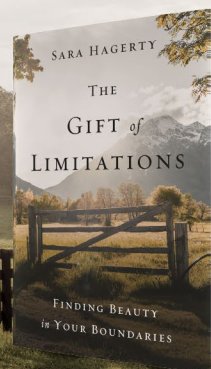


THE GIFT of LIMITATIONS

FINDING BEAUTY *in* YOUR BOUNDARIES



*The Gift of Limitations:
Finding Beauty in Your Boundaries*

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208 pages

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*What if your
limitations were,
in fact, your
greatest gift?*

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THE GIFT OF LIMITATIONS

Sara Hagerty Finds God's Beauty and Bounty in Restrained Living

Nashville, TN –It's all too much. Too much laundry and too many bills. Too many appointments, meetings, and open tabs on our browser. Yet in the midst of so much, we feel deprived. Limited. We make another family dinner while shelving our passion for art. We tend our tiny patch of grass while envying the time our neighbor has to garden. We go to bed exhausted, too tired to enjoy a few minutes with our own thoughts.

As a writer, speaker, and homeschooling mother of seven, Sara Hagerty knows the sting of limitations. Yet she has also seen how the boundaries of her life circumstances brought about growth and satisfaction she'd never experience otherwise. In her latest book, *The Gift of Limitations: Finding Beauty in Your Boundaries* (March 2024, Zondervan) Hagerty invites readers inside her own struggles, and the peace she eventually found, in living within God's designed “fence” of limitation.

“What if your greatest weaknesses—the areas of your life you resent the most, the places where you feel the most overextended and unfulfilled—are your doorway to rich intimacy with God? What if your limitations were, in fact, your greatest gift?” asks Hagerty.

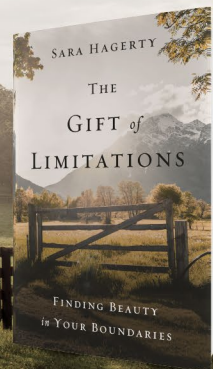
Hagerty has seen a blessing in these boundaries: “A heart settling into peace with its limitations is one that has found genuine trust in God.” With the poetic voice, gentle validation, and deep spiritual insights that have made Sara's books so popular, Hagerty explores how to:

- » Name the limitations that haunt us and how we have unknowingly given them power
- » Understand what embracing our limits look like in everyday life
- » Understand how God sees weakness, and how He has used it in the lives of great believers
- » Grant ourselves permission to dream while remaining tethered to God's best story for us


In *The Gift of Limitations*, readers will learn to see the beauty and peace God provides in the midst of challenging life circumstances—and the deep spiritual growth anyone can experience through the limitations that we once thought held us back.


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“If we don’t name limits, we live captive to them—our attention continually averted from how He wants to meet us within the boundaried life to what we just can’t have. But it’s so subtle. A closer look at our daily thoughts reveals we wish we had an ever-so-slightly nicer car, cleaner home, better-paying job, more vacation time, better-behaved kids, thinner waistline, healthier constitution, a happier marriage, just a wee bit more power or voice in our church or our small group. It might be ugly, but that closer look allows us to recognize and name our challenges, and that is the first step towards freedom.”

ABOUT SARA HAGERTY:

Sara Hagerty is a bestselling author and Jesus follower. She has written four books, including her most recent release, *The Gift of Limitations: Finding Beauty in Your Boundaries* (March 2024). Despite laundry baskets overflowing and unending “to do” lists, Sara still squeezes in her early morning runs, walks through the woods next to her house with the children of hers still little enough to collect acorns, and reading pages and paragraphs of books in the middle minutes. She lives in Missouri with her husband Nate and seven children. www.SaraHagerty.net. IG: @SaraHagertyWrites

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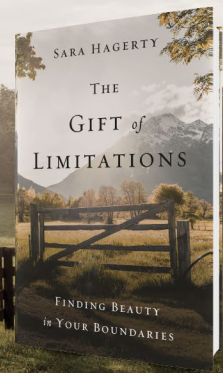
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INTERVIEW QUESTIONS THE GIFT OF LIMITATIONS

- » Why did you write this book, *The Gift of Limitations*?
- » What happened in your life that prompted you to wrestle with your limitations?
- » Tell us about the time you suffered heat stroke while running in a community race. How did that affect you not only physically but spiritually?
- » Why do you believe idealism has negatively influenced you?
- » What role does the grieving process play in identifying your limits?
- » How have you avoided naming the big emotions in your life? Why do you think you have done that over the years?
- » Why do you believe it is important to pay attention to ourselves? What does that look like on a daily basis?
- » How can longing be both positive and negative in life?
- » Can you explain what a productivity fast is and how it has helped you slow down?
- » What is the “come-die-grieve-and-live” cycle?
- » Navigating the tension of life can be challenging when it is both “too much” and “not enough”. How do you personally navigate this tension?
- » Is it possible to find a balance between having hope for the future and acknowledging the limitations in your life?
- » Tell us more about your own longing for home as it relates to finding your limits.
- » Why is surrender the “sigh of life”?

BIO:

SARA HAGERTY is a bestselling author and Jesus follower. She is the wife of Nate and mother of seven – four adopted from Africa and three through miracle pregnancies. As a life-long lover of words, Hagerty knows the power of a thoughtfully crafted phrase— words prayed during the long process to become a mother to her seven children, words written in tearful honesty for her readers, and words spoken in worship to God through her popular [Adoration series](#).

Sara has become a voice of hope and encouragement to millions facing unwanted circumstances in their lives, yet longing for more of God. Her first book, *Every Bitter Thing Is Sweet* (2014), ponders the conflict inherent when life’s expectations do not meet up with reality. God’s character is sweet, Hagerty discovered, even in loss and infertility. Her second book, *Unseen: The Gift of Being Hidden in a World that Loves to be Noticed* (2017), explores the tension between one’s longing to be noticed and the seemingly mundane, unwitnessed parts of life. Her third book, *ADORE: A Simple Practice for Experiencing God in the Middle Minutes of Your Day* (2020), outlines the ways to experience God afresh during the ordinary moments of life. Her latest book, *The Gift of Limitations: Finding Beauty in Your Boundaries* (March 2024), illustrates how our greatest weaknesses are the doorway to rich intimacy with God.

Sara, her husband Nate, and seven children live in Missouri where she still ekes out time for early morning country runs, collecting acorns along their half mile path through the woods, and reading paragraphs (not pages) of a book in the middle minutes. www.SaraHagerty.net. IG: @SaraHagertyWrites