

# ***Rat Race***

Building Margin

April 19, 2026

**Margin** – the space between your **load** and your **limits**.

## **Philippians 2:6-8 (NLT)**

<sup>6</sup>Though he was God, he did not think of equality with God as something to cling to.

<sup>7</sup>Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, <sup>8</sup> he humbled himself in obedience to God and died a criminal's death on a cross.

## **How do you obtain margin?**

1. You must be ***intentional***.

## **Mark 6:31-32 (NLT)**

<sup>31</sup>Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. <sup>32</sup>So they left by boat for a quiet place, where they could be alone.

## **How do you obtain margin?**

2. Withdraw to ***pray regularly***.

## **Mark 6:46 (NLT)**

<sup>46</sup>After telling everyone good-bye, he went up into the hills by himself to pray.

## **Mark 1:35 (ESV)**

<sup>35</sup>And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

When the **rat race** is on – **withdrawing to pray is not optional**.

## **Philippians 4:6-7 (NLT)**

<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

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## **How do you obtain margin?**

3. ***Rest*** consistently!

### **Luke 8:22-23 (NLT)**

<sup>22</sup>One day Jesus said to his disciples, “Let’s cross to the other side of the lake.” So they got into a boat and started out. <sup>23</sup>As they sailed across, Jesus settled down for a nap. But soon a fierce storm came down on the lake. The boat was filling with water, and they were in real danger.



## **How do you obtain margin?**

4. Prioritize ***Pruning***.

### **John 15:1-2 (NLT)**

<sup>1</sup> “I am the true grapevine, and my Father is the gardener. <sup>2</sup> He cuts off every branch of mine that doesn’t produce fruit, and he prunes the branches that do bear fruit so they will produce even more.

### **1 Corinthians 6:12 (NIV)**

<sup>12</sup> “I have the right to do anything,” you say—but not everything is beneficial.

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### **How do you obtain margin?**

#### **5. *Do Less and Trust God More!***

### **2 Corinthians 1:8-9 (NLT)**

<sup>8</sup>We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. <sup>9</sup>In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.

### **Margin allows you ...**

- a. To ***avoid*** burnout.
- b. To ***manage*** your breaking point.
- c. ***Flexibility***.
- d. To see more ***clearly***.

### **Matthew 9:36-38 (NLT)**

<sup>36</sup>When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd. <sup>37</sup>He said to his disciples, “The harvest is great, but the workers are few. <sup>38</sup>So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”

### **Margin allows you ...**

- e. Not ***isolate***.
- f. To ***stay out*** of the rat race.