

Margin Audit

If you're like most people, you've asked yourself some form of this question; **“Why do I seem so busy and never have enough time for the things that are most important to me?”** As humans we tend to fill our lives with “clutter” - What Jesus referred to as “The cares of the world” (Mt 13:22). The third soil in Matthew 13 reminds us that we can be so busy that we neglect to cultivate the gospel in our lives.

Creating “margin” involves taking an inventory of our time and a realistic assessment of our limits, and then making adjustments to our schedule so that we can live lives that are physically, mentally, emotionally, and spiritually healthy. At New Hope we have 4 Core Values. We believe that Christians should be intentionally scheduling time for all four. Here's a brief description of each...

Identity/ Formation - Maturing your identity in Jesus and being formed into his image involves spiritual practices like prayer, bible study, generosity, and repentance. Try to schedule these disciplines into your life when you're not rushed.

Community - You'll need other people (and other people need you) in order to develop into the person God created you to be. When do you meet with other Christians? Are you involved in a small group or another community where you feel you can be open and honest?

Mission - We believe God has gifted every Christian and invited us to participate in loving and serving the world. Where in your calendar do you serve others?

Use the calendar on the back of this sheet to map out how you'll spend your time this upcoming week. Or, use last week as an example and fill out how you spent your time. Try to break your time into categories like... Work, Family Activities, Chores/ Errands, Spiritual Growth, Church/ Community, Serving, Free Time/ hobbies, Sleep & Exercise. Once you've filled out the calendar, answer the following questions as you consider what potential changes you might make to create more margin.

Questions after completing the calendar;

- How do you currently feel about your regular schedule and the amount of margin you have?
- Are you getting enough sleep & exercise? If not, why?
- How much time are you spending on identity, formation, community, & mission? If these areas are being neglected, how can you make time for them in the future?
- What changes need to be made to your schedule to create more margin? How will you say no to some of those things? Which things will be the most difficult to eliminate? Why?
- What activities would you eliminate from your schedule? What are the consequences of eliminating those things?
- What are the consequences of not changing anything about your schedule?
- What activities are important to you but you have been too busy to spend time on them?
- Fill out another weekly calendar, but this time make it your dream schedule. What would a realistic weekly schedule that led to flourishing for you and your family look like?

For further reading; The Ruthless Elimination of Hurry by John Mark Comer

MARGIN AUDIT - WEEKLY CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
HRS OF SLEEP							

