September 4, 2022

Emotional Margin (Luke 10:38-42)

## *Make margin to protect your most important relationships.*

*BumperIn*

# Hook – To the Limit (5min, -35min)

* You learn lessons by listening or living. I had to learn the hard way.
* Years ago, I was living life at a frantic pace. Young kids, growing church, developing staff and leaders, and my doctorate! I was running late for an appointment, left last meeting because I couldn’t say no, what can I do on the way to my next appointment? Calling people, hoping for voicemail, thinking about my calendar while in the car, got my kids schedule in my head and what I need to do that night, and worried about bills. I show up for the meeting and act calm and composed, but I am spinning inside. I listen half-way – but half of my mind is thinking about the next thing, and I am never really present.…
* The person called a day later…Scott, I was hurt about our meeting – it didn’t feel that you were really there. I really wanted to meet with you, but **I would rather not meet than have you halfway there.**
* My problem? I didn’t have any MARGIN.
	+ I learned my lesson, and I made changes.
	+ *Today we will talk about Margin, and what it takes to get it in your life.*

## *Prayer*

# Only One Thing (7min, -30min)

## \*Luke 10:38-42 (p.863)

*Mary and Martha lived near Jerusalem in a town called Bethany. Their brother was Lazarus, whom Jesus would later raise from the dead.*

 38As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. 39Her sister, Mary, sat at the Lord’s feet, listening to what he taught. 40But Martha was **distracted** by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.”

 41But the Lord said to her, “My dear Martha, you are worried and upset over all these details! 42There is **only one thing** worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

## \*Martha was working hard on important tasks.

* + There is nothing WRONG with what Martha was doing – she was making a meal! This was expected hospitality for the day. She was working hard, and it was important.
	+ Lesson – working hard does not mean you are doing the right things in the right order. First things first.
	+ RESULT?
		- She is worried and upset at her sister (and Jesus)
		- …know the feeling???

## \*There is only one first thing – Jesus and His Kingdom.

* + Mary found that – and sat at the feet of Jesus as a disciple – though that broke all cultural rules for women.
	+ Mary wasn’t skipping her responsibilities but putting first things first.
	+ Seek FIRST the Kingdom (Matt 6:33)
	+ “If the Devil can’t make you bad, he’ll make you busy.”

## \*Make margin to protect your most important relationships.

* + Problem – we try to squeeze Jesus, relationships, rest, and health into crammed full lives.
	+ Everything on our list “HAS TO” be done.
	+ Do more, have more, participate more, serve more, help more, more, more, more, MORE.
		- **Leaves us empty.**
		- Nothing left for Jesus, loved ones, and the simple joys of life.
		- Relationships suffer without space.

### \*“If you make yourself busy as a bee, one day you may come home and find your honey gone.” Don Davenport

# Understanding Margin (8min, -23min)

* Book by Richard Swenson, MD – Margin. Sermon series by Craig Groeschel at LifeChurch in Oklahoma. We have talked about it a lot here, too.
	+ **Why important? We are stressed and anxious!**
	+ From back cover: Overload is the disease of our time. Margin is the cure. Margin is the space that once existed between ourselves and our limits. It is something held in reserve for contingencies or unanticipated situations.…We don't have margin because we overwork, overcommit, overspend, and overeat.
	+ **We need space: for the unexpected, for breathing room, to protect.**

## \*Margin is the space before your limits.

* + If you have $100 and you have $70 of bills, you have $30 of margin.
	+ If you have 30 minutes and you need 20 minutes to get somewhere, you have 10 minutes of margin.
	+ Sound good?

### Symptoms of low margin:

* + - Busyness – have to have something on my schedule, cultural success
		- Moms – feel guilty if I spend 5 minutes on myself – that is crazy
		- Many men – got to achieve more, conquer more, make more – that is what will give me significance.
		- We need margin!

## \*Margin is reserve in your tank.

* + When Joseph knew a famine was coming – what did he do? Reserves.
		- Wisdom and astrength for the storms.
	+ Financial, emotional, scheduling, moral – these are our four topics
		- Reserve finances, time, emotional bandwidth, support against temptation
	+ How are your reserve tanks here?

## \*Margin is space protecting your priorities.

* + What is most important to you?
		- Faith, marriage, time with kids, health, rest
	+ Fire safety in mountains – margin between your house and potential fire, called “defensible space.” The fires will come.
	+ Create space between your boundaries and what is most important to you.

