

Sunday Leftovers

Remix - Margins

We have too much going on...in every area of our lives. Recent studies have shown that 4 of 5 Americans report a need to reduce stress in their lives and yet, many people commit to a 120% lifestyle and wonder why the burden feels so heavy. One of the newest catch phrases is "more is more." OVERLOAD is the disease of the new millennium.

So is there a cure? MARGIN is the cure. Margin is the space between our current burdens and our personal breaking point. If utilized, it can keep us from that financial, emotional and even physical breakdown that could be on our horizon. What we need is a "Come to Jesus Meeting" where we allow Him to help us to help us create some space/margin in which God can work. Taking this proactive step can keep us from being overwhelmed by a clock-dominated nanosecond culture that leaves us wheezing and worn out. Creating margins can empower and equip us to live a life of purpose and fulfillment. In essence, it can allow us to live the "abundant life" that Jesus promises.

Where do we start? We can start by not trading peace of mind, financial flexibility, and opportunities to be refreshed and recharged for material possessions and status. Allowing God to help us build margins in these stressful areas provides us with more freedom and encourages rest. Long term, it gives us time to truly experience a life of joy and fulfillment: A life God desires for each of us.

Questions to ponder:

- *What do you think was the main point of Matt's sermon?*
- *What are some situations that can create stress and cause people to feel overwhelmed?*
- *What does the passage in Matthew 6:19-34 teach us about God's answer for the things that can cause stress in our lives?*
- *How can we practically apply what we have learned today to help us build "margins" in our lives?*

Do something about it: First, accept the fact that every one of us needs margins. Second, honestly assess those people/possessions/situations that create stress in our lives and pray that God will help you in these areas. Third, act on the answers and opportunities that God provides. Ask, seek and knock.

Scripture references: Matthew 6:19-34; 7:7-11; 11:28-30; John 10:10; 14:27; 1 Peter 5:6,7; Isaiah 40:31