

Life is better with breathing room.

- Breathing Room: the space between our current pace and our limits.

Your time is a gift from God and it is limited. (Psalm 90:1-12)

- Your life and your time only make sense within the context of God.
Your life and your time only make sense within the context of God. Lord, you have been our dwelling place throughout all generations. ² Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God. Psalm 90:1-2
- If we could see God as He is, we would be more careful with the time we've been given.
If only we knew the power of your anger! Your wrath is as great as the fear that is your due. Psalm 90:11
- When you begin to live as if your days are numbered, you will gain wisdom.
Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12

What's the wise thing to do?

Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. Ephesians 5:15-16

In light of _____, what's the wise thing to do?

- Because my time is limited, I must limit how I spend my time.
Therefore do not be foolish, but understand what the Lord's will is. Ephesians 5:17

+ _____

- _____

> _____

< _____

Connect

Do you prefer a clutter-free life or do you tend to gravitate toward messiness?

Word and Reflection

Our lives are busy and our schedules are full. Our lack of breathing room can distract us from the most important things in our lives. Your time is a gift from God and it is limited. Because of this, you must limit how you spend your time. Ask God to give you the wisdom to know what you need to add to your schedule, what you should stop doing, what you need more of and what you need less of in your life.

Psalm 90:1-12; Ephesians 5:15-17

- Which part of the message made an impact, caught your attention or challenged you?
- As you look back on the past few months, how much breathing room did you have in your schedule? In your relationships? In your finances? How did the *breathing room* (or lack of it) affect your daily life?
- Read Psalm 90:1-6. What do these verses reveal about God? What do they reveal about us?
- Read Psalm 90:10–12. What does it mean to see your life and your time within the context of God who created everything? Do you tend to think of your days as endless? Why is it difficult for us to number our days? What is the benefit of numbering our days? Why is wisdom a product of numbering our days?
- Read Ephesians 5:15-17. What is one thing you need to add to your schedule? What is one thing you need to subtract? What do you need to do more of? What do you need to do less of? What can this group do to support you?

Action

- Consider the last question above. What is one thing you can do this week to begin to create breathing room in your schedule?

Prayer

- Lord, teach me to number my days that I may gain a heart of wisdom. Give me courage to say "no" to the things that will distract me from Your will and the most important things in my life.