

## All quotes are from Somer Phoebus unless otherwise noted.

Our limits and our level of anxiety are correlated.

I know Jesus and I know that He is the answer.

Through Him, we can find more peace.

We justify our effort to be limitless constantly because we think that being limitless makes us the hero.

It takes discipline to stay in step with our Master.

We have to be disciplined enough to stay in stride with the Lord.

We have limits and God does not.

Your limits are not the same as:

- your availability
- it has nothing to do with how well you manage your time
- season of life
- the demands of our calling
- the demands of people

Limitless and human do not go together.

Your limits have nothing to do with your ability to be productive or efficient and have everything to do with that fact that you are human.

Only God is limitless.

When I don't think that I am limited, I will get spiritually injured.

When we can't do it all, we feel like we're holding ourselves back. But it's because we're human.

We are limited simply because we are not God.

In understanding that you are limited, those limits are what draws you closer to God.

When you understand that you can't do it all, you go to the source Who can.

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When we deny we have limits, we deny who we are and who God is.

Our limitations can often create our anxiety.

The belief that we are without limits breeds anxiety.

You can't be a hero and a hot mess.

Being a hero or a hot mess exits your place as God's child.

When we place ourselves in the center of everything, we create anxiety.

When you live a life striving to do it all yourself, you're caught up in a lie.

You have overpromised who you are instead of living your life in light of what Jesus has done for you.

Let His work be done in your life by realizing it's all Him.

When you're trying to accomplish the goals that God never gave you, it's like you're walking on a hamster wheel that's also a tight rope.

We live in a culture that tries to rival God, rather than reflect Him. - Jen Wilkin

Rather than reflecting Him, we're competing with God with how much we can accomplish, which is delusional.

When we focus on trying to be God, we are no longer reflecting Him.

If you're frantic and fearful and full of anxiety I would challenge you to identify what areas of your life you're trying to be God:

- children
- finances
- marriage
- a friendship
- work

Where you are feeling your highest level of anxiety is where you are trying to be God.

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You cannot manufacture a God-calling on your life.

If God is limitless, why can't we rest in it? Because we think it's easier to control things.

If God is limitless, why don't we enjoy that perk and rest in it? Because we think it's easier to be in control...

- Because He doesn't necessarily work within our time restraints
- Because He doesn't necessarily give us what we want

Stop trying to be the woman that makes everyone ask, "how does she do it all?"

Be the woman that people say "look at what God has done in her."

That is the woman who will help change the culture with the gospel.

Our goal for our time on earth is for as many people we meet here to join us in eternity.

Believing that we are limitless is stopping us from being able to exalt the One who is.

Matthew 11:28-30

When He says, "Come to Me", He means "Come to Me." Jesus wants you to come to Him so he can take care of you.

Taking on His yoke means it's a two person job: you + God.

Take your eyes off the Pharisees + don't be one either. Eyes on Jesus. Be gentle + humble in heart.

When God is leading, guiding and directing you, you don't have to worry.

He is God, and we are not.

If you want to rest and be sustained, take His yoke and let Him guide and direct you.

If you want rest, contentment and to be fulfilled, let Him tell you what to do before you decide what you'll do.