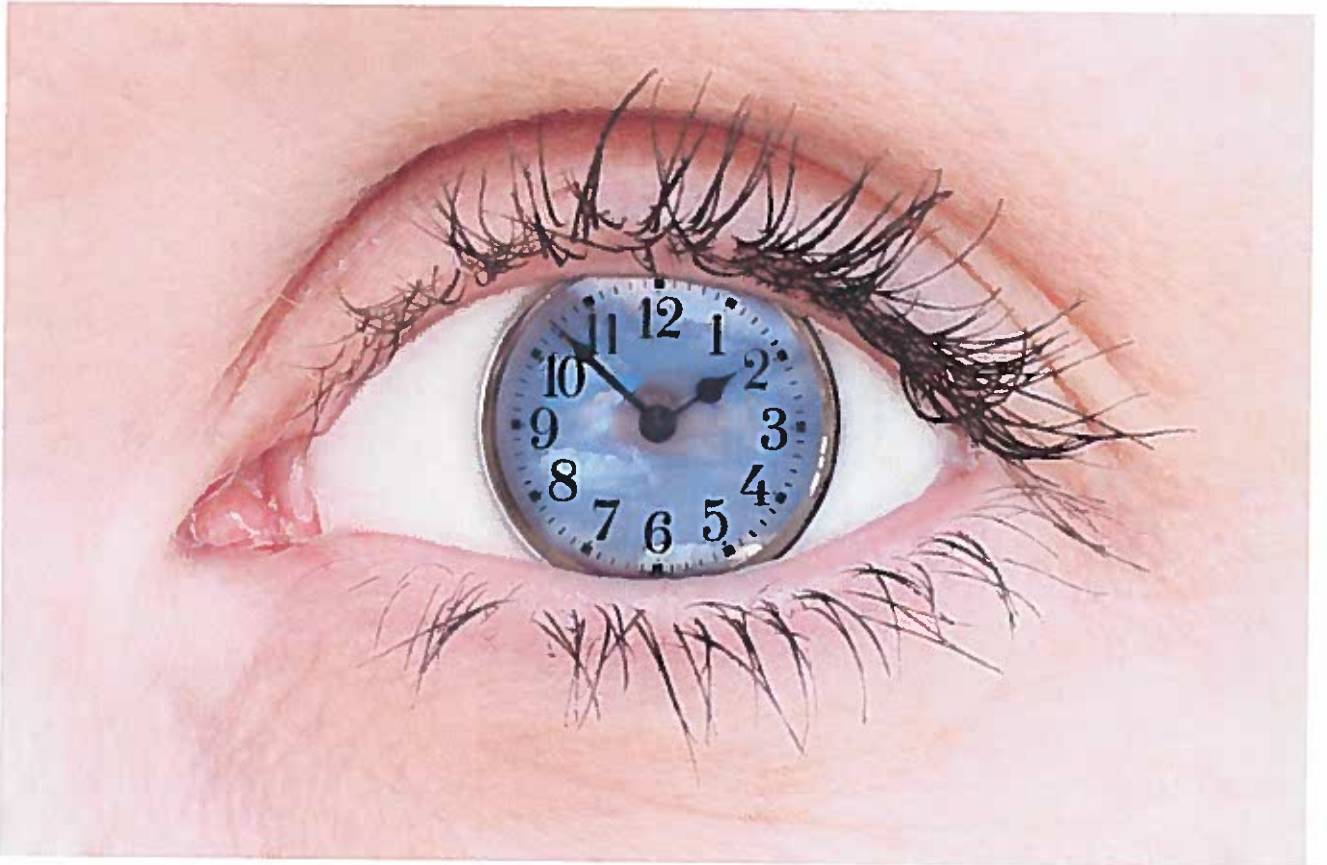


Time



Put the bread of the Presence
on this table
to be before Me
at all times.
Exodus 25:30

April

Time

Pace; being centered (not balanced); management skills; perspective

How do I manage my time?
Time seems more valuable than money.
Why am I exhausted all the time?
Why is finding balance so hard?

Scripture-based exploration

Blue Book: Time, Balance, Spaciousness, Between

A closer look at the disciples

Jesus' busy day; times He's bombarded. Slow down to be with people.

Parable of the Sower (What are your weeds?)

Mary and Martha (Luke 10:38-42) (Which sister do you tend to identify with? How does this account inform your lifestyle and your relationship with God?)

