

- Creating Space in Your Life –

Ice-Breaker:

- Do you prefer a clutter-free life or do you tend to gravitate toward messiness?
- How does that preference affect your daily life?

Discussion:

1. As you look back on last year (2021), how much breathing room did you have in your…
   - Schedule?
   - Finances?
   - Relationships?

2. In the message, Pastor Bryan said the following happens when you have no margin in your life…
   - Stress levels go up
   - Our focus narrows (we lose sight of priorities)
   - Our relationships suffer

   Discuss why this happens and how this can be an unhealthy way to live.

3. In the message, Pastor Bryan said the reason we push ourselves to the limits is often fear…
   - Fear of missing out (we don't want to miss something significant)
   - Fear of falling behind (we compare ourselves to others)
   - Fear of not mattering (we want to make a difference with our lives)

   Share some ways you've seen this play out in your own life (or other people's lives).

4. In the Old Testament God built margin into the societal structure in three significant ways…
   - The Sabbath (margin with your time – taking a day off)
   - The tithe (margin with your money – setting aside money for God and others)
   - The law of gleaning (margin with your resources – leaving some crops behind)

   How do each of these principles tie into the issue of faith in God?

5. Read Matthew 6:31–34.
   - What should be our top priority in life?
   - Why is it so challenging to live out what Jesus commands in this verse?

Application:

- Where do you need some margin (space/breathing room) in your life?
- What is one thing you can do this week to begin to create it?