

“Busy” has become the visible badge for validation of self-worth in our day.

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“What is margin? Margin is the space left over between our load and our limits. It is the amount allowed beyond what is needed. It is something held in reserve for contingencies and unanticipated situations.

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It is the gap between rest and exhaustion, the space between breathing freely and suffocating... Margin is the opposite of overload.”

—Dr. Richard A. Swenson

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³⁸Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed Him into her house. ³⁹And she had a sister called Mary, who sat at the Lord's feet and listened to His teaching. ⁴⁰But Martha was distracted with much serving. And she went up to Him and said,

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“Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” ⁴¹But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, ⁴²but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.” —Luke 10:38-42 ESV

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“Our relationships are being starved to death by velocity. No one has the time to listen, let alone love.”

—Dr. Richard Swenson

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Distractions That Reduce Our Time
and Increase Our Stress

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“Your greatest danger is letting
the urgent things crowd out the
important... an insidious
tendency to neglect important
tasks that do not have to be
done today—or even this week.”

—Charles E. Hummel
Tyranny of the Urgent

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What needs to be left undone
in your life?

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Luke 10:29-37

-.010.tiff

“If Satan cannot make us really bad,
he’ll work to make us really busy.”

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Decisions That Reduce Your Stress
and Increase Your Margins

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“There are far more activities and opportunities in the world than we have the time to invest in, and although many of them may be good, or even very good, the fact is that most are trivial and few are vital.”

—Greg McKeown, *Essentialism*

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¹⁵Look carefully then how you walk, not as unwise but as wise,
¹⁶making the best use of the time, because the days are evil.

—Ephesians 5:15-16 ESV

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A simple “No” is the secret to your “Best Yes”.

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“Your calendar is more than merely the organizer for what needs to get done; it’s the primary tool for helping you become who you want to become.” —Bill Hybels

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- What needs to be left undone in my life?
- Do I confuse motion with progress?
- Am I planning activities without margins?
- Do I schedule work tasks only, or do I schedule “life time” also?
- Who do I want to become?
- Can you identify your greatest goal or role with a single word?

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