Non-Scripture readings

Emotionally Healthy Woman, chapter on Overfunctioning, Geri Scazzero

In the Name of Jesus, Henri Nouwen

Margin, Richard A Swenson, MD

Boundaries, Cloud and Townsend

Gospel In Life, Tim Keller, section on idolatry

Tyranny of the Urgent article (thanks, Summers!)

Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives, Wayne Muller

Sacred Rhythms: Arranging Our Lives for Spiritual Transformation, Ruth Haley Barton

Celebration of Discipline: The Path to Spiritual Growth, Richard Foster

None Like Him: 10 Ways God is Different from Us (And Why That's a Good Thing), Jen Wilkin

Online

Simon Sinek's "Why Leaders Eat Last"

<https://ruleoflife.com> to create a "rule of life" (thanks, Rebekah!)

Artwork for the creatives

- Look at Salvador Dali's painting "Persistence of Memory" and respond
- Create a collage of words for an average day or week in your life; then a collage of what you want it to look like
- Create a visual of your capacity with all the spheres (roles, activities) of your life represented

Movies

"About Time" with Domhnall Gleason and Rachel McAdams. Yes, one character in particular says a lot of cuss words. We hope you can see around that into the characters. (Trailer: <https://www.youtube.com/watch?v=7OIFdWk83no>)

Questions to ponder

- Would you describe time as your tyrant or your servant?
- How can you do less so that you can do more?
- What is your biggest problem with time? think at a philosophical level as well as a practical level.

- On a good day, evaluate how you managed your time. See if that can inform the rest of your schedule.
- Am I interruptible? Do I have time for the nonprogrammed things in my life?
- React to this: For us, time often is not about good versus evil, but good versus good. There are so many good things in our schedules that we struggle to discern what's *best*.
- Do you ever see Jesus in a hurry? What is **hurry** the opposite of?
- Being with people can be inefficient. Can you still enter into relationship, knowing that, and knowing you do not have control over how a relationship flows through time?
- Have you ever created a "rule of life"? A rule of life brings together the concepts behind spiritual formation (developing Christ's character within us) and the spiritual disciplines (practices).

Music and worship

I'm not in a Hurry, Lay It All Down, You Carried Me, United Pursuit

Vapor, The Liturgists

Not With Haste, Mumford & Sons

In Awe, Hollyn

Your life stage = lots of demands. Check what applies to you:

- | | | |
|---|--|---|
| <input type="checkbox"/> maintaining friendships | <input type="checkbox"/> Sunday church | <input type="checkbox"/> involved in a life-stage group |
| <input type="checkbox"/> working on your marriage | <input type="checkbox"/> involved in the community | <input type="checkbox"/> managing your bills and debt |
| <input type="checkbox"/> involved at church | <input type="checkbox"/> working full-/part-time | <input type="checkbox"/> cleaning your home |
| <input type="checkbox"/> having a hobby or two | <input type="checkbox"/> cooking meals | <input type="checkbox"/> taking care of littles |
| <input type="checkbox"/> time alone | <input type="checkbox"/> taking care of parents | <input type="checkbox"/> taking care of yourself |
| <input type="checkbox"/> volunteering | <input type="checkbox"/> sleeping | <input type="checkbox"/> staying fit, working out |
| <input type="checkbox"/> investing in a personal relationship with God (quiet time) | | |

Big Gathering, Week One: Godspeed video

Discussion Questions for your group

- How do you relate this video to your life?
- Jesus is called "a 3-mile-an-hour God." How do we miss Jesus because we're going so fast?
- How do we damage relationships with our fast pace?
- What makes us think we have to go so fast if Jesus moved slowly? What would it look like for you to slow down, to move toward being a 3-mile-an-hour person?

Week Two: Centered, Not Balanced (Rebekah Peterson)

Do you remember going to the playground as a kid and getting on the teeter-totter? Or what about a bounce-house? Or have you recently been to one of the new trampoline parks? When I am on any of these things, I realize that 1. I am not very coordinated and 2. balance is HARD! So many small parts go into finding balance... sometimes it's things we have control over, like when standing on one leg; but other times there are forces completely outside our control - like in the bounce-house or trampoline. And the more we focus upon how unstable and wobbly we feel, the more we shake, stumble, and eventually fall down.

