themselves to Him.

3. Does it feel more like relief or more like a threat to admit that you have real limits? Why?

SECTION 4

Jethro and Moses: Delegation as Humility

Moses was judging every dispute among the people by himself, morning to evening. Then Jethro, his father-in-law, spoke one of the greatest leadership statements in the Bible:

"The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone."

— Exodus 18:17-18

Not every exhausting thing is excellent. Not every overextended schedule is godly. Not every heavy load is your assignment. In modern language, Jethro was telling Moses he was headed for burnout — and that he was not able to perform it alone. Moses, you are not God.

Delegation is the practical confession that you are not God.

Many business leaders think delegation is primarily a productivity strategy. It is — but for the Christian leader, delegation is also an act of humility. It requires admitting that you have limits, that other people have gifts, and that the mission does not belong to you alone.

If you refuse to delegate, be honest about what you may really be confessing:

- ☐ "I must know everything."
- ☐ "I must control everything."
- ☐ "I must approve everything."
- ☐ "I must be needed by everyone."
- ☐ "I must be the source of every answer."

4. What are you currently holding onto that God may be inviting you to release to someone else?

SECTION 5

Why Our Limits Are Not Bad

1. Limits Remind Us We Are Creatures, Not the Creator

"Know ye that the LORD he is God: it is he that hath made us, and not we ourselves."

— Psalm 100:3

We did not make ourselves. We belong to Him. We receive life, breath, time, opportunity, ability, and grace.

2. Limits Teach Us Dependence

"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

— Proverbs 3:5-6

If you had unlimited wisdom, strength, or perspective, you would not need to depend on God. Limits create space for dependence — and dependence is not weakness. Dependence is worship.

3. Limits Create Community

"It is not good that the man should be alone."

— Genesis 2:18

That statement came in paradise, before sin ever entered. Even in perfection, isolation was not God's design. The eye cannot say to the hand, "I have no need of you" — and neither can the owner say it to the team, or the founder to the next generation. Limits force us into healthy interdependence.

4. Limits Help Us Discern Assignment

"Let us go into the next towns, that I may preach there also: for therefore came I forth."

— Mark 1:38

Jesus did not heal every sick person in Israel or personally disciple thousands. He chose twelve. He focused His assignment and obeyed the Father. You cannot do everything — which means you must discern what God has actually called you to do.

5. Which of these four truths is hardest for you to actually live out — and why?

SECTION 6

Why We Struggle With Limits — 6 Root Lies

If limits are part of God's good design, why do so many Christians struggle so hard to accept them? Work through each root lie honestly below.

1 We Confuse Faithfulness with Overextension

The lie says: *"Faithfulness means saying yes to everything."*

The truth is: *"Faithfulness is doing what the Father assigned — not the work everyone demanded."*

"I have glorified thee on the earth: I have finished the work which thou gavest me to do."

— John 17:4

☐ This is a pattern I recognize in my own life or leadership.

Where have you said yes to something God never actually assigned to you?

2 We Spiritualize Poor Stewardship

The lie says: *"I am just sacrificing for the Lord."*

The truth is: *"Sacrifice is biblical, but not all exhaustion is holy — some exhaustion is disobedience wearing religious language."*

☐ This is a pattern I recognize in my own life or leadership.

Where might you be calling something “sacrifice” that is really a refusal to build systems, train people, or set boundaries?

3 We Fear Disappointing People

The lie says: *"If I say no, people will reject me."*

The truth is: *"If you cannot say no, your yes is not fully free."*

"For do I now persuade men, or God? or do I seek to please men?"

— Galatians 1:10

☐ This is a pattern I recognize in my own life or leadership.

Where is fear of disappointing someone driving a decision that should be driven by obedience instead?

4 We Believe the Mission Depends on Us

The lie says: *"If I do not do it, it will not get done."*

The truth is: *"God's mission does not depend on your indispensability. God used Moses, then Joshua. God used Paul, then Timothy. God buries His workers, but His work continues."*

☐ This is a pattern I recognize in my own life or leadership.

Where has "indispensability" become a source of pride rather than genuine necessity?

5 We Use Busyness to Avoid Deeper Issues

The lie says: *"As long as I am needed and busy, I do not have to be still."*

The truth is: *"Stillness exposes what busyness hides — but stillness is where we truly know Him."*

"Be still, and know that I am God."

