

Margin - *Running on Empty*

Margin Defined

Life is B_____ L_____ with Margin.

The S_____ between my current P____ and my L_____.

No Margin leads to B_____.

Your S_____ can no longer bear the W_____ of your life.

We all want R_____.

We think R_____ is a B_____ from L_____.

What we really N_____ is R_____.

*“Come to me, all you who are weary and burdened, and I will give you **rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest for your souls**. For my yoke is easy and my burden is light.”* **Matthew 6:31,32**

Myth: R_____ happens when the W_____ is done.

Truth: W_____ doesn't S_____, so we have to.

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1:17

Better Lived

Space, Pace, Limits

Burnout

Soul, Weight

Rest

Rest, Break, Life

Need, Restoration

Rest, Work

Work, Stop

We are Just Like Sheep.

*“The Lord is my **shepherd**, I shall not want. He **makes me lie down** in green pastures, he leads me beside still waters. He **restores** my soul.”* **Psalm 23:1-3**

Restoration begins with R_____.

R_____ is not the A_____ of something, it's the P_____ of someone.

When I stop S_____, He starts R_____.

The S_____ is S_____.

Helps us R_____ our true I_____.

Encourages us to R_____ our L_____.

What Do I Do Now?

Identify the areas that C_____ the most S_____.

Choose a time to S_____ and practice R_____.

Choose to F_____ the Good Shepherd.

Rest

Rest, Absence
Presence

Striving, Restoring

Sabbath, Solution

Remember, Identity

Remember, Limits

Create, Stress

Stop, Rest

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