



## KEY THOUGHTS

- When our emotional, physical, relational, and spiritual tanks get low, danger lurks. This is more than simple exhaustion.
- Signs you are running on empty:
  - Minor setbacks seem major.
  - Difficulty focusing, even on small tasks.
  - Relationships feel like a chore.
  - Less lighthearted, humorous, or excited throughout your day.
  - Less optimistic about projects, goals, relationships, etc.
  - Less stamina; more physically tired.
  - Growing apathy.
  - New physical patterns: change in sleep or eating habits, loss of function, new physical symptoms.
  - Less engaged in conversations.
  - Loss of patience.
- Empty is not a good condition in which to run. You can run like this for a while, but not for extended periods.
- But THERE IS HOPE!
- The Old Testament word shalom – peace, well-being. Has very little to do with “absence of war” or having restful circumstances, but a deep rest that all is well.
- Isaiah 54:10,13 – again, the mountains are removed and the hills are shaking, but there is a covenant of shalom (well-being) God has with His people.
- This gets carried over to the New Testament, for Jesus is our Prince of Peace (Isaiah 9:6).
- One of the many examples of Jesus bringing peace: less than two full days after the crucifixion, His followers would have been terrified, stressed, blaming each other, feeling alone and vulnerable. As the resurrected Jesus entered into their room of hiding, He spoke these simple words, “Peace be with you.” (John 20:19) Of all the gifts He could give them, He gave shalom.
- We get that kind of peace through Him, via the instrument of margin.
- Margin is the “extra space” that gives us buffer. Here’s why it’s important:
  - Margin cushions us from mishaps.
  - Margin is a shield to ensure shalom.
  - Margin is the space where God works.

- Over this series we'll look in Jesus' longest recording message, the Sermon on the Mount (found in Matthew 5-7). Here, Jesus addresses what life looks like if we are following His way. In multiple areas of living, we'll see Jesus' instructions on how we create margin and ask God to work.
- It's not enough to get rest; we need shalom.

## SCRIPTURES

- Isaiah 54:10,13
- Isaiah 9:6
- John 20:19

## RESOURCES

- John Mark Comer, The Relentless Elimination of Hurry

## PRACTICAL AND REFLECTION

- How many symptoms do you demonstrate for running on empty?
- Are you more likely to worry about running on empty or write it off as not a big deal?
- Make a commitment to be a part of our gatherings, or watch online, over these next 7 weeks, as we address carving out margin where God can work.