TITLE: Margin Matters

TEXT: “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is.” Ephesians 5:15-17

TARGET: To live a life with healthy boundaries that allow “U” to do more with less.

I. Margin of Margin: “Margin is the space between our load (________________) and our limits (________________)” - Dr. Richard Swensen

A. Minutes: Margin
B. Money: Margin
C. Morals: Margin
D. Meaningful: Margin

Quote: “No” is a complete sentence.

II. F.O.M.O is Real!

A. Our Load: (Beyond Capacity)
   1. Busyness has become a badge of honor.
   2. Sleeplessness has become synonymous with success.

B. Our Limits: (4 Stages of Burn-out)
   1. Fatigue
   2. Fearful
   3. Fatalistic
   4. Failure

Quote: The cost of living a life without margin does not just affect you, but everybody around you.

III. To be Created & Cultivated

A. Surrender your _______________: (Mark 1:36)
B. Prioritize your _______________: (Proverbs 3:9-10)
C. Acknowledge your _______________: (1 Corinthians 6:12)
D. Calendar the _______________: (Psalm 90:12)
E. Evaluate with _______________: (Psalm 119:96)

Quote: If you don’t determine your schedule, something or someone else will.

TAKE AWAY: Do you like the person you are becoming?

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Anticipate

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