

November 10, 2019
UNDER PRESSURE - Part 4
"The Need for Margin"

Job 3:26 (NLT): "I have no peace, no quietness. I have no rest; only trouble comes."

Philippians 4:6-7 (NIV11): "6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

A problem we face is that *we're not God*, no matter how much we're tempted to try to be.

Margin is the space between my load and my limit.

BENEFITS OF MARGIN

1. I've got more peace of mind in my life.
2. My health is better.
3. I have stronger relationships.
4. I'm available for God to use me to make a difference in this world.

STEPS TO BUILDING MARGIN INTO OUR LIVES

1. Accept that I'm human with limitations.

Psalms 119:96 (The Message): "I see the limits to everything human...."

We often overestimate our abilities and underestimate the problems we're facing and how much time and effort it will take.

There's nothing wrong with having limits, because we're the *creations*, *not* the *Creator*.

God created us to be human beings, and one of the greatest gifts we can give ourselves is to be content with this gift, with all its wonder *and* all its limitations.

Hebrews 13:5 (NIV): "...be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.'"

Philippians 4:11 (NLT): "...I have learned how to be content with whatever I have."

Psalms 8:3-5 (NLT): "3When I look at the night sky and see the work of your fingers — the moon and the stars you set in place — 4what are mere mortals that you should think about them, human beings that you should care for them? 5Yet you made them only a little lower than God and crowned them with glory and honor."

2. Expect to have problems.

John 16:33 (NIV): "...In this world you will have trouble...."

Proverbs 22:3 (TEV): "Sensible people will see trouble coming and avoid it, but an unthinking person will walk right into it and regret it later."

3. Put space into my schedule for the unexpected.

Ecclesiastes 10:15 (TEV): "Only someone too stupid to find his way home would wear himself out with work."

It's not how fast we live but how well we live, and that means putting some space into our schedules.

4. Prune my activities periodically.

1 Corinthians 6:12 (NIV): "Everything is permissible for me but not everything is beneficial."

We can't do everything, so we have to determine the best and right things.

Proverbs 20:30 (TEV): "Sometimes it takes a painful experience to make us change our ways."

5. Set aside time for rest.

Exodus 20:9-10 (NLT): "'9You have six days each week for your ordinary work, 10but the seventh day is a Sabbath day of rest dedicated to the LORD your God....'"

The Sabbath is a day to rest our bodies, recharge our emotions, and refocus on God.

Psalms 127:2 (Message): "It is useless to rise up early and go to bed late and work your worried fingers to the bone. Don't you know that God enjoys giving rest to those He loves?"

Next Week – Under Pressure: Understanding Depression

Get the *Life Journal* Bible Reading Plan at gateway-community.org/Find-it

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