CAPACITY CHALLENGE

(Like Plank challenge or squat challenge or mannequin challenge: All of these have a “pushing past the limit”)

1. **CAPACITY** ~ Do not be content with our capacity
2. Not talking about the gifts given by the Spirit~ We all strengths and talents and abilities given by the Holy Spirit (can’t ask for another’s gifts)
3. Working out ☺
4. I didn’t know what I could do, until I did it. I could have let the excuses “I can’t run” or “I can’t do it by myself” or “I have children so I don’t have time to run”….those would have limited my capacity.
5. WE DON’T KNOW WHAT OUR CAPACITY IS UNTIL WE CHALLENGE IT!!!!!
6. How will we know what we CAN do if we DON’T DO?
7. DO NOT BE CONTENT WITH YOUR CAPACITY BECAUSE IT LIMITS YOU!
8. God is not limited…God will increase your capacity. Let Him stretch you.
9. What have you convinced yourself that you can’t do that is actually you WON’T DO?
10. As we move into 2017, don’t bring a list to Jesus about what you can’t or won’t do in the New Year.
11. It is crazy what we can convince ourselves that we can’t do OR how the voice of one person can have more influence than the creative, inspiring Voice of God!
12. What might you miss if you don’t challenge yourself?
13. Ecclesiastes 11:4, “Whoever watches the wind will not plant; whoever looks at the clouds will not reap.”
14. If you wait for all the conditions to line up perfectly you will never move out and the conditions will never be perfect.
15. Ex: A couple who waits until they have the $ to have a baby (NEVER going to happen)
16. **Those who challenged the capacity (limits):**
17. Timothy~ I Timothy 4:12 Paul tells Timothy not to let his youth limit him, but instead in his faith, speech, actions, love, purity is to be an example for others who would try to limit him.
18. Paul is coaching/fathering him and telling him to challenge the capacity
19. Peter and John at the Gate Beautiful ~ Acts 3
20. This is the first miracle recorded by these 2 disciples after Jesus’ ascension to heaven. Did they wonder if it was possible? They didn’t allow any thoughts to limit them, but instead challenged their capacity and release healing to the man sitting at the Gate.
21. Peter~ Matthew 14:22-30 Jesus tells Peter to take courage and come out on the water. Peter is the only other man in history to defy gravity and walk on water with Jesus. Peter challenged his capacity.
22. David ~ I Samuel 17 David has the strength of spirit and he knows who he is in God. The much more God gives him all that he needs to challenge the capacity to overtake goliath.
23. **Challenge your capacity**
24. Thoughts & Speech~ What thoughts have you had and what have you said that limits you?
25. Do not let your emotions lead you; there is a place for emotions, but they are not to the leader of your heart
26. What does God say? Align your thoughts and speech up with His thoughts about you.
27. Don’t set a limitation on what you are capable of.
28. **NO CHALLENGE, NO CHANGE**
29. January prayer challenge ~ to pray through the areas of our life: Financial Life (everything pertaining to money), Work Life (pertaining to work), Physical Life (body), Heart Life (mind/will/emotions & spiritual), Family Life (relationships), Recreational Life (rest/play)
30. Take each area and ask:
31. How have I placed a limit on this area of my life?
32. How can I challenge my capacity?
33. Have I brought a “list” to Jesus and said, “I can’t do…..” or “I won’t do….”?
34. What have you convinced yourself that you can’t do, that is actually you won’t do?
35. In what ways have you been content with your capacity?
36. What does it look like in each area to:
37. Invite Jesus to challenge you in your capacity
38. Step into something to DO, not say you can’t do
39. Not be led by your emotions, but to led by the Spirit to push the limits and boundaries you have perceived
40. Bring your “list” to Jesus and rip it up ☺
41. Ask for a coach or friend to help you build that muscle to stretch your capacity