

BUILDING MARGIN INTO YOUR LIFE From Burnout To Balance - part 2

"I have no peace! I have no quiet! I have no rest! And trouble keeps coming!" Job 3:26 (GW)

AREAS OF OVERLOAD

Activity	Work	Information
Change	Debt	Accessibility
Choices	Media	Pace of Life

MARGIN: The space between my load and my limit

I. THE BENEFITS OF MARGIN

- More peace of mind in my life
- Better health
- Stronger relationships
- Available for God to use me

II. STEPS TO BUILDING MARGIN IN YOUR LIFE

1. ACCEPT MY HUMAN LIMITATIONS

"I have learned that everything has limits..." Ps. 119:96 (GN)

"Our time is limited. You (God) have given us only so many months to live and have set limits we cannot go beyond."
Job 14:5 (NCV)

2. EXPECT TO HAVE PROBLEMS

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

"A prudent person foresees difficulties ahead and takes precautions: the simpleton goes blindly on and suffers the consequences." Prov. 22:3 (LB)

3. PUT SPACE IN MY SCHEDULE

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

4. PRUNE MY ACTIVITIES PERIODICALLY

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

5. DO LESS AND TRUST GOD MORE

"... We were under great pressure, far beyond our ability to endure... As it turned out, it was the best thing that could have happened. Instead of trusting in our own strength or wits to get out of it, we were forced to trust God totally – not a bad idea since He's the God who raises the dead!" 2 Cor. 1:8-9 (NIV/Mes)