

LEARNING TO SLOW DOWN

Living On A Margin – Part 2

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MARGIN is THE SPACE I create between My LOAD and My LIMITS. Margin is having breathing room in your life. It's creating some reserves so you aren't running on empty all the time. You need margin in every area of your life: You need **physical** margin so you don't wear out; **spiritual** margin to defeat temptation and help others, **emotional** margin for relationships, **financial** margin to avoid the pressure of debt, and **time margin** in your schedule, so you are not always rushed and in a hurry and worn out . . . We'll look at each of these in this series.

HOW ALWAYS BEING IN A HURRY HURTS YOU

- **HURRY** _____
"I had no time to care for myself . . ." Song of Solomon 1:6 (TEV)
- **HURRY** _____
"My days go by faster than a runner; they fly away without my seeing any joy." Job 9:25 (NCV)
- **HURRY** _____
"A person in a hurry makes mistakes." Proverbs 19:2b (GW)
"Careful planning puts you ahead in the long run; hurry and scurry puts you further behind." Proverbs 21:5 (Mes)
- **HURRY** _____
". . . without love I am no good to anybody." 1 Corinthians 13:2 (NLT)
- **HURRY** _____
"Be still, and know that I am God." Psalm 46:10 (NIV)

WHAT YOU NEED TO LEARN TO SLOW YOUR PACE FOR A HEALTHIER LIFE

1. _____
"I have learned to be content whatever the circumstances." Phil. 4:11 (NIV)
"It is better to have only a little, with peace of mind, than be busy all the time . . ." Ecclesiastes 4:6 (TEV)
"A relaxed attitude lengthens a man's life but jealousy rots it away." Proverbs 14:30 (NLT)

2. _____
"An impulsive vow is a trap; later you'll wish you could get out of it." Proverbs 20:25 (Mes)

"The grace of God that brings salvation has appeared to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age." Titus 2:11-12

3. _____
"You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me." Exodus 20:9-10 (TEV)

Jesus: "Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace." Matthew 11:29 (Mes)

"It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know God enjoys giving rest to those He loves?" Psalm 127:2 (Mes)

4. _____
". . . God does everything just right and on time. But people can never completely understand what He is doing." Ecclesiastes 3:11 (NCV)

"These things I plan won't happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, wait patiently, for it will surely take place. It will not be delayed." Hab. 2:3 (NLT)

"We suffered so that we would stop trusting ourselves and learn to trust God, who brings the dead back to life." 2 Corinthians 1:9 (GW)

5. _____
"Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that!" Ephesians 5:2 (Mes)

"Do everything in love." 1 Corinthians 16:14 (NCV)

ASK: _____

"God, make a fresh start in me, shape a Genesis week from the chaos of my mind." Psalm 51:10 (Mes)