

Sermon Discussion Questions

Resolution: Margin Matters

Jan 18, 2020

Ephesians 5:15-17 *“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.”*

Getting Started:

Live a life with healthy boundaries that allow “U” to do more with less.

What are the things you’re trying to juggle in life right now that make it feel stressful?

Going Deeper:

Understanding of Margin: *“Margin is the space between our load (Expectations) and our limits (Exasperations)”* - Dr. Richard Swensen

Minutes: Margin ↓ Stress ↑

Money: Margin ↓ Strain ↑

Morals: Margin ↓ Sin ↑

Meaningful: Margin ↓ Strife ↑

“No” is a complete sentence.

We all have to balance and budget our time. We need time to sleep deeply, eat healthy, work hard, play, rest, and have meaningful relationships all while keeping Jesus at the center of all we do. Into this already full life comes invitations, opportunities, expectations of others, and our own desire to grow and be different.

How do you handle this challenge? How do you evaluate what you will add? How do you decide on what to let go of, or say ‘No’ to?

Urgency for Margin: F.O.M.O. (fear of missing out) is Real!

Expanded our Load: (Beyond Capacity)

Busyness has become a badge of honor.

Sleeplessness has become synonymous with success.

Exceeded our Limits: (4 Stages of Burn-Out)

Fatigue

Fearful

Fatalistic

Failure

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

We are often told by advertisers that we can have it all - we can balance work, family, play, etc., and for a short while that may be true. But it doesn't take long for our physical body and mental ability to run down to a weak and dangerous place. Over time, our family and our work gets less than our best and it affects every part of our life.

How is your current schedule and choices affecting those around you?

What decisions do you need to make to ensure that you are giving God and others your very best?

Usefulness in Margin: To be Created & Cultivated

Surrender your Schedule: (Mark 1:35)

Prioritize your Spending: (Proverbs 3:9-10)

Acknowledge your Standards: (1 Cor. 6:12)

Calendar the Significant: (Psalm 90:12)

Evaluate with Sincerity: (Psalm 119:96)

If you don't determine your schedule something or someone else will.

As a group, take a few minutes to look up these verses and discuss the lesson they teach. Commit to change what needs to be changed and ask for accountability and prayer support as you get started.

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

Prayer: