

**RECOMMIT**

Recommit 2 Margin

Dr. Derwin L. Gray

- Activity is not necessarily accomplishment.
- Creating margin in our lives will help us mature as Jesus' disciples.

32 When evening came, after the sun had set, they brought to Him all those who were sick and demon-possessed. 33 The whole town was assembled at the door, 34 and He healed many who were sick with various diseases and drove out many demons. And He would not permit the demons to speak, because they knew Him. 35 Very early in the morning, while it was still dark, He got up, went out, and made his way to a deserted place; and there He was praying. 36 Simon and his companions searched for Him, 37 and when they found Him they said, "Everyone is looking for you." Mark 1:32-37 CSB

  1. Pastor Derwin said, "Activity is not necessarily accomplishment." However, our culture and society are running at breakneck pace, and we may find ourselves trying to catch up. As a group, take a moment to pause and take a personal inventory. What things are you doing right now that has consumed your time energy? Share these things with the group and if you believe these are essential or not?
  2. In Mark 1:32-37 Jesus heals but then early in the morning He leaves to go to a "deserted place." What was Jesus doing and why did He pick a "deserted place" to do this?
  3. Take a moment to discuss if this is the only time Jesus does this? What is the pattern of prayer for Jesus?
- Margin is the gap between rest and exhaustion. Margin is the opposite of overload.

28 "Come to Me, all of you who are weary and burdened, and I will give you rest. 29 Take up My yoke and learn from Me, because I am lowly and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light." Matthew 11:28-29 CSB

  1. Why do you work or attempt to achieve to the point of overload? What does this expose about the condition of your heart? (Think about hopes, desires, longings, goals, achievements)
  2. In Matthew 11:28-29 Jesus promises rest. However, it requires action upon the believer. What action does verse 29 say we need to take?
  3. Jesus connects being "low" and "humble" to rest. In our culture to be low or humble can be viewed as being weak. How does being low and humble produce rest for our souls?
  4. Do you have margin in your life? If someone who knows you really well was asked this question about you would they respond the same way you would? This is why it's important to live in community and relationship with others who can see exhaustion coming and warn you and pray for and with you. Take a moment to share who those people are in your life and how you can involve them in creating margin in your life.

**MARGIN HELPS US...**

- Margin helps us to understand what it means to love ourselves correctly.

37 He said to him, “Love the Lord your God with all your heart, with all your soul, and with all your mind.  
38 This is the greatest and most important command. 39 The second is like it: Love your neighbor *as yourself*. 40 All the Law and the Prophets depend on these two commands.” Matthew 22:37-39 CSB

To love yourself correctly is to see ourselves as God sees us and to allow the Word, not the world, to define who and whose we really are. The clearer we capture the vision of our new identity in Jesus Christ, the more we will realize that our deepest needs for security, significance, and satisfaction are met in Him and not in people, possessions or positions. – Ken Boa

*Or are you unaware that all of us who were baptized into Christ Jesus were baptized into His death?*

4 Therefore we were buried with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may walk in newness of life. Romans 6:3-4 CSB

For just as the body is one and has many parts, and all the parts of that body, though many, are one body—so also is Christ. 13 For we were all baptized by one Spirit into one body—whether Jews or Greeks, whether slaves or free—and we were all given one Spirit to drink. 1 Corinthians 12:12-13 CSB

1. As a group, discuss how God sees you compared to how the world sees you? What are the differences and how does this make you feel?
2. Verbalize the truth of how God sees you and speak His truth over your group. Take a moment to pause and pray for these truths to remind ourselves that God loves and cares for us.
3. How does loving ourselves correctly equip and empower us to love others? 1 Corinthians 12:12-13 speaks to this. Read this passage as a group and discuss how it’s possible to be unified in diversity.

- Margin helps us to slow down and to think.
- Margin helps us to slow down and do more by doing less.
- Margin helps to slow us down so we can love our neighbor.

9 When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. 10 Do not go over your vineyard a second time or pick up the grapes that have fallen. *Leave them for the poor and the foreigner.* I am the LORD your God. Leviticus 19:9-10 CSB

1. Individually (on your phones or pieces of paper) write down areas of your life or things that you are doing that need to be reconsidered to create margin. Share this with your group and review this list and how cutting down and slowing down helps us to do more.
2. Commit to praying for each other (Suggestion: Each person or family can pray for another person or family for the following week)

#### **Soul-tattoo:**

- Schedule time to schedule margin on your calendar.