

Scripture for the Week

During the week, read and meditate on these verses of Scripture. Ask God to help you embrace and apply these truths to your life.

"Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life." Psalm 39:4

"For a man may do his work with wisdom, knowledge and skill, and then he must leave all he owns to someone who has not worked for it. This too is meaningless and a great misfortune. What does a man get for all the toil and anxious striving with which he labors under the sun? All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless." Ecclesiastes 2:21-23

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

"And God said, "Let there be light," and there was light. God saw that the light was good and He separated the light from the darkness. God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day." Genesis 1:3-5

"And God said, "Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as signs to mark seasons and days and years, and let them be lights in the expanse of the sky to give light on the earth." And it was so. God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. God set them in the expanse of the sky to give light on the earth, to govern the day and the night, and to separate light from darkness. And God saw that it was good. And there was evening, and there was morning—the fourth day." Genesis 1:14-19

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy." Exodus 20:8-11

Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." As it is, you boast and brag. All such boasting is evil. James 4:13-16



***Crowded Loneliness** (Selected Scriptures)

Definition of Margin: *The space between my current activity and my limits.*

OUR MARGINS WILL BE DETERMINED:

- 1) By Culture
- 2) By You
- 3) By God

WITHOUT MARGINS:

- We work hard to matter, while hardly working on things that matter

WE ARE CREATED FOR RELATIONSHIPS:

-The enemies of relationships:

1. Overexposed to Responsibilities
(Responsibilities will trump relationship every time)
2. Over Exposed to People
3. Over Exposed to Entertainment
4. Over Exposed to Technology

WE ARE CREATED TO HAVE RHYTHM:

-Three major activities that govern our day:

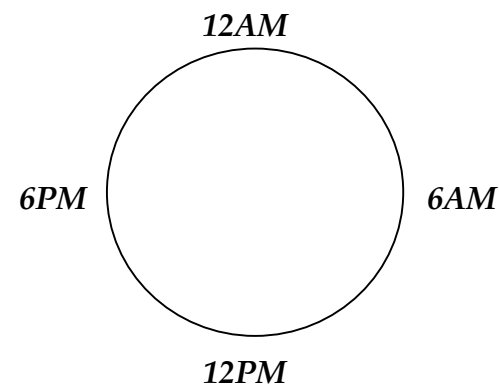
- 1) Relationships
- 2) Rest
- 3) Responsibilities



Set aside time during your week (add some margin!) to reflect on the following questions. This can be done individually, with your family, or in a small group.

1. List the primary relationships in your life. Do you currently have enough margin to allow for meaningful investment in those relationships?
2. Envision what you want each of your primary relationships to look like. Identify the things that are within your control to change in order to achieve that. Commit to make the changes, no matter how difficult. This will give your relationships room to thrive. (If this seems overwhelming, just focus on changing one thing at a time.)
3. Track how much time you spend this week using technology (e-mail, Facebook, blogs, Twitter, etc.) to communicate. Is it more than what you spend actually talking to people face-to-face?
4. What changes would you need to make to practice the Hebrew Day Planner?
5. What is one personal action step you will take to make room for deep, enduring relationships?

*2nd message in the Margins series, by Pastor Denny Henderson.
CDs of this message (07/26/09) may be purchased at the
Media Center or listened to online at www.hcbc.com.



The Hebrew Day Planner

Recommended reading:

Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives, by Richard A. Swenson, M.D.

Making Room for Life: Trading Chaotic Lifestyles for Connected Relationships by Randy Frazee



Memory Verse

*"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."
John 10:10*

(Please See Additional Scriptures on the Back)