



Week Two

Opening Prayer

God, thank you for the ways you invite us into better ways of living and deeper connection. Help us to use this time today to engage with you and one another. Amen.

Talk It Over

Jesus wants to empower and equip us to live well. That is what this new series is all about. These next few weeks we will be looking at some very specific ways God invites each of us to engage with life. Today we specifically are looking at the ways in which God desires to help us live with margin.

- What is your favorite thing to do when you have free time? Why is this your favorite thing to do?

Read and revisit our theme verse for this series: John 10:10 (TPT)

Jesus offers us a better way to live, love, and handle the challenges of life. He isn't looking to be another thing we add to our life; he desires to be a part of our whole life.

- Tell us about a time in life you treated God as an extra part of your life instead of allowing him to be a part of your whole life. If you are in that season now, feel free to tell us what that looks and feels like.

As kids, we are generally taught to play hard and rest hard. But as we leave childhood and the years pass by, we are often expected to keep piling more and more of life's demands on our plate. Many of us push ourselves to the max. In fact, many of us live on the brink of blowing up if we are asked to do one more hard thing.

- In what ways do these ideas resonate with you?
- What motivates or drives your pace of life?

Read Psalm 46:10

This week we defined margin as the space between our current load and our limits. Margin enables us to honor our limits and keeps us away from our breaking point. In other words, margin serves as a buffer and helps us live with some level of release and breathing room.

- How aware are you of your load and limits? Do you know where your breaking point is before it hits?
- How comfortable or uncomfortable are you with honoring your limits? For example, are you good at admitting to yourself and others that you have limits? Do you know your limits but still try to manage more than you would really prefer to? Explain your answer.
- This week we were asked: Is my pace of life draining peace from my life? What is your honest answer to this question?
- In what ways do you feel you could honor your limits better this season to protect margin?
- In our own life, what are the good things that often get pushed aside or get ignored once you lose your margin?
- What makes rest, slowing down, and savoring margin hard for you?

This week we heard about the term “hurry sickness”. Doctor Meyer Friedman, the cardiologist who coined the term in the 1950s, described hurry sickness as “a continuous struggle and unremitting attempt to accomplish or achieve more and more things in less and less time.”

- Doctor Meyer Friedman listed seven common signs of an unhealthy, unsustainable pace. Those signs are irritability, restlessness, workaholism, emotional numbness, neglect of health, escapist behaviors, and slippage of spiritual practices. Of these seven signs listed by Doctor Meyer Friedman, which signs do you most identify with?

Read Matthew 22:36-40 and 1 John 4:8 (NIV)

As Christ-followers, we are called to live a life of love.

- This week we heard that a life of hurry and a lifestyle of love are rather incompatible. In what ways do you agree or disagree with this statement?
- In what specific ways could more margin help you show more love?

To help us cut the hurry, we looked at Matthew 11:28-30. Read these verses in the NIV translation and two other translations.

Matthew 11:28-30 doesn't tell us God will remove our problems, but rather it helps us see that God desires to walk shoulder to shoulder with us. Dallas Willard called this “the secret of the easy yoke”. By walking linked to Jesus, he helps carry the burden of life and helps us find a pace and posture that feels lighter.

- Think of the challenges in your life this season. What would it mean for Jesus to help shoulder the burden of those challenges?
- One of the ways we can help ourselves stay linked to Jesus is by taking the time to engage with the Bible. As Christians, the point of the Bible is not to simply know Bible information, but to engage in the Bible in such a way that it helps us learn to trust God, see God, and consider the movement of God in our lives and around us. It's a book intended to help us walk with God. How has the Bible helped you connect with Jesus?

Read Psalm 23:2-3 (NIV)

This week we received a card with four questions at the service. Let's take a few moments to go through those four questions together now. As you share your answers, explain why you made the choices you did.

One — What is one thing you need to add to your schedule?

Two — What is one thing you need to subtract from your schedule?

Three — What is one thing you'd like more of this year?

Four — What is one thing you'd like less of this year?

Closing Prayer

God, thank you for your desire to be a part of our whole life. Help us to say yes to your company. Empower us to live within our limits and to enjoy the goodness that comes from a life of margin. We want to walk with you shoulder to shoulder. Amen.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressured to read all the content or to hit all the questions.

The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith in your specific group.

In addition, spend some time praying for your group each week, preparing your heart, and asking God for wisdom and guidance as you lead.