We can understand it when talking about toys and trampolines - but what about life as a whole. Wouldn't you love to say that you have a balanced life? Areas and people in your life are getting the time and attention they need (including you)... but is this a realistic goal? Can we live a "balanced" life? Did Jesus live a balanced life? I would say He lived a centered life, but not a balanced one. He was up early, forgot to eat, slept little, didn't keep to anyone's schedule, stopped to talk and heal and be with people on His way places. But He wasn't rushed. He was fully aware of who He was and what He was about (John 6:38). Jesus was focused, centered, on the Father's will. Therefore, He was not swayed by the disciples' wishes, the crowds' demands, or the manipulation of the Pharisees.

Let's try something (if you are able):

Stand up

Take a deep breath & release it

Lift one foot off the ground (it doesn't have to be high)

Stand up straight - don't allow yourself to lean into your standing leg

Find a focal point and concentrate upon it

Breath in & out

Place your hands before you like you are praying (called prayer center)

Breath in & out

Close your eyes (still on one leg and with hands prayer center)

Focus on your breathing (in and out, in and out)

Stay here for a few seconds up to a minute, then open your eyes and put your foot down.

- What did you notice during this exercise?
- What were you focusing on?
- Did you get distracted? By what?
- Did you tip to one side or the other?
- What did you notice about your inner dialogue with yourself?

I love to do barre for exercise. Not only is it ALWAYS challenging, but I HAVE to focus. I can't be solving the "problems of the world" or making my grocery list or even noticing what those around me are doing. I have to pay attention to my body and think about what I am doing. There is no auto-pilot during class! I need to breath deeply and keep my core strong. When my core, my abs and inner dialogue, are firm, I am not rocking back and forth. I stand strong. I am not shaken.

One of the reasons I fell in love with barre is the correlation between it and my spiritual life. When I am centered and focused on God, I am not shaken by life's events. I am able to move and walk through life while not being tossed about by the wind.

Try the standing exercise again. This time think about your center, your core. Hold it tight. How was your experience different?

Are there things in your life right now that are causing you to be off balance? Are you distracted, too busy, too tired to be centered on God? Right now, how centered would you say your life is?

Life is cyclical. There are seasons and events and feelings and struggles that come for a time, leave, and sometimes return. How would you describe your life right now? Is there a rhythm to your life (as a whole)? Not a schedule, but a rhythm. Can you see in a month (or so) the ebbs and flows of life? Do you have times of silence, reflection, worship, prayer, thanksgiving, lament, rest? (Maybe not all in one day, but is there space? Do you make space?)

Something I notice often is how tired (if not outright exhausted) women usually are. Could it be that there is not much rhythm to our lives? We instead live in either soon-to-be emergency mode or full out emergency mode. There is a Christian tradition called a rule of life. (Honestly, when I first heard about it, I didn't want to participate because I don't really like rules, unless I make them! But I found out it is spacious freedom!) I equate it to more to a rhythm of life (than a rule) because "it speaks of regularity that the body and soul can count on, but it also speaks of the ebb and flow, creativity and beauty, music and dancing, joy and giving ourselves over to a force or power that is beyond ourselves and is deeply good" (Sacred Rhythms, p.147). The rule of life asks: Who do I want to be? How do I want to live? How do I combine these two questions into my life? How do I live in such a way that I am who I want to be? The rule of life brings together the concepts behind spiritual formation (developing Christ's character within us) and the spiritual disciplines (practices).

I do not want to add to your TO DO list. But if you are like me, you have an approach to finances, house cleaning, fitness, errands, etc. Why then do we not have an approach to our spiritual formation (outside of attending Sunday services)? Do we perhaps "think that somehow we will fall into transformation by

accident" (Sacred Rhythms p.147)? Or maybe you have picked up a practice in the past but have either found it beneficial for awhile and then let it go or you found yourself holding so tightly to the practice that you became rigid and legalistic about it. Perhaps it is time once again to look at how you arrange your life, its rhythms, and discover what God is stirring within you.

