



MARGIN

Imagine your life as a jar, and each task, responsibility, or priority as either a rock or a pebble to be placed into that jar. The big rocks represent the things that matter most, the things that really give our lives meaning and purpose. The pebbles are the smaller, often urgent things that demand attention day to day. They aren't necessarily bad things, in fact, some of them are pretty great. They just aren't the main things.

The challenge many of us face is that our jars have a way of filling up to the brim with pebbles, leaving no room for the big rocks. We are doing a lot but still feel behind. We're overcommitted, overwhelmed, and if we're being honest, probably not getting where we had hoped.



OUR LIVES ARE FILLED, BUT WE'RE NOT FULFILLED.

Our crammed calendars ironically leave us feeling empty. Busyness takes a toll on our mental, emotional, and physical health, and it's no accident—it's contrary to how God designed us. God created us for a rhythm of rest, not relentless striving. An unhurried life with space to breathe is not only good for our well-being, but it also opens the door to the unexpected, the spontaneous, and the miraculous things God wants to do in and through us.

It's not about doing more. It's about making time for the things that truly count.

STEP 1:

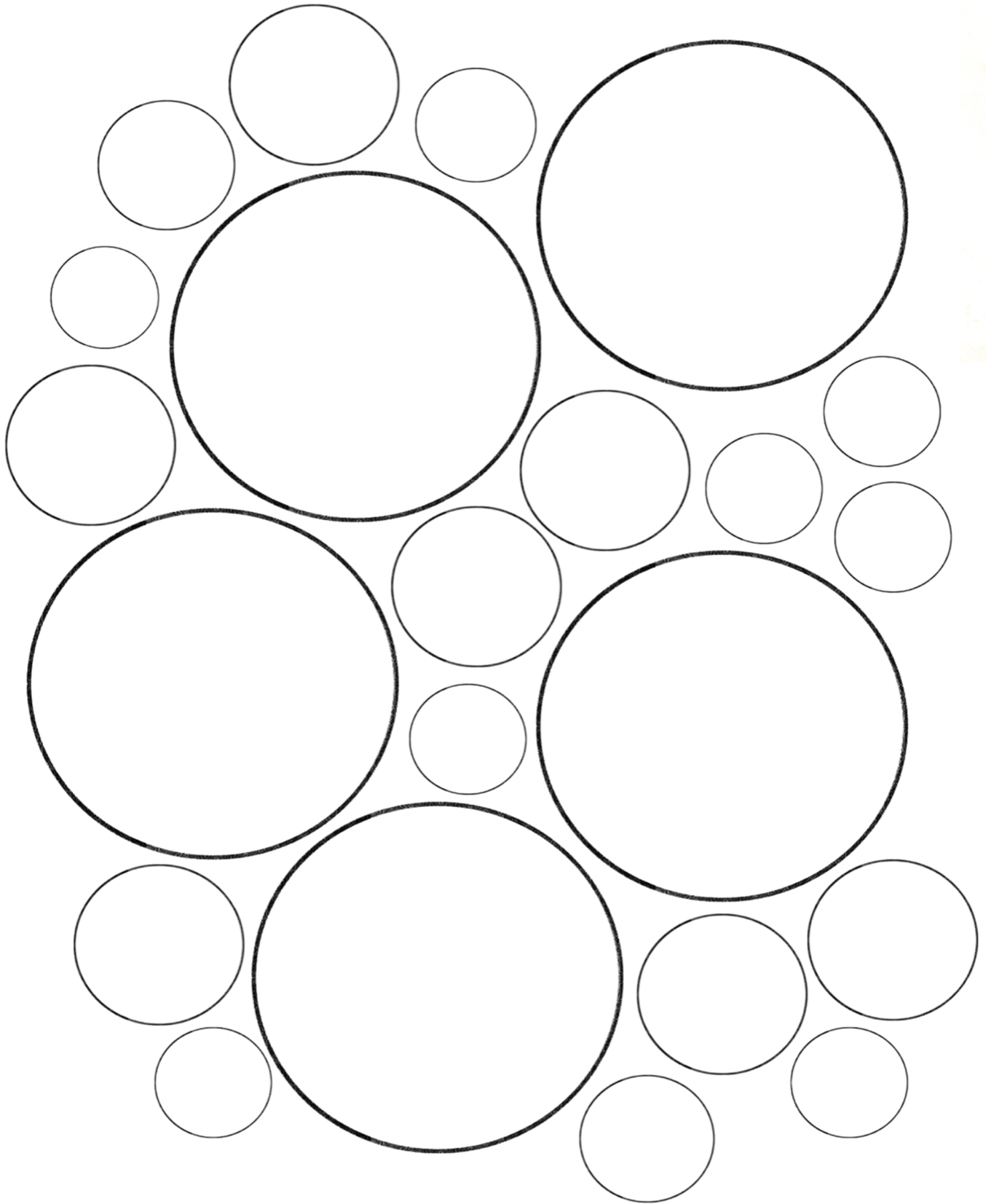
FILL IN THE BIG ROCKS FIRST

Dream for a moment about what you want your life to look like a year from now, 5 years from now... Think "ideal" more than "real" for now. What key priorities would you want to define your life? What would you want others to say matters most to you?

INSTRUCTIONS: Turn the page and fill in ONLY the big rocks with your highest priorities.

If you have decided to follow Jesus, we want to suggest to you that working to carry out the Great Commission (Matthew 28:19-20) needs to be a **non-negotiable** main priority for you. Go ahead and write "disciple-making" in one of the large rocks.

MARGIN



MARGIN



STEP 2:

IDENTIFY THE SMALL PEBBLES

We've looked at the ideal. Now, let's get real. What are the small things that regularly take your time and energy? Your job, your hobbies, your kid's soccer schedule, your screen time, and everything in between.

