

PART 1: Ex-Squeeze Yourself

INTRODUCTION

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.

DISCUSSION QUESTIONS

1. Talk about one of your favorite memories from the year that just ended.
2. Do you prefer a clutter-free life or do you tend to gravitate toward messiness? How does that preference affect your daily life?
3. As you look back on last year, how much breathing room did you have in your schedule? In your relationships? In your finances?
4. During the message, Andy said, *"Your happiness can be measured by the quality of your relationships, not your prosperity or your progress."* Do you agree? Why or why not?
5. Read Matthew 6:31-34. Why is it so challenging to live out what Jesus commands in this verse?
6. 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?

MOVING FORWARD

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.

CHANGING YOUR MIND

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:31-34