

Additional Notes



*TIME to Live (Selected Scriptures)

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

GOD'S PLAN FOR YOUR TIME

1. Accept the fact that God has limited your days.
2. Allow God to direct your priorities.
3. Allot time to God as your first priority.

Memory Verse

Be very careful, then, how you live—not as unwise but as wise, ¹⁶making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Ephesians 5:15-17

Recommended reading:

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

Finding More time In Your Life, by Dru Scott Decker

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



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. How do you feel about the margins in your time? Do you allow for some free space in your schedule? Look at your calendar for the past few weeks and see where your time is spent.
2. Psalm 90:12 Reminds us that we gain wisdom from knowing our limits. Is your current approach to the calendar only addition or addition and subtraction? Give a recent example.
3. Why is it so hard to trust God with our schedule? Read Matt 6:25-34. Does your current schedule reflect a trust in God or a "take matters into my own hands?" Explain.
4. Do you spend time with God daily? If so, what does that look like for you? Look up the following promises for those who seek God. Isaiah 55:6; Matt. 7:7-12; James 1:5.

*4th message in the Margins series, by Pastor Tim Hawks. CDs of this message (08/09/09) may be purchased at the Media Center or listened to online at www.hcbc.com.

Dr. Swenson's Prescription for creating Margins

- 1 **Expect the Unexpected** (especially if you're chronically late, try adding an extra 20 percent time margin to the your scheduled activities)
- 2 **Learn To Say No** (If you have 100 things to do and can only do 10, you must say no 90 times.)
- 3 **Turn Off the Television** (the average adult gains back 30 hours a week)
- 4 **Prune the Activity Branches** (it is much harder to stop something than to start it.)
- 5 **Practice Simplicity and Contentment** (Recognize unnecessary possessions for what they are: stealers of divine time.)
- 6 **Separate Time from Technology** (Fasting from food leads to a starvation that purifies the body; fasting from technology leads to a margin that fortifies the spirit)
- 7 **Short-Term flurry versus Long-Term Vision** (five year plans, ten year plans instead of being myopic; flexible yet still in existence)
- 8 **Thank God** (if you have two meetings but scheduled on the same evening but can only attend one, maybe this might be God's way of being kind to you.)
- 9 **Sabotage Your Fuze Box** (not unlike New England snowstorms that cause power outages; nothing like missing school or even "church"!)
- 10 **Get Less Done But Do the Right Things** (Busyness is not a synonym for Kingdom work)
- 11 **Enjoy Anticipation, Relish the Memories** (planned get-togethers, telling stories, viewing old photos)
- 12 **Don't Rush Wisdom** (If life's pace pushes you, push back.)
- 13 **For Type As Only: Stand in Line** (Practice smiling. Purposely speak more slowly, stop in the middle of sentences, hesitate for three seconds, then continue. Say, "I'm wrong." Listen to at least two persons today without interrupting once... Seek out the longest line at the bank. Verbalize your affection to your spouse [and] children.)
- 14 **Create Buffer Zone** (a kind of coffee break for the spirit)
- 15 **Plan for Free Time** (If God were our appointment secretary, would He schedule us for every minute of every day?)
- 16 **Be Available** (either be willing to cancel current activities or plan availability, or margin)