

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: Our lives are busy and fast-paced. The lack of margin increases our stress and shortens our tempers. It can distract us from the most important things in our lives . . . and our relationships suffer. It can even affect our relationship with God because there's a connection between our willingness to create margin and our faith. Life is better with breathing room.

» Main Points

- Breathing Room is the space between our current pace and our limits.
- Our fear of not mattering much has the potential to draw us away from what matters most.
- Don't take everything to the limit. Make space.

» Getting Started

- What is one of your favorite memories from 2022? What is something you are looking forward to in the new year?

» Observation

- Read and reflect on Leviticus 19:9–10; Deuteronomy 24:19; Matthew 6:31–34
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

reachout

- As a family, take some time this week to declutter your house. Maybe one night each person takes their bedroom/closet, another night everyone works on the kitchen, another night the family room, and eventually the basement. Talk about what it means to have space in your house as well as your life.

growdeep

- Do you prefer a clutter-free life or do you tend to gravitate toward messiness? How does that preference affect your daily life?
- As you look back on last year, how much breathing room did you have in your schedule? In your relationships? In your finances?
- “Your happiness can be measured by the quality of your relationships, not your prosperity or your progress.” Do you agree with this statement? Why or why not?
- Reread Matthew 6:31–34. Why is it so challenging to live out what Jesus commands in this verse?
- Where do you need some breathing room in your life? What is one thing you can do this week to begin to create it? What can this group do to support you?

partner with families

- Talk as a family about a space in your home that has become cluttered and how you can work together to clean it up and make some space.

» Next Steps and Prayer

- No matter what you do, you're going to live within limits—the limits culture drives you to, the limits fear places on you . . . or the limits your heavenly Father will lead you to. What's at stake isn't your progress. It's your peace.
- Close by praying that God would help you see the places where you need to declutter and make space for the unexpected.