



# ***Margin: Finding Balance for Overloaded Lives***

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***Finding Emotional, Physical,  
Financial and Time Margin***

***Wednesday Night Bible Study***

**April 27, 2011**

# We need to look...

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- ...back over the last four weeks to see what have we learned. The key word that is our take-away is *balance*



# Our Goal...

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- **..was to communicate a *biblical philosophy* for bringing balance to overloaded lives**

# **We established...**

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- **...at the outset that God did not design us for scrambling...He designed us for rest.**

# **God's Original Intent (Genesis 2:1-3)**

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- **God established a pattern for the way life should be when He created the world**
- **He created the world in 6 days and rested on the 7th**



# God's Decree

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- **God declared that the 7<sup>th</sup> day was to be holy, set apart.**
- **God instituted the concept of Sabbath rest at the time of creation**

# The answer...

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- ...to our overloaded lives is **margin... having the physical, emotional, financial and time reserves to respond to God-given opportunities**

# We need...

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- ...emotional margin to help us balance our reaction between the things we can control and the things we cannot.

# We need...

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- **...physical margin to help us find a balance between diet, activity and rest.**

# We need...

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- **...financial margin to help us maintain a good balance between our income and our expenses.**

# We need...

- ...time margin to keep us from succumbing to the tyranny of the urgent...keeping the right balance between what is important and what is not.

# **But what does...**

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- **... a well-balanced Christian life with margin really look like. Is there a biblical example for us to see and emulate?**

# Colossians 3:15-17...

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- ...gives us four characteristics of a well-rounded or balanced Christian life.



# Colossians 3:15

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- Let the *peace of Christ* rule in your hearts, to which indeed you were called in one body; and be thankful.



# Colossians 3:16

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- **Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and hymns and spiritual songs, singing with thankfulness in your hearts to God.***



# Colossians 3:17

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- **Whatever you do in word or deed, *do all in the name of the Lord Jesus, giving thanks through Him to God the Father.***

# Characteristic #1

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- ***A well-balanced life is motivated, saturated and dominated by the word of God.***



# Colossians 3:16

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- **Let the word of Christ  
*richly dwell* within  
you...**

# We must...



- ...know the word
- ...understand the word
- ...apply the word

# We must...



- ...*interact* the text
- ...*meditate on* the text
- ...*memorize* the text

# Characteristic #2

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- *A well-balanced life is involved in a mutual or shared ministry with other believers.*



# Colossians 3:16

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- **...with all wisdom**  
***teaching* and**  
***admonishing* one**  
**another**

# We must...



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- *...maintain the unity of the body in the bond of peace*

# Characteristic #3

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- ***A well-balanced life is a life that is infused with a spirit of celebration.***



# Colossians 3:16

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- **...with all wisdom teaching and admonishing one another with psalms *and hymns and spiritual songs, singing with thankfulness in your hearts to God.***



**We need great...**

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■ ***...music***

■ ***How Great Thou Art***

■ ***It Is Well with My soul***

■ ***Majesty***

# Characteristic #4

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- *A well-balanced life should exhibit a God-honoring consistency.*



# Colossians 3:17

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- **Whatever you do in word or deed, *do all in the name of the Lord Jesus, giving thanks through Him to God the Father.***

# The world is...



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- *...watching us. The text includes all of our actions...words and deeds.*

# Emotional margin...

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- *...demands a self-differentiated view of self, a realistic view of the world and others, and a supportive network of friends and family.*

# Philippians 4:11-12

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- **<sup>11</sup>Not that I speak from want, for I have learned to be content in whatever circumstances I am.**
- **<sup>12</sup>I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.**

# Physical margin...

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- *...demands a healthy respect for your body as the temple of God and the recognition that you are not allowed to make unilateral decisions about how you love your life.*

# 1 Cor. 6:19-20

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- **“Or do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God and that you are not your own? For you have been bought with a price. Therefore glorify God with your body,”** (1 Cor. 6:19-20; Phil. 1:20).

# Financial margin...

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- *...demands that you define your values and then choose a lifestyle that is consistent with those values.*

# Luke 12:15

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- **Then He said to them, "Beware, and be on your guard against every form of greed; for not even when one has an abundance does his life consist of his possessions."** (See Luke 12:13-21)

# First Priority

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- Before you can restore financial margin to your life, you must settle the issue of Lordship once and for all. Who has the right to rule your life?

# Time margin...

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- *...demands acceptance of the fact that you cannot manage time...you can only manage yourself. The more clearly you articulate your priorities, the more effectively you can utilize your time.*

# 1 Chronicles 29:15

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- **“For we are sojourners before You, and tenants, as all our fathers were; our days on the earth are like a shadow, and there is no hope.**

# Henry David Thoreau

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- **“Sometimes in a summer morning, having taken my accustomed bath, I sat in my sunny doorway from sunrise to noon, rapt in a reverie.”**



# A Freebie

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- **The average adult spends over 30 hours each week watching TV. No other single effort will buy you more time margin.**