



# BREATHING | ROOM

WARM UP

Gasping for Air

## How was your Christmas and New Years?

SET IT UP

Our tendency is to run everything right to—or beyond—the edges. Our schedules, commitments, spending, pace, and expectations are full or overflowing. We lack “margin.” Margin is the space between our load and our limits. With a culture that drives toward always stuffing more into our lives, many of us are left gasping for air.

CHAT IT UP

1. **True or False: It is good to be busy.**
2. **What’s one area of your life that you would like to be different this year?**
3. **How do you typically respond to the stress of being overloaded?**
4. **Read Psalm 39:1-7.** When David faced overwhelming circumstances he asked God to help him remember the shortness of life. **Why does it help to remember that life is short?** (Answer: Gives us much needed perspective on the circumstances, our lives, and eternity.)
5. **Read verse 7 again. Where does David end up after thinking about life’s shortness?** (Answer: Trusting God instead of fearing circumstances or people.)
6. Mark talked about several areas where we might need breathing room: finances, relationships, work, time to think, schedule, etc. **What area of your life needs breathing room?**
7. Close out the discussion by helping each other come up with a step in the right direction for that area of life.

WRAP IT UP

The best things in life happen in the margins. It’s in the margins where we find the time and energy to love people and love God. When we live without margin, our emotions become strained, our relationships become superficial and our hearts become shriveled. There is a better way to live—with breathing room.

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## LEADER TIPS

- The True or False question is meant to be ambiguous. The discussion springs from the fuzziness of the question. Have fun with it. Ask “What makes you say that?” or the opposite side of the equation to have a robust conversation.