

Sermon Notes
“The Problem of Pain and Overload”
Matthew 11:28-30
Part 1 of Living with Margin
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Definition of Margin: “The space between our load and our limits.”

Margin . . .

- grants freedom and permits rest.
- nourishes relationship and service.
- allows us to be available for God’s purposes.
- is beneficial to our health.

Questions for Reflection:

1. What does Sabbath look like for you now?
2. Where are you overloaded and feeling stressed?
3. Where do you need to begin to set some limits?
4. How can you begin to establish a sacred rhythm in life?