

Breathing Room – Part 1
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So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do. – Ephesians 5:15-17

- ✓ **Breathing Room:** The space between our current **PACE** and our **LIMITS**.

3 EFFECTS OF LIVING WITHOUT BREATHING ROOM

- ✓ **STRESS** goes up.
- ✓ **FOCUS** goes down.
- ✓ **RELATIONSHIPS** suffer.

So what do people get in this life for all their hard work and anxiety? ²³ Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless. – Ecclesiastes 2:22-23

3 BIBLICAL PRINCIPLES FOR BREATHING ROOM

1) The SABBATH.

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath." – Mark 2:27

2) The TITHE.

A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord; it is holy to the Lord. – Leviticus 27:30

3) The law of GLEANING.

When you are harvesting your crops and forget to bring in a bundle of grain from your field, don't go back to get it. Leave it for the foreigners, orphans, and widows. Then the Lord your God will bless you in all you do. – Deuteronomy 24:19

So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. – Matthew 6:31-33

ONE QUESTION

- ✓ **Where do you need more BREATHING ROOM?**

The Application Zone:



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