— Psalm 46:10

☐ This is a pattern I recognize in my own life or leadership.

What deeper issue might your busyness be helping you avoid facing?

6 We Have Absorbed the Culture of Hustle

The lie says: *"Sleep less, do more, never stop, grind harder, outwork everyone."*

The truth is: *"Sabbath is a protest against Pharaoh. You are not valued by your production, and you are not a slave anymore."*

"Remember the sabbath day, to keep it holy."

— Exodus 20:8

☐ This is a pattern I recognize in my own life or leadership.

Where has "hustle" quietly replaced Sabbath rhythm in your life?

SECTION 7

Warning Signs: Diagnostic Questions

Use these questions to recognize where limits are currently being violated in your life and business. Sit with each one — don't rush.

1. Where am I consistently exhausted?

Not tired after a hard day — that's normal. But consistently depleted: emotionally empty, spiritually dry, physically worn down, relationally unavailable.

2. Where have I become the bottleneck?

What decisions are waiting on me? What approvals always require me? What processes stop when I am unavailable?

3. Where am I refusing to delegate?

What are you holding because you believe no one else can do it, or because it makes you feel important?

4. Where am I saying yes when God is saying no?

Some opportunities are good but not assigned. Some invitations are flattering but distracting.

5. Where is my family paying for my lack of boundaries?

Is your spouse getting leftovers? Are your children experiencing your leadership only as absence?

6. Where has prayer been replaced by pressure?

If you are too busy to pray, you may be trying to do God's work without God's strength.

7. Where do trusted people keep raising concerns?

Jethro saw what Moses did not. Who is your Jethro? Who has permission to say, "This is not good"?

SECTION 8

The Limits Audit Worksheet

Work through the areas of your life and business below. For each one, note any warning signs, name the false belief driving it, replace it with biblical truth, and write one faithful next step. Two examples are filled in to show the pattern — the rest are yours to complete.

AREA	WARNING SIGNS	FALSE BELIEF	BIBLICAL TRUTH	FAITHFUL ACTION
Example: Operations	Constant firefighting, delayed decisions	"No one can do it but me."	"Except the LORD build the house..." — Psalm 127:1	Delegate one decision this week
Example: Rest	Exhaustion, irritability, no margin	"Rest is weakness."	"He giveth his beloved sleep." — Psalm 127:2	Schedule one full day of rest
Spiritual Life				
Marriage / Family				
Health				
Leadership				
Finances				
Team Development				
Calendar				
Communication				

SECTION 9

A Word to You

To Business Owners and Leaders

Your business may have outgrown the leadership model that got it started. A startup season often requires heroic effort; a scaling season requires systems. If you do not shift, your strength becomes the lid — your work ethic can become burnout, your availability can become dependency, your excellence can become perfectionism.

□ Ask: Lord, what worked in the last season that must change in this season?

To Pastors and Ministry Leaders

Even sacred work must be done in a sustainable, biblical way. Jesus said, “I will build my church” — not, “You will build My church by destroying your soul.” You are an under-shepherd, not the Savior.

"Feed the flock of God which is among you."

— 1 Peter 5:2

To High Achievers

Strength submitted to God is beautiful. Strength pretending to be God is dangerous. There is a difference between endurance and denial, between sacrifice and self-destruction, between carrying your cross and carrying what God never assigned.

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me... For my yoke is easy, and my burden is light."

— Matthew 11:28-30

6. If the burden you are carrying is crushing your soul, is it Christ's yoke — or have you picked up something else?

SECTION 10

The Gospel and the Theology of Limits

The theology of limits ultimately brings us to the gospel. We cannot save ourselves, earn righteousness, or overcome death by our own strength. But the eternal Son of God took on flesh and entered into human limitation — He became tired, hungry, and suffered. He died. But death could not hold Him.

"And the Word was made flesh, and dwelt among us."

— John 1:14

Our limits are not the end of the story. Our weakness is not the end of the story. Christ is enough.

"I am weak, but He is strong. I am finite, but He is infinite. I am not God, and that is good news."

My Commitment

One area where I need to accept my limits and obey God:

What this will require me to release, delegate, or say no to:

The person I am inviting to hold me accountable — my "Jethro":

Signature

Date

"They shall bear the burden with thee."

— Exodus 18:22

Do not try to fix everything at once. Small acts of obedience can lead to major transformation over time.