

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.

With your Bible or YouVersion, read Ephesians 5:15-17.

Paul encourages us in these verses to be wise in how we use our time so that we can make the most every opportunity.

- In order to make the most of our limited time, we should ask the question "In light of _____, is it wise?" before making decisions about your schedule. What would you put in the blank when asking that question? Is it your goals, your family's needs, your marriage, your relationship with God or something else? Explain.

Read Romans 12:1-8.

Paul instructs us in this passage to follow God's plan for our lives in using the gifts He gave us instead of falling to the patterns of this world.

- The "normal" pattern of today's society is busyness, meaning that if we are not busy we are not productive. What things in your life are keeping you too busy? How is that busyness affecting all areas of your life?
- Describe a time when you said "no" to something good that ultimately allowed you to say "yes" to God's best.
- What are the things in your life that you value most? Does the way you use your time reflect those values? Why or why not?

Read Matthew 6:33 and Matthew 11:28-29.

When we are weary from the busyness of life, Jesus encourages us in these passages to focus on what matters most—spending intimate time with God and finding rest in Him.

- How important is your intimate time with God? How does that time impact your daily life?
- How is the rest you find in Christ different and more satisfying than other kind of rest or comfort?
- What major changes will you make starting now that will allow you to create margin for things you value most in life?

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.

Read the book *Margin* by Richard A. Swenson, M.D. to learn more about what margin is and how you can achieve it in your life. This book is available at most bookstores and online.

Watch Andy Stanley's sermon series entitled "Take it To the Limit", which offers more insight into the topic of margin. This series is available at <http://www.northpoint.org>. DVD's of this series and a supporting study guide can also be found at Christian bookstores and online.

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

- Confess those areas of your life in prayer that are causing too much busyness. Ask for God's help.
- Ask God in prayer to give you the strength to say no to good things so that you can say yes to His best.
- Commit to God the things you will do immediately that will allow you to create more margin in your schedule.
- Spend intimate time with God in prayer. Pray however you feel led and allow God time to speak to you.
- Share your burdens and concerns to God in prayer and allow Him to comfort you.