

**Sermon Notes**  
**“Margin in Emotional and Physical Energy”**  
**Philippians 4:10-13**  
**Part 2 of Living with Margin**  
**August 12, 2018**  
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**Read Philippians 4:10-13**

**Series Recap:** Margin = the space between our *load* and our *limits*.

**1. Protecting and Replenishing our Emotional Margin:**

- Cultivate social support systems.
- Serve one another.
- Rest.
- Create appropriate boundaries.
- Offer thanks.
- Laugh.

**2. Restoring Physical Margin:**

- Take personal responsibility.
- Nurture your emotional vitality (see above).
- Change your habits.