

Camels can carry great loads but if a straw is placed on a maximally loaded camel, its back will be broken.

The back is not broken by the straw; it's broken by the overload.

All researches agree:

- 1. Man has limited capacity
- 2. Overload leads to serious breakdown

Overload leads to burnout.

If you bend a tree and release it, it returns to the former shape. But if you keep bending it and it snaps, it stays broken.

Margin is something we fill, not protect.

Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful. Matthew 13:22

Seeds bring success. Seeds need space. Weeds steal space.

The blessing of the LORD makes one rich, and He adds no sorrow with it. Proverbs 10:22

Say no to good things so that you can say yes to God things.

Blessing can make you busy. Busyness can't make you blessed.

Blessings must have boundaries or they become burdens.

He also brought me out into a broad place; He delivered me because He delighted in me. Psalms 18:19

Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. John 15:2

God can do more with less.

Create Breathing Room in Your:

- 1. Mind by taking a day off once a week.
- 2. Money by spending less than you make.
- 3. Morality by not coming close to the edge.

1. Mind Margin - Take a day off

If we want God to order our steps, we must follow His order to stop.





A man's heart plans his way, but the LORD directs his steps. Proverbs 16:9

Sabbath means "to stop."

Take a day off

• Follow God's rhythm (Ex 20:8-11)

Secular Rhythm: Work Work Work Vacation Work Work Sacred Rhythm: Sabbath Work Sabbath Work

Take a day off

No longer a slave (Deut 5:12-15)

"Sabbath is an act of resistance." Walter Brueggemann

"The Sabbath is like a guerrilla warfare tactic." John Mark Comer

If we don't stop, we drop!

To fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed her Sabbaths. As long as she lay desolate she kept Sabbath, to fulfill seventy years. 2 Chronicles 36:21

490 years of land not keeping the Sabbath = 70 years in exile.

If you keep the Sabbath, the Sabbath will keep you!

And He said to them, "The Sabbath was made for man, and not man for the Sabbath." Mark 2:27

Trust God with your time just as you do with your tithe.

The Sabbath is about taking 24 hours to stop, work, rest, and focus on God.

1. Money Margin - Spend less than you make

The quality of life is not always determined by the standard of life.

And He said to them, "Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses." Luke 12:15

Standard of life = possessions Quality of life = relationships

"No matter where you live, your emotional well-being is as good as it's going to get at \$75,000." Dr. Angus Deaton

Money Management: (Gen 7:7)

- 1. Preservation (Saving) (Gen 6:20)
- 2. Food (Spending) (Gen 6:21)
- 3. Sacrifice (Giving) (Gen 8:20)

Save during times of plenty so that you can survive the times of famine. (Gen 41:34)

Make Margin by:

- 1. Increasing income
- 2. Decreasing spending





1. Morality Margin - Make space between you and sin

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful. Psalm 1:1

We don't fall into sin as much as we walk into it.

Now Samson went to Gaza and saw a harlot there, and went in to her. Judges 16:1

Samson lived in Zorah, 25 miles from Gaza. It's 56,250 steps to Gaza.

"People don't ruin their life by taking one big tragic step. It's never one; more like 56,250 steps." Greg Groeshel

Wrong decisions are preceded with multiple unwise decisions. Unwise decisions are excused because they are not morally wrong.

Instead of trying to come as close to the edge of a cliff without falling, we should stay as close to Jesus as we can.

Don't ask "Is it wrong", ask "Is it wise?"

