

# balance

## INTRODUCTION

## Balance—Part 2

Too much to do. Too little time. Too many choices. Too many expectations. Sometimes, it's just too much.

In today's world, it seems like a badge of honor to be busy. But is it really God's will that we constantly be under stress and deadlines? Is there a better way to navigate life?

Throughout this series, we'll explore biblical strategies for maintaining a healthy balance in our lives, and how to deal with life when it's simply too much.

## DISCUSSION QUESTIONS

1. What are some of the things that currently cause you stress in your day?
2. How is that stress affecting your life?
3. *Margin is the amount available beyond what is necessary.* Explain what margin looks like in your life right now.
4. What are some specific ways you can begin the process of reducing stress in your life and creating more room?
5. Do you find that you struggle more with creating room for God, for others or for yourself? Why do you think that is?
6. Read Matthew 11:28-30
7. How have you found rest and comfort through Christ? How did that rest ultimately lead to satisfaction?
8. While it sounds simple, why do you think it is so difficult for many of us to rest and be still before Christ?
9. How have you seen your intimacy with God and others affected as a result of not having margin or room in your life?
10. Read Ephesians 5:15-17. What is Paul encouraging us to do in this passage? Why do you think it is so important? What do you think is stopping you from following this example?
11. What is something in your life that is out of balance, and what steps can you take this week to focus this area of your life back on God?

## APPLICATION

### KEY VERSES (HCSB)

Mark 4:35-41  
Luke 5:15-16  
Matthew 11:28-30  
Ephesians 5:15-17