Beginning to set a rhythm to your life begins with listening. Set aside time to LISTEN. As you listen, it may be helpful to use Ruth Haley Barton's questions (p.162-163):

- What words, phrases, and prayers seems to most consistently capture your sense of longing for God and for spiritual formation?
- What do you sense you most need these days?
- In what area(s) of your life right now are you most aware of your need for transformation and your inability to bring it about? (Remember only God can bring about transformation and acknowledge this to Him)
- Tell God of your desire to make yourself available to Him in a consistent way.
- Incorporate some of the spiritual practices into your life - NOT ALL AT ONCE!!! Take time to practice (not become a master, but practice):
 - solitude & silence
 - prayer, study of the scriptures (maybe use lectio divina)
 - Examen (Suzanne has great materials and explanation at theexamenefort.com)
 - Physical (body) care - are you attending to your "flesh-and-blood spirituality"? Are you getting enough sleep? Eating healthy? Exercise? Look in scripture as to how God is concerned about and cares for our physical needs (1 Kings 19, 1 Corinthians 6:19).
 - Self-Examination - an awakening to the presence of God as God really is and an awakening to ourselves as we really are; God's constant loving presence. Try using Psalm 139 (it begins with GOD!). Or look at some of God's attributes to see who He is (great book to read None Like Him by Jen Wilkin).
 - Sabbath - honoring our need for a sane rhythm of work and rest. Being reminded that only God is infinite! Wayne Muller says "If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath - our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us" (Sabbath,p.1).
- Listen to your experiences with the practices: notice what was most stretching, what resulted in deeper levels of connection with God. Ask yourself what practices seem most powerful in bringing about what your heart most desires right now.
- Write out a plan. Ask God for guidance in putting together a rhythm of practices that is reasonable and consistent. This takes TIME (there is no rush!!). It will be personal for you. Remember to be realistic to the stage of life you are in, incorporate various practices (those that come "easily" and those that stretch you.), be flexible (helps to keep you from becoming rigid and legalistic or selfish - be faithful to the best of your ability), regular evaluation - especially after major life changes - is this still realistic? Still life giving? Or burdensome?

Then just begin. Begin practicing. Begin making space for God to transform you during whatever crazy season of life you are living!!

Week Three: Overfunctioning & Underfunctioning (Suzanne Stelling)

Do any of these comments sound familiar?

"I'm so busy ... I can't seem to make time to do the things that are most important to me."

"I don't have time to read the Bible or be still or any of those other 'holy' things. It makes me feel like a failure."

"If I don't do it, no one will. Then everything will fall apart."

"I'm the maid, the chef, the chauffeur, the worker ... it's a lot on my shoulders. Sometimes I feel really alone in this."

"I wish I had more time."

"I just finished my to-do list and I FEEL GREAT!"

This week we're going to examine the ideas of overfunctioning and underfunctioning. What do I mean? (I'm going to lean heavily on the work of Geri Scazzero in her book *Emotionally Healthy Woman*. She has a chapter on this, and it has helped me immensely. Simon Sinek's YouTube *Why Leaders Eat Last* taught me the associated chemistry.)

**"We overfunction when we do for others what they can do for themselves."
~Geri Scazzero, p141, *Emotionally Healthy Woman***

If we were to draw a continuum with overfunctioner on one end and underfunctioner on the other end, where would you put yourself? Take a minute and assess yourself.

under- _____ over-

I tend toward being an overfunctioner. I love to help. It's in my DNA from the creation of the woman in the garden (see *Ezer*, month 2), and the tendency to help has been nurtured in me by my family, schools, and community — and especially the church.

If you were to make a list of all the things you do, you might find you are overfunctioning too: are you the ...

primary parent, bill-payer, laundry worker, primary housekeeper, meal-maker, table-setter, kitchen cleaner, appointment-maker, yard worker, hostess, shopper, initiator? At work do you prepare all the materials, set up the room, bring the snacks, do the copying, clean up, do the developing and planning, etc? Maybe you've said things like this:

If I don't do _____, no one will. (the cleaning; the laundry; the sorting of the mail; the cooking; the phone calls to new clients; straightening up; earning more money for the family)

If I stop, _____ will too. (name a program, a movement, an endeavor, or an effort)
_____ may fall apart, and that will make me so sad. (the peace in our house; the rhythm we've established; the program; my job; my family; my marriage)

Women who overfunction are rewarded especially within church and family systems. "Oh, thank you so much!" "You are amazing!" "You are so helpful!" "Oh my gosh, you just saved me!"

Overfunctioners confuse caring about someone with taking care of them.

Chemistry

This tendency is in my DNA and the way I was brought up, but it's also in my human chemistry.

I can feel the **dopamine** rush happiness to my brain when I check things off my to-do list. Dopamine is the do-ers happy chemical. Dopamine checks the chemical box when you complete a task, reach a goal, or you find something you're looking for. Yay! Happy! But dopamine is highly addictive if it's unbalanced: ask anyone who is addicted to alcohol, nicotine, drugs, gambling, or continuously checking cell phones (the beep! the vibration! the ding!).

