



Ex-Squeeze Yourself

Leviticus 19:9-10; Deuteronomy 24:19; Matthew 6:31-34
Message from Pastor Martin Hawley
September 18, 2016

The Bottom Line: Life is better with *breathing room*.

Introduction: It's one thing for your closet or bedroom to look messy, but it's another thing for your life – schedule, budget, relationships – to be messy.

Somewhere, there is a *breaking point* – a limit.

- A marriage at the end of a couple's emotional reserves
- A friend living on the edge of financial bankruptcy
- A schedule with no margin for error

A place where you don't enjoy *anything* because you're worrying about the *next thing*.

Too much stuff in your basement, attic, or closet is one thing.

Too much stuff in your schedule and finances is something else.

Life is better with *breathing room*.

Breathing Room: The space between our current pace and our limits.

When there is no breathing room, three things happen:

1. Stress levels go up; tempers shorten.
2. Focus narrows; You become distracted.
3. Relationships suffer; emotional margin shrinks.

Why do we drift so close to the edge? At the heart of it is ... fear.

- Fear of missing out
- Fear of falling behind
- Fear of not mattering

Our fear of not mattering *much* has the potential to draw us away from what matters *most*.

There is a relationship between our willingness to create breathing room and our faith. Breathing room is part of God's design and is part of His plan for you.

God created laws designed to create space:

1. Sabbath

2. Tithing
3. Law of Gleaning

Obedying the laws meant the people had to trust Him.

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. Leviticus 19:9 (NIV 1984)

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. Leviticus 19:10 (NIV 1984)

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 19:10 (NIV 1984)

When you are harvesting in your field and you overlook a sheaf, do not go back to get it.

Leave it for the foreigner, the fatherless and the widow,

Leave it for the foreigner, the fatherless and the widow, **so that the Lord your God may bless you in all the work of your hands.** Deuteronomy 24:19 (NIV 1984)

So if we don't do all we **can** do, you are going to multiply the work we **did** do?

So do not **worry**, saying,

“What shall we eat?” or

“What shall we drink?” or

“What shall we wear?”

Matthew 6:31 (NIV 1984)

For the pagans **run after** all these things,

For the pagans **run after** all these things, and your heavenly Father **knows** that you need them. Matthew 6:32 (NIV 1984)

But seek first His kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33 (NIV 1984)

Where do you need some breathing room?

NEXT STEPS:

- Memorize: Matthew 6:31-34.**
- Make a list of where you need some breathing room.**
- Pray and invite God into those areas.**
- Attend all four weeks of *Breathing Room*.**