

RECLAIM

MIND • TIME • FOCUS • FAMILY

Reclaim Devotional Guide | **Week Three: We Were Made for Limits**

Day 1 – The Freedom of Limits

Scriptures:

- *Genesis 2:16–17 – “And the Lord God commanded the man, ‘You are free to eat from any tree in the garden; but you must not eat from the tree...’”*
- *Psalms 16:6 – “The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.”*
- *Ecclesiastes 3:1 – “For everything there is a season, and a time for every matter under heaven.”*

Devotional:

From the very beginning, God established limits as a gift. Adam and Eve were free to enjoy the entire garden, but God gave them a boundary for their good. The serpent’s temptation was not just about fruit—it was about rejecting limits and trying to be like God.

Today we struggle with the same temptation. Our devices whisper: “*You can know everything, be everywhere, and do anything.*” But the truth is, only God is limitless. You and I were made with boundaries, and those boundaries are good. Limits help us flourish.

Daily Challenge:

Today, identify one digital limit to embrace. It could be no phone before breakfast, or no screens in your bedroom. Write it down and thank God for the gift of boundaries.

NOTES:

Day 2 – The Burden of All-Knowing

Scriptures:

- Genesis 3:5 – *“For God knows that when you eat from it your eyes will be opened, and you will be like God...”*
- Ecclesiastes 1:18 – *“For in much wisdom is much vexation, and he who increases knowledge increases sorrow.”*
- Philippians 4:8 – *“...whatever is true, whatever is honorable, whatever is just, whatever is pure... think about these things.”*

Devotional:

Our phones promise us omniscience—limitless knowledge. But being flooded with endless fragments of information leaves us overwhelmed, anxious, and distracted. We know what celebrities ate for breakfast, but sometimes we fail to sit still with the Word of God.

God never asked you to carry the weight of knowing everything. He only asks you to know Him and walk in His wisdom. When you limit the noise of the world, you create room for the knowledge that actually matters: the truth of Christ.

Daily Challenge:

Fast today from all news apps and “doom-scrolling.” Instead, take 15 minutes to memorize and meditate on Philippians 4:8. Let truth, not trivia, fill your mind.

NOTES:

Day 3 – The Limits of Presence

Scriptures:

- *Psalm 139:7–8 – “Where shall I go from your Spirit? Or where shall I flee from your presence?”*
- *Hebrews 10:24–25 – “...let us consider how to stir up one another to love and good works, not neglecting to meet together...”*
- *John 1:14 – “The Word became flesh and made his dwelling among us.”*

Devotional:

Only God is truly omnipresent. Yet technology tricks us into thinking we can be everywhere at once—maintaining hundreds of online relationships, keeping up with every conversation, always reachable. But the more “present” we are online, the less present we often are in person.

Jesus shows us a better way. He didn’t Zoom into the world—He took on flesh and lived among us. Presence matters. Limiting our digital presence allows us to fully engage with the people God has placed right in front of us.

Daily Challenge:

Choose one face-to-face conversation today without your phone in sight. Give your full attention. Practice the ministry of presence—just like Jesus.

NOTES:

Day 4 – The Illusion of Power

Scriptures:

- 2 Corinthians 12:9 – *“My grace is sufficient for you, for my power is made perfect in weakness.”*
- Zechariah 4:6 – *“Not by might, nor by power, but by my Spirit, says the Lord.”*
- John 15:5 – *“Apart from me you can do nothing.”*

Devotional:

Technology gives us the illusion of omnipotence—limitless power at our fingertips. With a click, we can buy, broadcast, and command. But chasing “easy everywhere” leaves us impatient, entitled, and spiritually weak.

God does not call us to self-made power but to Spirit-filled dependence. Real strength is not found in apps or automation but in surrender. The more we cling to devices for control, the less we learn to lean on God’s Spirit.

Daily Challenge:

Fast today from online shopping or instant delivery. Instead, take time to thank God for His provision and pray for a spirit of contentment and dependence.

NOTES:

Day 5 – The Joy of Being Human

Scriptures:

- *Psalm 46:10 – “Be still, and know that I am God.”*
- *Micah 6:8 – “He has shown you, O man, what is good... to act justly, love mercy, and to walk humbly with your God.”*
- *John 10:10 – “I have come that they may have life, and have it to the full.”*

Devotional:

We were not made to be limitless—we were made to be loved. You don’t have to be all-knowing, all-present, or all-powerful. That’s God’s role. Your role is to walk humbly, love deeply, and abide faithfully.

The gospel frees you to embrace your God-given limits. To put down your device. To rest. To laugh. To be fully present with family. To abide in Christ. That’s where fullness of life is found—not in striving to be like God, but in walking with Him as His child.

Daily Challenge:

Spend one hour device-free doing something fully human—go for a walk, play with your children, cook a meal, write in a journal, or simply sit in stillness before God. Celebrate the joy of being limited and loved.

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