Oxytocin is another chemical that has an important role here. It is released when you do nice things for people by being selfless and by sacrificing time and energy. It's a relationship-building chemical. When you do something nice for someone, both the giver and receiver (even onlookers too) get a shot of oxytocin. It's a positive reinforcement system God hard-wired into people. The more good you do, the more you want to do. And interestingly, oxytocin inhibits addiction, boosts your immune system, helps you live longer, helps you solve problems, and increases creativity. It takes time to build up in your system, just as trust does. Little acts of generosity, small relational risks, kindnesses shown — they all add up. The giver feels happy, and like they belong. But this can go too far and turn sour for an overfunctioner.

Eventually, overfunctioners start to feel anger, resentment, or weariness: when we overfunction, our unhappiness leaks out, often in sarcasm or complaining or little verbal dagger-jabs. Do you hear or see these in yourself?

Underfunctioners

**“Wherever you find an overfunctioner,
an underfunctioner inevitably follows close behind.” p 141**

Maybe you are on the other end of the spectrum. Are you content to let others do for you? Are you okay with letting someone else wake you up, find you a job, keep the house clean, and serve you? Are you lagging behind in age-appropriate relational and social skills because you've been a passive participant in your own life?

An underfunctioner stays immature, insecure, and dependent; lacks necessary skills and disciplines for living at an age-appropriate level; whines, grumbles, pouts, and manipulates to keep others serving them. Is this you?

**“God invites us to take responsibility for our own lives
and not be *overly* responsible for others.” p155**

What to Do

God invites both overfunctioners and underfunctioners to step into adulthood's realities and change.

“Few things arouse more anxiety than shifting the balance in a relationship. The underfunctioner experiences increased anxiety and, often, countermoves to reestablish the original unhealthy balance. Yet this moment offers the greatest possibility for everyone” to get healthy!

Overfunctioners have to stop first.

If we want someone to stop underfunctioning, we have to stop overfunctioning first. They've got it made; why would they change? Why would they go through the discomfort and difficulty of learning new skills, taking responsibility, and maturing when we are doing all of the difficult work for them?

Then they have to step up — learn new skills, participate, stretch themselves; experience consequences; and take on the responsibilities that are rightfully theirs. “Healthy community requires that individuals take responsibility appropriate to their age, life stage, gifts, and abilities.” p157

And overfunctioners have to step back — allowing the learning process and discomfort and not giving in to pressure to go back to the way things were. Geri Scazzero calls this “unleashing the earthquake” because it is so hard!

Why go through all this? Because God has a purpose for your life, and it's not necessarily to save and strive and fix others' lives. That's His job; He'll call for your help if He wants it. Trust Him. Let go.

When we stop living in everyone else's life, we will be shocked to find we have TIME ... time to spend time with God, to have real relationships, to better function within our calling, and to rest. It's a relief.

So examine your life: in what way might you need to change what you're doing or not doing? Embrace your limits and energy as a gift from God. Focus on your life's calling with all that new space and time.

For more, see:

Simon Sinek's "Why Leaders Eat Last"

Emotionally Healthy Woman, Geri Scazzero

Boundaries, Cloud and Townsend

Gospel In Life, Tim Keller, section on idolatry

Parable of the Sower (What are your weeds?)

Mary and Martha (Luke 10:38-42) (Which sister do you tend to identify with? How does this account inform your lifestyle and your relationship with God?)

Week Four: Margin (Summers McMurray)

What would you think if these pages had no margins, if we crammed the print top to bottom and side to side so that every blank space was filled up? It would look aesthetically displeasing and chaotic and overwhelming. Perhaps this what some of our lives look like.

"Margin is the space between our load and our limits. It's the amount allowed beyond that which is needed. It's the gap between rest and exhaustion, the space between breathing freely and suffocating." (Richard Swenson, M.D.) When we have no margin, we have no space for leisure and rest and family and God and health.

We live in a culture that rewards busyness and overextension as signs of importance. Yet the effects of marginlessness are all too familiar: people are rushing about, so concerned with personal sanity that they cannot recognize the needs of others. We are emotionally marginless when we are stressed out, feeling alone and isolated, and exhausted in spirit. We are physically marginless when we are under-active, overfed, and sleep-deprived. We are marginless with our time when we are worn out, over-scheduled, and clock-dominated.

