

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step.

- Margin is the amount available beyond what is necessary. Explain what margin looks like in your life right now.

With your Bible or YouVersion.com, read **Luke 10:38-42**.

In this passage, Martha gives us the perfect illustration of what living without margin looks like. Martha was so distracted preparing for Jesus' visit that she forgot the most important thing—simply spending time with Jesus.

- When margin decreases, stress increases. What are some of the things that currently cause you the most stress? How is that stress affecting your life?
- What are some specific ways you can begin the process of reducing stress in your life?
- When margin decreases, your relational intimacy decreases. How have you seen your intimacy with God and others decrease as a result of not having margin in your life?
- A lack of margin is a reflection of a lack of faith. In what areas of your life do you need to place more faith in God?
- A lack of margin is also a reflection of idolatry. What are some of things you are placing before God? How will you go about putting God first?

Read **Matthew 11:28-29**, **Psalm 46:10**, and **Isaiah 58:11**.

These verses tell us that if we come to Jesus and be still and rest before Him, our souls will be satisfied.

- How have you found rest and comfort through Christ? How did that rest ultimately lead to satisfaction?
- While it sounds simple, why do you think it is so difficult for many of us to rest and be still before Christ?

NEXT STEPS

Here are some specific things you can do this week to take a step toward living life with the margin God intends for your life.

Take time to rest this week with Christ. This time could consist of praying, reading the Bible, or just enjoying some quiet time alone. Be creative. Remove the distractions for just a little while and allow Him an opportunity to renew your soul and your mind.

Begin the process of reducing some of the stress in your life this week. Identify one or more things that are creating too much stress and create a plan to reduce that stress. Not only write down your plan of action, but have someone hold you accountable as you carry out your plan.

Use these prayer tips to guide your time with God this week to expand your conversations both in person and online:

- Bring to God those areas of your life that are causing stress. Ask God to help you in removing that stress.
- Seek God's guidance through prayer of ways He wants to create more margin in your life.
- Confess to God in prayer those things that you are placing ahead of Him. Commit to God that you will put Him first.
- Be still and rest before God during your prayer time. Allow Him to comfort you and renew your mind and soul.
- Lay your burdens down before God in prayer. Tell Him what is weighing you down and trust Him to carry them for you. Seek His comfort and love.