

CAPACITY - “potential”

If I want to help people, I must learn this. If I want to grow, I must learn this about myself.

We all excel in certain areas better than other areas of our life. Some people are highly intelligent but are not very athletic or visa versa. Some are spiritual, moral good hearted, but are in financial ruin. Let’s face it, some people are meant to be athletic, some scientists, some pastors, some politicians. What about the person who is quiet, humble, not public, and seems to have not reached their potential? But in whose eyes? One of the greatest things in the world is to be known as the best Father, Mother, Coach, Teacher, etc. A patient leader who takes the time to help you reach your potential has changed the world!

Some people have a 10 gallon capacity to love others, to forgive, to serve, etc.

Some only have a pint capacity. We often expect everyone around us to have the same capacity in the same areas as us. We also gravitate to people who only share the same potential in the areas we like, which holds us back from growing or learning, or helping. If you expect your spouse, kids, or co-workers to have the same capacity as you, in the same areas, you’re very self centered and struggle with control issues. I know this from personal experience.

Let’s Define Capacity:

1. The maximum amount that something can contain.
2. The amount that something can produce
3. Potential - having or showing the capacity to become or develop into something in the future.

The ability, capability, or fitness to do something; a legal right, power, or competency to perform some act. ... A **person** of normal intelligence and sound mind has the **capacity** to dispose of his or her property by will as he or she sees fit.

“LIMIT” – boundary, potential (10 gallon or 1 pint capacity?)

Your current limits must first be honestly assessed. Then stretched or enhanced.

(3 areas that influence – genes, environment, choices) Matt 19:12

Areas of life – mentally, physically, spiritually, socially

1. IQ – is NOT how smart you are or how much information you possess. It is about your capacity or potential. It is a person's reasoning ability (measured using problem-solving tests)
 2. Athleticism - obvious in most cases, but still must be developed. Olympians, champions, record breakers.
 3. Social skills – knowing when and how to say things in public groups or with new faces. EQ is emotional self awareness, interacting with others.
 4. Spiritually – soul competence – reflection and accountability to / with God
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When I was employed at the Salvation Army, I had a problem with a statement made by an officer that I believed embodied their philosophy about their mission. They said that most people in their daily program were never going to do better than this. They should just cope or maintain life as is, in this safe environment.

I thought that everyone could get a job, provide for themselves and be contributing members of society not just beneficiaries of a program. I have come to learn that both are true statements. It is a matter of perspective. Some should lead in that type of program and help others. This gives them the safety of a controlled environment while utilizing their potential and not just be consumers. Some should graduate and move on.

For a person with a limited IQ, or EQ, or even the physical ability, they might not function well in other areas of society. That person's frustration with a limited capacity or competence, is exacerbated by being expected to function like "everyone else" in society. A personal relationship and realistic assessment of a person's capacity or potential will help set realist expectations. It will also help to stretch the possibilities for growth.

My wife and I were attracted to each other because we shared similar capacities / potential in certain areas. So we got hitched! Then we adopted 3 awesome kids who were 2, 4 and 5 years old. Easy to love and help. They grew up. Different DNA, genes, struggles, capacity, and potential. I am unrealistic about what I expect in their spiritual and career business ambitions or plans for success. I want them to think like I think. So much so, that I can ruin my ability to influence or support any interest on their part to grow at their pace.

For example: a successful stockbroker could raise an aspiring pro skateboarder and be so mad at them for living paycheck to paycheck. A missionary could be frustrated with a kid who ends up with a career in Hollywood. A college professor could raise a kid who drops out of high school. Obviously, choices are part of the equation, but every kid is wired differently.

I am hoping to learn to assess my limited capacity to lead and grow, stretch, and help others with their capacity and potential. However different it might be.

Scripture:

Matt 19:12 -

For there are eunuchs who were born that way, and there are eunuchs who have been made eunuchs by others--and there are those who choose to live like eunuchs for the sake of the kingdom of heaven. The one who can accept this should accept it."

Luke 2:52 - And Jesus grew in wisdom and stature, and in favor with God and man.

Isa 54:2 - "Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes.

Psalms 119:32 - I shall run the way of Your commandments, For You will enlarge my heart.

1 Kings 4:29

Now God gave Solomon wisdom and very great discernment and breadth of mind, like the sand that is on the seashore.

1 Chron 4:10 - Now Jabez called on the God of Israel, saying, "Oh that You would bless me indeed and enlarge my border,

People can often struggle or excel in areas such as:

1. Vision – seeing the future, the big picture, plan to develop
 2. Emotional health – understanding and expressing healthy emotions at the appropriate time and place.
 3. Leadership – not always following, taking responsibility for others.
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- Because this is big for me, I am frustrated with those who ignore –
Social skills –

Six examples of social skills

- Effective communication. The ability to communicate effectively with others is a core **social skill**. ...
 - Conflict resolution. Disagreements and dissatisfaction can arise in any situation. ...
 - Active listening. ...
 - Empathy. ...
 - Relationship management. ...
 - Respect.
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Oprah had an 11 minute video on goal coast – <https://youtu.be/bKzXoBfntDo>
Forgiving her mom who abandoned her.

She learned that her mom only had a pint to give to a girl who needed 10 gallons!