God has never called anyone to marginlessness. When we lack margin, it is our own doing and is a sure sign we have stepped outside the kingdom. It is vital that we learn how to restore margin in our lives.

Restoring Margin

Emotionally:

- Cultivate social supports in family, friends, community, church
- Be alert to small ways to serve those around you
- Allow for rest - escape, relax, sleep in, take a nap, silence the phone
 - ▶ Example of Jesus in Mark 6:30-32
- Laugh (laughter lifts) and Cry (crying cleanses)
- Create appropriate boundaries - This means establishing a perimeter around the personal and private spaces of our lives, not letting the world come crashing in uninvited. This is self-care, not selfishness. Learn to use the phrase "I don't have the capacity right now" if simply saying "No" is too difficult.

- Offer thanks
- Grant grace toward others - it is a weighty emotional burden to judge others and be judged in return

Physically:

- Take personal responsibility - it's your job to change if you're undersleeping, overweight, under-exercised
- Change your habits, make good choices with food and exercise
- Value of sleep - remember that sleep was God's idea. He created the necessity. We need to choose to get enough rest.

Time:

- Learn to say no - "No is a complete sentence," Anne Lamott. Also, recognize that the list of all activities you feel you need to do each day or week is probably filled with a lot of good things. This is not about good versus evil, but good versus good. What's best?
- Turn off the television, put down the phone/iPad/computer.
- Practice simplicity and contentment -- we spend significant quantities of time in the buying and then maintaining of things.
- Short-term flurry vs. long-term vision - we can tend to be myopic about our days/weeks; instead, we can learn to take the long view.
- Learn the difference between "urgent" and "important" (Read Tyranny of the Urgent)
 - "For many people, the barrier to spiritual growth is not lack of commitment, but overcommitment to the wrong things" (Rick Warren)
- Plan for free time
- Leave 10 minutes early. Walk more slowly, drive more slowly. Notice people and things around you. Breathe.
- Be available -- margin exists for the needs of the kingdom, for the service of one another, for the building of community. It exists for the purpose of being available to God (Swenson)
 - Am I interruptible? Do I have time for the non-programmed things in my life?
 - "We must be ready to allow ourselves to be interrupted by God. God will be constantly crossing our paths and canceling our plans by sending us people with claims and petitions... It is part of the discipline of humility that we must not spare our hand where it can perform a service and that we do not assume that our schedule is our own to manage, but allow it to be arranged by God." (Bonhoeffer)

"Ruthlessly eliminate hurry from your life" (Dallas Willard).

When we eliminate hurry from our lives, we become present. We "show up" and experience the fullness of life. We live present to God.

Study the rhythms of Jesus and his well-paced life

- Jesus retreating to be alone (9x in the Gospel of Luke alone)
- Lives His life in perfect rhythm, the proper tempo at all times
- He will not be rushed. He never does anything in haste.
- Balance of contemplation and action (Mark 1:35-39)
 - Prayer and dependence on God
 - "Too many of us are trying to serve God without listening to God. There will be a time to serve, but listening to Jesus always takes precedence" (James Bryan Smith).
- He knew who he was.
 - As we spend time in quiet and rest and contemplation, sitting at the feet of Jesus, we gain strength to act in wisdom in the hustle and bustle of a busy world. In slowing down, we can hear the Spirit whisper that we are loved, and then we begin to reflect the glory of the Christ who is within us. We become the kind of people this frazzled world most needs.

"The deepest part of the soul likes to go slow, since it seeks to savor rather than to accomplish; it wants to rest in and contemplate the good rather than hurry off to another place" (Robert Barron). With margin in our lives, we are able to have more enjoyment in what we are doing, have a more wholesome anticipation of our next

activity, be more contemplative, be more in touch with God and with each other, have more time for service, and actually delight in looking for the divine interruptions He sends us.

As a group, read "Tyranny of the Urgent" article and discuss. How would you define "urgent"? How would you define "important"? What helps us determine the difference?

Short Form: If your group can't do all this stuff ...

Week Two: (Rebekah on Rhythms)

Use one of the blue book chapters (particularly Balance). Go through the daily Scriptures.