INSTRUCTIONS: Flip the page back and this time fill in the pebbles with all the things that compete for your time.

Remember, these smaller pebbles aren't necessarily bad things. They are just not the main things. Plenty of them are worthwhile and can be enriching to your life and even used by God (we'll get to that in a minute).

STEP 3:

DIVIDE INTO CATEGORIES

GREEN

In order to accomplish your big rock priorities you're going to need to add some new rhythms to your life. Mark any rocks **GREEN TO ADD** a new practice.

EXAMPLE

A key priority for me is sharing Jesus with others. For that, I'll need to add time to my schedule for investing in relationships with those that don't yet know Jesus.

YELLOW

Get creative here. These are the items that you likely can't or shouldn't cut, **BUT** you can get more intentional about how you use them. Mark them **YELLOW TO REFOCUS**.

EXAMPLE

Our family spends a lot of time at soccer practices for our kids. We see value in it and we don't want to cut it **BUT** I wonder how we could make that time more intentional.

RED

If you're going to reach your goals and live with purpose, these are the items that need to be eliminated or at least limited. Mark them **RED TO CUT**.

EXAMPLE

My media consumption is out of control. What could I do to start spending less time on my phone and more time being present with other people?

INSTRUCTIONS: Grab some markers, go back, and mark each rock, big and small, to categorize them as either red (cut), yellow (refocus), or green (add)

MARGIN



STEP 4:

WRITE ACTION STEPS

Alright, here's what ultimately matters - taking action. Good intentions won't change anything, but a few simple steps toward a life with margin could begin to change everything.

INSTRUCTIONS: Take a moment to pray about what practical steps God is leading you toward. Write one action step for each category (green, yellow, and red). Then make a plan to do them!

GREEN

EXAMPLE - *I'm going to invite my neighbors Brian and Amy over for dinner next week.*

YELLOW

EXAMPLE - *I'm going to use the time I spend at my kid's soccer practice to connect with parents. I'll talk to Eli's mom and offer to help carpool.*

RED

EXAMPLE - *I'm going to cut Netflix and Hulu. I'm also going to set up screen time limits for social media on my phone.*