### //Examples

* + - Margin is having extra time in your life – whoa!
		- Margin is putting first things first.
		- Margin is knowing you are loved by God, and living with that confidence.
		- Margin is having extra money left over – life changing.
		- Margin is having emotional room so that when someone you love shares their problem with you, you don’t unload on them because you are overwhelmed.
		- Margin is leaving room before temptation so that you keep yourself from stumbling into a life-destructive behavior.
		- Margin is time with God, a rhythm of peace and overflowing life and joy.
	+ **You are made to have margin!**

# Be Still, Psalm 46, Prayer Time (5+5min, -15min)

## \*Margin only happens through deliberate choices.

* + It is possible – you can do it with God’s help and support.
	+ This will require rethinking time, money, routines, temptation, relationship.
	+ We are going to start that today – learning to BE STILL.

## Workaholic story

* + //I have a friend who went to counseling for being a workaholic – prescription: sit still for 5 minutes a day, and don’t produce anything. Easy – nope! 30 seconds in, “I can’t do this, I have to work!” Had to keep working on it. Still a habit he has. We all need daily time with God. Be still.
	+ Going to do that right now.

## \*Picture from Green Room (on stage)

* + In the “Selah” moments, reflect on the words and on God.
	+ God’s voice is never one of condemnation. Hear HIS voice.

Psalm 46

1God is our refuge and strength,

always ready to help in times of trouble.

2So we will not fear when earthquakes come

and the mountains crumble into the sea.

3Let the oceans roar and foam.

Let the mountains tremble as the waters surge!

Interlude

4A river brings joy to the city of our God,

the sacred home of the Most High.

5God dwells in that city; it cannot be destroyed.

From the very break of day, God will protect it.

6The nations are in chaos,

and their kingdoms crumble!

God’s voice thunders,

and the earth melts!

7The Lord of Heaven’s Armies is here among us;

the God of Israel is our fortress.

Interlude

8Come, see the glorious works of the Lord:

See how he brings destruction upon the world.

9He causes wars to end throughout the earth.

He breaks the bow and snaps the spear;

he burns the shields with fire.

**10“Be still, and know that I am God!**

**I will be honored by every nation.**

**I will be honored throughout the world.”**

11The Lord of Heaven’s Armies is here among us;

the God of Israel is our fortress.

Interlude

## Pray together

* + After psalm, turn to others and pray for our church – good for Labor Day.
	+ Grab Prayer Card if you need.
	+ Pray for new people to come – and commit to inviting others.

# Emotional Margin (Relationships) (5min / -5min)

## Balloon object lesson

* + Inflate and draw happy face on balloon.
	+ **When margin increases, joy increases.**
	+ **\*When margin decreases, stress increases and relational closeness decreases.**
		- Squeeze balloon – face not so happy – keep going and POP!
		- Your relationships will suffer greatly.

## \*Habits for emotional margin:

### Boundaries: say No to leave space before limits

* + - Leave emotional margin for those you love – don’t give it all away at work
		- Studies have shown you do better with breaks and limits. Overworking does not lead to greater productiveness – and it hurts your loved ones.
		- Enjoy people! Celebrate time with those you love!!

### Priorities: say Yes to who is most important (God, family, friends, self)

* + - Schedule in first things first. (and leave space for interruptions)
		- Rest and play – turn on the music at home and DANCE!

### Beloved: your heart filled each day with the perfect love of the Father.

* + - Incomparable and needed by each human heart.
		- All other loves will disappoint us, at varying levels.
	+ *The call is to RHYTHM (not laziness) – to have strength and rest to follow Jesus and serve – while in everyday life.*

## \*What I have learned (punch)

* + I opened by sharing how I was overloaded. I learned to say no by accepting this lesson – I am going to disappoint someone…who will it be? I made a choice that it would not be my wife or kids. There is more than one pastor in the world and in our church, but my kids only have one dad, and Hannah has only one husband (I hope).
	+ About monthly, someone tells me, “I feel like you are not available.” I meet with about 40 people per month, set aside openings for visitors and care needs, and I am here every Sunday. I had to learn to be OK disappointing people that I care about.
	+ But my family knows I am available for them – and that is shown with my actions.
* *Will you make margin for what matters most?*

*Close in PRAYER.*

*Bumper Out: Psalm 46 video*

Benediction – Matt 11:28-30

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”