

# MAKING SPACE TO SLOW THE PACE OF YOUR LIFE OVERLOADED

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## YOU CAN BE OVERLOADED BY:

Activity	Work	Information
Choices	Debt	Accessibility
Change	Worries	The Pace of Life

*"I have no peace! I have no quiet! I have no rest! And trouble keeps coming!"*  
**Job 3:26 (GW)**

**MARGIN: IS THE \_\_\_\_\_ BETWEEN MY LOAD & MY LIMITS**

**LIVING WITH A MARGIN:** Not using up all I have, but reserving some of my time, energy, and resources for the unexpected.

*"Work for six days and rest the seventh so your ox and donkey may rest and your servant and migrant workers may have time to get their needed rest."* **Exodus 23:12 (MSG)**

## THE BENEFITS OF LIVING WITH A MARGIN

- **HEALTHIER** \_\_\_\_\_
- **HEALTHIER** \_\_\_\_\_
- **HEALTHIER** \_\_\_\_\_
- **AVAILABLE FOR** \_\_\_\_\_ **TO USE YOU**

## FIRST STEPS TO LIVING WITH A MARGIN

### 1. ACCEPT MY HUMAN \_\_\_\_\_.

*"I see the limits to everything human, but the horizons can't contain your commands!"*

**Psalm 119:96 (MSG)**

*"Our time is limited. You have given us only so many months to live and have set limits we cannot go beyond."* **Job 14:5 (NCV)**

ASK YOURSELF WHAT \_\_\_\_\_ TO OVERLOAD  
YOUR LIFE?

*"For example, some people don't have friends or family. But they are never satisfied with what they own, and they never stop working to get more. They should ask themselves, Why am I always working to have more? Who will get what I leave behind? What a senseless and miserable life!"* **Ecclesiastes 4:8 (CEV)**

### 2. \_\_\_\_\_ PROBLEMS AND DELAYS.

*Jesus: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."* **John 16:33 (NIV)**

*"Sensible people will see trouble coming and avoid it, but an unthinking person will walk right into it and regret it later."* **Proverbs 22:3 (GNB)**

### 3. ADD BUFFER SPACE IN MY \_\_\_\_\_.

*"It is senseless for you to work so hard from early morning until late at night, fearing you will starve to death; for God wants his loved ones to get their proper rest."*

**Psalm 127:2 (LB)**

#### 4. \_\_\_\_\_ **MY ACTIVITIES REGULARLY.**

*"There is a time to look for something and a time to stop looking for it. There is a time to keep things and a time to throw things away." **Ecclesiastes 3:6 (NCV)***

*"We are surrounded by a great cloud of people whose lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way and the sin that so easily holds us back."*

**Hebrews 12:1 (NCV)**

**MEMORY VERSE:** *"Everything is permissible for me but not everything is beneficial."* **1 Corinthians 6:12 (NIV)**

*"Now go! Make the people holy. Tell them, Set yourselves apart to the Lord for tomorrow. The Lord, the God of Israel, says some of you are keeping things he commanded you to destroy. You will never defeat your enemies until you throw away those things."*

**Joshua 7:13 (NCV)**

### **MY NEXT STEPS TODAY:**

- I will memorize **1 Corinthians 6:12 (NIV)**
- I will accept Christ for the first time
- I will join the New Life church family
- I will sign up for the next baptism
- I will sign up for the next membership classes
- I will attend the rest of this sermon series
- I will discover what drives me to overload my life

LORD HELP ME LIVE WITH \_\_\_\_\_.

Join us next week as we continue our new sermon series:

## Overloaded Part 2

*Learning to Slow Your Pace*

Join us on our **Prayer Line** by calling  
(480) 660-2242. Enter access code, 1919#. The prayer line is **open daily from  
6am-7am CST.**

**2 Online Live Streaming Services Available:**  
Visit us at [www.newlifeestl.org](http://www.newlifeestl.org), [Facebook](#), [Twitter](#)  
or [YouTube](#) Channel (New Life Community Church  
East St. Louis)

**Saturday**

6:00pm

**Sunday**

11:00am

You may honor God with your tithes and offerings by visiting our **website**,  
[www.newlifeestl.org](http://www.newlifeestl.org) and clicking on the **"GIVING"** tab. You can also use **PayPal**, **Givelify**,  
**Push Pay** from our church app (New Life Community Church ESL),  
**Text to Give** (text NewLifeEstl to 77977) or **Cash App** (\$Newlife1919-please add full  
name in note section)