

Living in the Margins

2022 Webinar Series

August 4 , 2022



“A mentor is someone with a willingness to help others, who has a capacity to inspire, a determination to work hard, a clear sense of vision, an inspiring purpose, a deep sense of integrity and an appreciation for joy.”

— Kerry Kennedy

What is margin?

These days most people think of finances when they think of margin, however, the margin we are talking about today is time and space. A sheet of paper has a margin on the top of the page and along the left-hand side. You are meant to write on the lines and not in the margins. Similarly, we need to have time in our lives that is not filled so we can rest and engage in the things we really want to do, but never have time for.

What does margin look like to you?

Need for Margin

We need margin to attain the following things in our lives. Each one is important and impacts not only us but those around us as well!

1. Rest
2. Rejuvenation
3. Reflection
4. Relaxation

Which of these four is your greatest need right now?

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath." Mark 2:27

It is time for us to breathe and build margin into our lives for God. Sabbath was intended as a gift, and it is still a gift to us today. If you are weary, worn out, and exhausted the concept of Sabbath will change your life. - Priscilla Shirer

What does Sabbath rest look like for you?

You must create more margin so you have room for what's important, not merely urgent. - Michael Hyatt

Are the things you deem important priorities? If not, what important things do you want to make margin for in the next month?

Signs that you need more margin.

- mentally and physically exhausted
- frustration
- overwhelmed
- felling like you will never catch up
- health issues
- sleep issues
- difficulty focusing
- can't seem to rest when I have the time to

Which of these are present in your life now?

Overwhelm

- BURY DOWN BENEATH A HUGE MASS
- DEFEAT COMPLETELY
- GIVE TOO MUCH OF A THING TO SOMEONE OR SOMETHING

Have you ever felt overwhelmed? How have you dealt with it?

Margins in different seasons of life

When going through significant loss, trauma,
health challenges or life transitions you will require more margin.
You will need to recognize that you can't do everything you once did.

What would you consider letting go of to have more margin in these difficult seasons?

**It is useless for you to work so hard from early morning until late at night,
anxiously working for food to eat; for God gives rest to his loved ones.**

Psalm 127:2

Steps for creating Margin

1. Write down everything that you do.....This list will be long

It may also be helpful for you to also identify how much time you spend doing these tasks each week.

2. Write down all the things that give you rest and rejuvenate yourself.

This may be more difficult if you have neglected self care for a long time.

3. Identify your 3 top values

If your values align with what you invest your time into then you will feel more fulfilled and purposeful when you are doing the things needed.

4. Go over the list of things that you do and organize them from most essential to least.

From this list you can identify what you can let go of, delegate, or shift so that you can create margin in your life. What will you need to say NO to?

6 Questions to ask yourself when reducing Chaos

1. Could I do this at another time?
2. Could I do without this?
3. Could I satisfy this goal or need with something else?
4. Am I doing this to please others?
5. Could I do these tasks with a friend or family member?
6. Can I delegate anything I am doing but don't love doing?

You have 24 hours in each day.
What if you were able to use them in this way!
8 Hours to SLEEP
8 Hours to WORK
8 Hours to PLAY

How would this change your life?

How do we get margin?

1. Choose a time when you can have un-interrupted time alone.
2. Let those around you know this time is protected and needed for you to be at your best for them.
3. Be diligent in it. If you are inconsistent those around you will take this time back.
4. When starting out, be ready to make changes as necessary to make it work.
5. Let outside things go.
6. Be ok with starting small.

Which of these is an area of struggle for you? What can you do to overcome it?

How much time do you need?

Every person is different, listen to your body and you will know.

Difficult days may require more time, peaceful days may require less time.

What season are you in right now? How can you better listen to your body, soul and spirit to ensure you have enough margin?

What do I do in these times I've created?

- read
- listen to music
- go for a walk
- spend time with God
- nap
- craft or paint
- whatever you like to do but never have time for
- whatever would make you feel rested, relaxed and refreshed

What are some things that bring you life and make you feel rested, or refreshed?

Then Jesus said, "Come to me all of you who are weary and carry heavy burdens and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear and the burden I give you is light." Matthew 11:28-30

How can God bring you rest?

When we are healthy we can be there for those who need us in a greater capacity.
Remembering this will help you stay consistent without guilt.

ITS OK TO SAY NO!

Results of having margin

1. Health Restored
2. Time for the things that really matter
3. Less stress and guilt
4. Have room to be more spontaneous and adventurous
5. Fulfilled because what you invest your time in truly matters

Which one of these results do you need the most?

In the midst of a busy life don't forget
to live. – Marty Rubin

Activation

DISCOVERING YOUR CORE VALUES

Identifying your core values will keep you focused and able to say no to activities and tasks that don't align with your values.

It is sometimes hard to narrow down what your values. Start by listing your 10 top values.

Once you have your top 10 values then you can narrow it down to your top 3 Core values.

4 Keys to Remember

- 01 LACK OF MARGIN IMPACTS EVERY AREA OF YOUR LIFE INCLUDING YOUR HEALTH
- 02 MARGIN MAY LOOK DIFFERENT DEPENDING ON WHICH SEASON YOU ARE IN
- 03 CREATE BOUNDARIES TO PROTECT THE MARGIN YOU BUILD - IT'S OK TO SAY NO
- 04 GOD GAVE US A SABBATH FOR US TO REST, HE KNEW WE NEEDED REST TO BE AT OUR BEST

If you are going through these questions and realize you would like someone to walk with you through this process please contact us, we would love to assist you!

Contact Information

For Support, Mentorship and Resources



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