Light a candle. (A taper works best so everyone can see it burn) As the candle burns, each person speak about those things that are left to do (that are running around in your head as your try to quiet yourself) - just list them out loud. As the candle burns, allow the cares and concerns to melt away. Read Matthew 6:25-32 out loud. Read 1 Peter 5:6-7 out loud. Create a little Sabbath for yourselves: Let the To Do list go. It will not get done tonight. "In Sabbath time we take our hand off the plow, and allow God and the earth to care for what is needed. Let it be..." (Wayne Muller, Sabbath). Spend some time in silence and prayer. Then share what you experienced and/or heard from God. Close your time in prayer.

Week Three: (Suz on Over-/Under-functioning)

For \$2.99, you can download Geri Scazzero's video called "The Emotionally Healthy Woman, Session 6 - Quit Over functioning" at <https://www.youtube.com/watch?v=h5v8icYf2iE> and then discuss,

OR

Read this brief article on Overfunctioning by Geri Scazzero:

The journey into a profound spirituality for me began when I finally said, "I quit." Refusing to continue pretending everything was "fine," I told my husband, Pete, I was quitting the church –and he was the pastor! The powerful journey we took together – to "quit" the things that really don't belong to God's kingdom and embrace the things that do – changed our personal lives, our marriage and our church.

One to the key issues for me related to overfunctioning. Most of us in leadership struggle with this, including myself. Like an archeological tell, the depth of the issue only becomes clearer with time.

Overfunctioning can be defined as: doing for others what they can and should do for themselves. One way to remind yourself to work hard at this is to remember the following five truths:

1. Overfunctioning disguises itself as caring

Martha disguised her overfunctioning as caring for the needs of others. In trying to accomplish too much, she lost sight of herself and her guest – Christ Himself! She offered hospitality at the expense of herself. Martha confused caring about someone with having to take care of them.

2. Overfunctioning perpetuates immaturity

In Exodus 18, Moses mistakenly believed his self-sacrifice was serving the people. Moses became the largest obstacle, the bottleneck to the people's growth and maturity. In Numbers 11, the Israelites demanded a rescue from their pain. Moses accepted the role. In doing so, he ensured their continued immature behavior.

3. Overfunctioning prevents me from focusing on my own life direction

Jesus, at the end of his life, said, "I have completed the work you have given me to do." Unlike Jesus, we easily get sidetracked from our own life direction by over-focusing on others. Overfunctioning toward others often results in underfunctioning for oneself. When I am overly-focused on others, I lose sight of my own values, beliefs and goals.

4. Overfunctioning erodes my spiritual life.

One of the subtle yet most insidious effects of overfunctioning is how it separates us from God. We are called to trust and to surrender to His love. When we cross the line into running God's world for him, we enter into dangerous territory, into the very rebellion of our first parents. When I am overfunctioning, I don't stop enough to allow God to be God. For this reason, contemplative practices, such as Sabbath-keeping, silence and Daily Offices, help me resist this temptation.

5. Overfunctioning destroys community

The examples of Moses and Martha give us a visual picture of the negative impact of overfunctioning on communities, whether that community is a church, a workplace, a school or a family.

To quit overfunctioning is foundational to our discipleship ministries and leadership values at New Life Fellowship Church. Quitting is something I have to work on each day as I follow Jesus Christ --- especially as a leader. In fact, I believe that unless we take up this biblical challenge, it will be difficult to raise up healthy, biblical communities that effectively engage the world with the gospel and deeply transform lives.

Geri's history - a teaching pastor and director of Marriage Ministry at New Life Fellowship Church, a multiracial, international church with over 65 nations represented in Queens, New York City. Learn more at www.emotionallyhealthy.org.

How do you see these five key issues manifesting in your life, your family, or your workplace? Go deep!

Now, examine your life: in what way might you need to change what you're doing or not doing? Embrace your limits and energy as a gift from God. Focus on your life's calling with all that new space and time.

Week Four: (Summers on Margin)

As a group, read "Tyranny of the Urgent" article and discuss. How would you define "urgent"? How would you define "important"? What helps us determine the difference?

Ecclesiastes 3

A Time for Everything

1

There is a time for everything,
and a season for every activity under the heavens:

2

a time to be born and a time to die,
a time to plant and a time to uproot,

3

a time to kill and a time to heal,
a time to tear down and a time to build,

4

a time to weep and a time to laugh,
a time to mourn and a time to dance,

5

a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,

6

a time to search and a time to give up,
a time to keep and a time to throw away,

7

a time to tear and a time to mend,
a time to be silent and a time to speak,

8

a time to love and a time to hate,
a time for war and a time for peace.