

*I have no peace! I have no quiet!
I have no rest! And trouble keeps coming!*

Job 3:26 (GW)

Are you sick and tired of being sick and tired?

THE REMEDY: _____ **IN YOUR LIFE.**

Margin is energy	Marginless is fatigue
Margin is black ink	Marginless is red ink
Margin is calm	Marginless is hurry
Margin is security	Marginless is anxiety
Margin is counterculture	Marginless is culture
Margin is the cure	Marginless is the disease of the century

Remember: **MARGIN** is making space for the things that matter most. It is all about **priorities**. Failure to clearly define the non-negotiable priorities will always leave you marginless.

HOW TO CREATE MARGIN IN YOUR LIFE

1. Determine the things in your life that _____.

*Examples: God/Church, Spouse/Marriage, Children, Self, Work,
Friends, Health, Security*

YOUR LIST:

2. Accept the fact that you have _____.

You are worn out by your many plans.

Isaiah 47:13 (GW)

I have learned that everything has limits. . .

Psalms 119:96 (TEV)

3. Determine who you are _____.

*And what does the Lord require of you? To act justly and to love mercy
and to walk humbly with your God.*

Micah 6:8 (NIV)



sermon notes

Creating Space to Thrive

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Pastor John Speight

CHRISTCHURCHVA.ORG/SERMONS

*Come to me, all of you who are tired from carrying heavy loads,
and I will give you rest*

-Jesus, Matthew 11:28 (GNT)

Why are so many people “sick & tired?”

It is due to the belief that living life without _____
and _____ due to unhealthy and unprioritized
_____ are “normal.”

Margin is...

- the space between our _____ and our _____.
- the gap between rest and exhaustion.
- the space between breathing freely and suffocating.
- about making space for the things that matter most.

Balance is that which...

- directs us toward more simplified lifestyles, anchored contentment, nourished relationships, reasonable expectations and manageable work.
- sustains us in times of stress and overload by keeping the highs and lows from swinging wildly.
- equips us with a gyroscope that stabilizes our orbit securely around our timeless priorities.

Load is made up of such factors as work, problems, obligations and commitments, expectations (internal and external), debt, deadlines and interpersonal conflicts.

Overload + Imbalance + Living = An unhealthy, overstressed, emotionally empty, spiritually depleted life.

Answer key:

Why are so many people “sick & tired?”

It is due to the belief that living life without margin.
and balance, due to unhealthy and unprioritized
loads are “normal.”

Margin is...

- the space between our load and our limit.

THE REMEDY: CREATE MARGIN IN YOUR LIFE.

HOW TO CREATE MARGIN IN YOUR LIFE

1. Determine the things in your life that matter most.
2. Accept the fact that you have limits.
3. Determine who you are trying to impress.