

OVERLOADED LIVES

SCHEDULING WISELY

12-6-15

Progress means: “Proceeding to a higher stage of development.”

Robert Nisbet

“Margin has been stolen away, and progress was the thief.”

Richard Swenson, M.D.

Margin means: An extra amount allowed beyond what is needed.

From last week:

Matthew 11:29a ***“Take My yoke upon you. . .”***

YOKE: Symbolized a partnership and submission.

When I’m “Yoked” with Christ, we move together in the same _____ & at the same _____.

Ephesians 5:15-17 - Be very **careful**, then, **how you live** – not as **unwise** but as **wise**.¹⁶ making the most of every opportunity, because the days are evil.

¹⁷ **Therefore** do not be foolish, but understand what the Lord's will is.

1. ***I would encourage you, when you are making decisions about your schedule, to fill in the blank with whatever is important in your life right now.***

➤ In light of _____, is it wise?

2. _____ **QUESTIONS: *Is it right? Is it wrong? Can we do it?***

3. THE WISE QUESTION: *IS IT THE WISE THING TO DO?*

➤ HOW DO WE SCHEDULE WISELY?

4. *We must learn and have the courage and faith to say, "No," to many good things, so that we can say, "Yes," to the wise things.*

Romans 12:1-2 - Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Conform means: *To fashion alike, i.e. conform to the same pattern.*

➤ **As soon as you get rushed or overloaded, the two most important things that we should never let go of are the very first things to go.**

1) **INTIMATE _____ WITH _____.**

Matthew 6:33-34 - But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 7:24-27 - "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. ²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

2) **INTENTIONAL _____ OF _____.**

Matthew 11:28-29 - Come to me, all you who are **weary and burdened**, and I will give you **rest**.²⁹ 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**.

Deuteronomy 5:13-14 - Six days you shall labor and do all your work,¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, . . .

Exodus 23:10 - "For six years you are to sow your fields and harvest the crops, 11 but during the seventh year let the land lie unplowed and unused.

The book, *Margin*, by Richard A. Swenson, M.D.

Next step: Do you have a consistent intimate time with God?