



Message Notes

Week 1:
What is Margin?
Luke 10:38-42

Big Idea for this week:
Margin is God's plan for a full life

Margin definition: Margin is the amount of space between what you _____ and what you _____.

1. Without margin, it's difficult to _____ what's best

2. Without margin, it's easy to _____ what matters most

Definition: have/need 1. choose 2. lose

These questions are designed to extend the impact of the Sunday gathering. Use them to go deeper in your personal study time, with your family, and/or with your Life Group.

1. Think back to God's message this week. What sticks out to you?

2. In this passage, Martha gives us an illustration of what living without margin looks like. Martha was so distracted preparing for Jesus' visit that she forgot the most important thing—spending time with Jesus. When margin decreases, stress increases. What are some of the things that currently cause you the most stress? How is that stress affecting your life? What are some specific ways you can begin the process of reducing stress in your life?

3. When margin decreases, your relational intimacy decreases. How have you seen your intimacy with God and others decrease as a result of not having margin in your life?

Next steps. Here are some specific things you can do this week to take a step toward living life with the margin God intends for your life.

- Take time to rest this week with Christ. This time could consist of praying, reading the Bible, or just enjoying some quiet time alone. Be creative. Remove the distractions and allow Him to renew your soul and your mind.

- Identify one or more things that are creating too much stress and create a plan to reduce that stress. Write down your plan of action and have someone help you carry out your plan.

Prayer: Heavenly Father, thank You for the gift of margin that allows us to know You better. Help me to daily choose what is best. Help me to daily sit at Your feet and truly enjoy a full life You offer. In Jesus' Name, Amen.