

SERMON NOTES
"Running on Empty — TIME"

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Ephesians 5:15-17

How do we get more margin in our schedule?

We have to put _____.

The question to ask: In light of _____, is it wise?

Why is it so hard to do this?

1. We will have to _____ to some really good things.

But we need to say "no", even to _____, in order to say
"yes" to the _____.

2. We won't _____ if we do this.

But that's ok—because the world's version of normal _____.

How do we do this practically?

A priority: Matthew 6:33 What is best will always _____.

A promise: Jeremiah 29:13, Matthew 7:7 God will help you _____
_____ you need.

A challenge: Go, this week, and ask these questions.

- Annie Dillard once said "How we live our days is how we live our lives." Pull out your calendar for the week and look at how you spent the last seven days. Do they reflect what you value most? Is that how you want to spend your life?
- Ask God to help you see what areas in your life are causing too much busyness, and ask him to help you know what you can do about it.
- Ask God to give you the strength to say "no" to good things so that you can say "yes" to His best.
- When you've done this, talk it through with someone you trust. Give them permission to check in with you to see how you're doing at implementing these changes.