

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. **Understanding of Margin:** *“Margin is the space between our **load** (**Expectations**) and our **limits** (**Exasperations**)”* - Dr. Richard Swensen
- A. **Minutes:** Margin **Stress**
 - B. **Money:** Margin **Strain**
 - C. **Morals:** Margin **Sin**
 - D. **Meaningful:** Margin **Strife**

Tweet (Maybe use Logo) This: “No”. Is a complete sentence.

II. **Urgency for Margin:** F.O.M.O. Is Real!

- A. **Expanded our Load: (Beyond Capacity)**
 - 1. Busyness has become a badge of honor.
 - 2. Sleeplessness has become synonymous with success.
- B. **Exceeded our Limits: (4 Stages of Burn-Out)**
 - 1. Fatigue
 - 2. Fearful
 - 3. Fatalistic
 - 4. Failure

Instagram (Maybe use logo) This: The cost of living a life without margin does not just affect you, but everybody around you.

III. **Usefulness in Margin:** To be Created & Cultivated

- A. **Surrender your Schedule:** (Mark 1:36)
- B. **Prioritize your Spending:** (Proverbs 3:9-10)
- C. **Acknowledge your Standards:** (1 Cor. 6:12)
- D. **Calendar the Significant:** (Psalm 90:12)
- E. **Evaluate with Sincerity:** (Psalm 119:96)

Facebook (maybe Use logo) This: If you don't determine your schedule something or someone else will.

Take Away: Do you like the person you are becoming?