RULE OF LIFE WORKBOOK

mosaicmhk.com/
ruleoflife

PETER SCAZZERO, *EMOTIONALLY HEALTHY DISCIPLESHIP*

How we choose to understand and respond to our limits goes to the core of our relationship with God. It's so foundational, in fact, that the Evil One made limits a target of his strategy from the very beginning.

GENESIS 1:8-9, 16-17 NIV

8 Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed. 9 The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil. …
16 And the LORD God commanded the man, "You are free to eat from any tree in the garden; 17 but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

^{1} Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"… ^{4} "You will not certainly die," the serpent said to the woman. ^{5} "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." ^{6} When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ^{7} Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

ROMANS 3:23 NIV

for all have sinned and fall short of the glory of God

ROMANS 5:28 NIV

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

COLOSSIANS
2:13-14 NIV

¹³ When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, ¹⁴ having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.

EPHESIANS
1:4-8^{NIV}

4b In love 5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace 8 that he lavished on us.

ROMANS 8:14-17 NIV

[14] For those who are led by the Spirit of God are the children of God. [15] The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." [16] The Spirit himself testifies with our spirit that we are God's children. [17] Now if we are children, then we are heirs—heirs of God and co-heirs with Christ

LOUIE GIGLIO

I am not, but I know I AM.

ATLAS CARRYING THE WORLD ON HIS SHOULDERS

PUT THIS INTO PRACTICE

Take care of your body. Consciously live within its limits.

Practice the Resting habits from this series: sabbath, eliminating hurry, and self-care.

Pay attention to when you feel like you have to be in control. Counter" by reminding yourself "I am not God, but I can trust him."

Practice saying no.

MATTHEW
11:28-29 NIV

28 Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

NEXT WEEK

Pastor Josh Siders will teach us about apprenticeship.

THE LORD'S PRAYER

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one."