

just breathe



Making Space to Slow the Pace of Your Life

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You have six days to do your work, but every seventh day you must stop and rest! Do this so that you, and your animals, and your house staff, and your foreign workers may be refreshed. Exodus 23:12

Margin is the space between my _____ and my _____.

THE BENEFITS TO LIVING WITH A MARGIN

- A healthier _____
- A healthier _____
- Healthier _____
- Available for _____

FIRST STEPS TO LIVING WITH A MARGIN

1. I must accept my _____.

I have learned that everything has limits, but Your commands are boundless. Psalm 119:96

Our time on earth is brief; the number of our days is already decided by You. Job 14:5

2. I must ask myself what drives me to _____.

Some people don't have friends or family. But they are never satisfied with what they own, and they never stop working to get more. They should ask themselves, "Why am I working to have more? Who will get what I leave behind?" What a senseless and miserable life! Ecclesiastes 4:8

3. I must expect _____ and _____.

In this world you will have trouble. John 16:33

Sensible people will see trouble coming and avoid it, but an unthinking person will walk right into it and regret it later. Proverbs 22:3

4. I must add _____ in my schedule.

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones. Psalm 127:2

Fools wear themselves out – they don't know enough to find their way home. Ecclesiastes 10:15

5. I must _____ often.

There is a time to keep things and a time to throw things away. Ecclesiastes 3:6

Let us strip off every weight that slows us down, especially the sin that so easily trips us up. Hebrews 12:1

6. I must walk with _____ and _____.

Are you tired? Worn out? Burned out by religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly. Matthew 11:28-30

Memory Verse

Come to Me, all of you who are weary and burdened, and I will give you rest. Matthew 11:28

Next Steps

- I will recognize and accept my personal limitations.
- I will figure out what is driving me to overwork and overbook.
- I will put space in my schedule by trimming back my commitments.
- I will renew my relationship with Jesus and learn from Him.